San Diego Psychoanalytic Center Newsletter
August 2014 • Vol 2

SDPC MEMBER SPOTLIGHT
Maya Bristow, Ph.D.

What was your pathway toward entering the mental health field?

My pathway was traditional, as I knew early on that I wanted to be a writer or work in the mental health field; I subsequently discovered that as a psychologist I could do both. I pursued my undergraduate degree in psychology and then completed a Masters of Science program in Psychology where I was fortunate enough to work closely with renowned researchers and publish a number of articles. After working in higher education and college counseling, I pursued doctoral level training in Clinical Psychology and Industrial-Organizational Psychology and attained a dual Ph.D. I am now entering my second year of training in adult psychoanalysis at SDPC.

And what drew you to psychoanalysis/psychoanalytic psychotherapy?

My didactic introduction to psychotherapy was without "orientation"; I simply knew I wanted to be effective and work beneath the surface with clients. In addition to learning from instructors who were analysts, I was drawn to the vibrant and warm community of practitioners at the San Diego Psychoanalytic Center. As I came to understand the legacy and practice of psychoanalysis, this way of working just fit for me and is applicable to much of human experience.

Tell us about your educational experience thus far at SDPC: Particular courses, experiences, teachers, supervisors/consultants that have been most formative?

My first exposure to training at SDPC was through the Fellowship program. Soon after this program I enrolled in the Psychoanalytic Psychotherapy program and am currently a candidate in the Adult Psychoanalytic Training program. I credit a number of courses, teachers, supervisors, mentors, and my personal analysis as formative in my experience at SDPC.

How has your training in psychoanalysis or psychoanalytic
Psychoanalytic training has been a tremendous asset to my professional and personal development. The supervision, personal psychoanalysis, and coursework have enhanced my understanding of patients, and of myself with patients. Although I have noticed discrete changes in my technique and interventions, the most significant impact of my training has been in my relationship with patients. Training in psychoanalysis and psychoanalytic psychotherapy has helped me cultivate a relational space where patients can explore their minds, test their assumptions, and take informed interpersonal risks that they might not otherwise take or have the chance to grow into. This way of working is simply effective, and it fosters greater insight while helping the individual lead a richer and more fulfilling life.

How else have you applied your analytic knowledge?
I am coming to apply my analytic knowledge to each aspect of my life. I am an executive coach at the Center for Creative Leadership and also provide coaching and consulting services to local businesses. In this context my analytic knowledge is used to help clients identify their individual leadership styles, manage conflict, and explore relational patterns. I also teach Clinical Interventions for the University of South Pacific with a particular focus on psychoanalytic interventions and technique. Wherever there are human dynamics there is also a place for analytic knowledge.

What is something very few people know about you? This was a tough one but most people don’t know that I enjoy scuba diving and am fascinated by caves/spelunking.

Elvis or The Beatles? Elvis

Tell us about your practice and who you are most interested in working with. In my practice I work with children, adolescents, and adults in long-term psychotherapy. I also provide psychological, neuropsychological, and psychoeducational testing.

Where is your practice, and how can potential patients contact you? I am located in the downtown/Banker’s Hill area and soon to open an office in North County San Diego. Potential patients can contact me by phone at 619.752.4612 or by email at drbristow@medofficemail.com.
PRACTICE TIPS

Here are some options for full disk and file encryption for your private information. Check out AxCrypt (free), reportedly the easiest-to-use solution.

ANNOUNCEMENTS

Psychoanalysis and Fantasy Football

A number of members of the San Diego Psychoanalytic Center are starting a fantasy football league and invite all members, spouses, friends, and significant others to join. Please call Jessica Sperber, M.D. at 510-290-6516, the commissioner. We need to do this quickly in order to have time for a draft before the regular season begins.

Presentation

Joanne E. Callan, Ph.D., ABPP and Emilie Sfregola, Psy.D. are giving an analytically-focused presentation "Pregnancy in the Clinical Consulting Room," on Oct. 18th for the San Diego Psychological Association.

Please see the link below for more information:

SDPC EDUCATIONAL EVENTS
The San Diego Psychoanalytic Center is dedicated to promoting the relevance and vitality of psychotherapy and psychoanalysis.

**CALL FOR PROPOSALS**

**Life Sentences: Writing about the Difficult Character**

**Plenary Speaker:** Reid Meloy, Ph.D.

**Date of Symposium:** May 16, 2015

**Proposal Submission Deadline:** November 15, 2015

**Dr. Meloy’s Presentation:**

“Character Pathology Writ Large across History: My Personal Experiences with Norman Mailer, Hurricane Carter, and Paul Fussell, and My Own Diminutive Contributions”

Dr. Meloy will discuss the evolution of his own work with difficult characters over the last 25 years, informed by quotations from his own work as well as the writings of others. Also, Dr. Meloy will look at the writings of Mailer, Carter, and Fussell that deal with character pathology as "writ large across history."

"Life Sentences" invites submissions of texts that highlight ways in which writing is used to achieve a better understanding of "the difficult character," those individuals in psychoanalysis, psychoanalytic psychotherapy, and other forms of treatment.

Discussions of the difficult character in non-therapeutic settings are also invited.

Is this difficulty hard and unchangeable (a “life sentence”), or can writing be generative of new life through facilitating better understanding of our relationship with such people?

**Possible areas for exploration:**

- Complexities of the human experience
- The role of language in understanding character
- The interplay between personal and collective trauma
- Strategies for therapeutic intervention with difficult characters
Writing Workshop

We are pleased to announce that, after a successful pilot program, a new **writing workshop** will be held in the fall of 2014. See description below. To register, please contact Michelle Spencer at sdpc.michelle@gmail.com.

**Expanding Clinical Understanding through Writing**

**Course Overview:**
This course utilizes a psychoanalytic perspective to expand both personal and clinical writing. Writing in this manner deepens clinical understanding and draws the writer into unconscious realms. Participants will learn to write in a clinical essay form and share their writing with other group members. The small group format of 6-8 members...
share their writing with other group members. The small group format of 6-8 members facilitates learning in a safe and confidential atmosphere to enhance the deepening of this unique and sensitive experience.

Course Objectives:
1. To introduce writing as a learning tool in practice
2. To expand psychoanalytic/psychodynamic thinking through writing
3. To deepen awareness of cultural and intergenerational dimensions in clinical practice through the use of psychoanalytic writing.

Instructors:
Harry Polkinhorn, Ph.D., is a psychoanalyst in private practice, faculty member, Chair of Extension Division at SDPC, and Professor of English and Comparative Literature at SDSU; he is also author, editor, and translator of over 40 volumes, whose works have been published worldwide.

Caroline de Potté, Ph.D. is a psychoanalyst in private practice; Training and Supervision Analyst at SDPC; she has authored and presented numerous papers at conferences both nationally and internationally.

Target Audience and Level: This course is open to mental health professionals, students and those in related fields interested in learning to write from a psychoanalytic perspective. No previous writing experience is required.

Fee: $150 for licensed professionals; $125 for students
Time: Thursday evening 7:15 to 8:45pm; 5 meetings
Dates: September 4 and 18, October 16, November 13, December 11, 2014
Group Size: 6-8 members
CME: 7.5 credits

Advanced Training
Innovative, inspiring and individualized education

Continuing Education
Educational events for mental health professionals and the public about psychoanalytic thinking and clinical
applications in diverse settings

**Mentoring**  
Fellowship for mental health trainees  
early-career therapists

**Community Involvement**  
Connections with mental health professionals, academic institutions,  
and professional societies

---

**COMMUNITY EVENTS**

The Western Regional Child Psychoanalytic Meeting will be held on Saturday October 25th and Sunday October 26th at the San Diego Psychoanalytic Center, 4455 Mornea Blvd., Suite 202, San Diego California 92117.

Please send proposed presentations to Roderick S. Hall, Ph.D., Director, Child and Adolescent Psychoanalytic Training Program at the offices of the San Diego Psychoanalytic Center below or by e-mail to rshallphd@gmail.com by July 31, 2014

More details on registration will be distributed soon.  
Please direct any questions to Dr. Hall.

---

Introduction to Child Psychoanalysis
An Online Course

Co-teachers: Susan Donner (Los Angeles) and Rick Hall (San Diego) will be co-teaching an on-line class

Day/Time: Tuesdays, 9:15am to 10:15am Pacific Time

This will be followed by a Case Conference from 10:15 am - 11:15 am.

Leaders: First semester, Jill Miller (current president of the Association for Child Psychoanalysis). Second semester, Barry Richmond (Chicago) will be leading a child-case conference from a self-psychology perspective. On-line classes will begin Tuesday, September 2nd.

SERVICES OFFERED BY SDPC MEMBERS

Parent Support Group

Expand your parenting skills in a supportive non-judgmental atmosphere

Learn Techniques & Exercises To:

- Effectively deal with challenging behaviors of your child
- Communicate more effectively with your child
- Enhance your ability to understand your child’s emotions and feelings
- Understand the importance of your own behaviors and feelings
- Understand the meaning behind your child’s behavior
- Remain sensitive and responsive to your child
- Promote healthy overall development in your child
- Build a stronger more positive relationship with your child
Starting July 12th, 2014 – August 29th, 2014,
8 week series, 10:00am - 11:30am

2870 4th Avenue, Ste. 101 (Hillcrest)
COST: $55 /week (Fee For Service Only)

Group Director: Deisy Cristina Boscán, Ph.D.,
Group Facilitator: Reeta Mehta M.S.

"The group facilitators aim to provide insight, strategies, and empowerment to parents in understanding their child’s behavioral challenges. Using an interactive style of facilitation, parents are able to effectively connect with each other, and share their personal experiences and tools. Each week, facilitators utilize parents’ unique scenarios to develop role-plays, and provide educational material to help them enhance their parent-child relationship" –Reeta Mehta M.S.
For Children and Teens

A SPECTRUM OF POSSIBILITIES
San Diego Psychology Center
2870 Fourth Avenue, Suite 101
San Diego, CA 92103
619.297.1750
- Lesson Plans (by weekly)
  (two specific skills building exercises per month with whole group)

- Parent Newsletter and 
  Updates on Group Experience.

- Progress reports every season 
  (12 weeks) progress with the 
  use of progress report (parent 
  rating & teacher ratings).

One on one parent meetings 
(30 min)

- As needed parent meetings 
  upon appointment (not to 
  exceed once a month).

Three Year Trajectory at 40% 
Improvement

Session one: 
Pre K through 1st grade 
9:00 a.m. to 9:50 a.m.

Session Two: 
2nd through 5th grade 
10:00 a.m. to 10:50 a.m.

Session Three: 
7th through 10th 
11:00 a.m. to 12:25 p.m.

San Diego Psychology Center 
2800 Fourth Avenue, suite 401 
San Diego, CA 92103 
www.sandiego psy. psychologycenter.com 
Phone: 619-297-1750
Who is Social Group Geared Towards?

Social Thinking Groups are designed for children who are struggling with various issues and may be diagnosed with disorders that inhibit social development. It is also a group for children and teens that have delays in language proficiency related to immigration or have experienced other similar disruptions in language and learning. Some children and teens are very bright but have difficulty relating to others. All in all, the children make for a very colorful and eclectic group.

MORE ABOUT GROUP

Group Structure: The social groups are made for social-structured, co-ed, individualized, activity-based, and inclusive environment in order to practice newly learned social skills.

Times: Group sessions are mostly 50-minutes to an hour. They are every Saturday and follow a school calendar year (school calendar). The schedule is determined at the start of the school year.

Initial evaluation: All of the groups require an initial parent meeting to determine an appropriate recommendation. This event includes contact with the parents, contact with supporting professionals, and/or one for the child and one for parents.

Model: Children do better when caretakers and providers work in tandem to address their needs. SDPC uses model known as Reflective Practice: meetings with parents at least once every season, SDPC providers in the reflective network that SDPC collaborate with families, and other professionals. The goals of the evaluation and progress monitoring are to determine if the child is ready for group therapy.

Progress Reporting: Progress reports will be provided to parents and/or caregivers. It is the responsibility of the parents and/or caregivers to provide information to the school and/or clinic.

Description of Children served: A variety of children and adolescents are served. The group is designed for children who are "odd" or "quirky", bright, and very verbal. They come across as quite agreeable and pleasant and politically correct. They may tend to be overly assertive with their friendships and have a special interest in working with children with autism spectrum disorder, sensory integration deficits, other neurological disorders, and emotional problems in the context of their daily lives.
Mentalization-Based Therapy
Introductory Group
Tuesdays 4:00-5:00pm

Mentalization-Based Therapy (MBT) is an evidence-based treatment developed by Peter Fonagy, PhD and Anthony Bateman MA, FRC Psych, for people suffering from Borderline Personality Disorder. The term mentalization refers to the ability to think and feel at the same time, about what takes place in oneself, in others, and between people. When we are able to mentalize, we are able to “walk in someone else’s shoes” and explore possibilities in hopes of better understanding misunderstandings. The capacity for mentalizing is often compromised in certain interpersonal contexts for people with borderline personality traits. Group objectives are to provide a foundational knowledge of mentalization and to help promote a mentalizing stance in group members. There will be an opportunity to join an ongoing MBT group upon completion of the 12 weeks.

Group topics include:
What is mentalization
What does it mean to have problems with mentalizing
How do we regulate and mentalize emotions
What is the significance of attachment and mentalization
What is borderline personality in terms of mentalization

A referral is needed from a therapist or a psychiatrist
Please call 619-543-7946 for further information.

Group facilitators Roseann Larson, LCSW and Ami Roeschlein, LMFT have received advanced training in MBT by Peter Fonagy and Anthony Bateman.

For more information call:
UC San Diego Psychiatric Associates at (619) 543-7946
140 Arbor Drive, San Diego, CA 92103

OFFICE SPACE FOR RENT

OFFICE SUITE AVAILABLE IN BANKERS HILL

Looking for a Mental Health Professional or psychiatrist to share a suite with a very talented, professional and energetic multidisciplinary team of psychologists, psychoanalysts, neuropsychologists, therapists, psychiatrists, and educational therapists. The suite is located in an elegant and professional building with views of Balboa Park with plenty of parking for patients and staff. The office is under construction and will be ready mid-October. The office will be HIPPA compliant with a reception area, staff area, and a break room. Additionally, in-house billing services will be available. All suites have a view of a terrace, which makes the suites very private. If you would like more information, please contact Carolina Court, MD., or Deisy Cristina Boscán, Ph.D., at 619-297-1750.

GREAT REFERRAL SOURCE
REMINDER: Please send all future announcements/event advertisements to Ms. Michelle Spencer at: sdpc.michelle@gmail.com. They will be included in the next volume of the SDPC Weekly Newsletter.

San Diego Psychoanalytic Center
4455 Morena Boulevard • Suite 202 • San Diego, CA 92117
Ph: 858-454-3102 Fax: 858-454-0075

Established in 1973 as a non-profit 501c3, the San Diego Psychoanalytic Center provides advanced mental health training in psychoanalysis and psychoanalytic psychotherapy; mentoring; community education; and public service to San Diego.

Accredited by the American Psychoanalytic Association. Member of the American Psychoanalytic Association, the International Psychoanalytic Association, and FI PAS, the organization of Southern California Psychoanalytic Institutes and Societies. © 2014 San Diego Psychoanalytic Center. All rights reserved.