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.

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.
NEW: Donate to SDPC Through Amazon Smile

AmazonSmile is a simple and automatic way for you to support SDPC every time you shop, at no cost to you.

Amazon will donate 0.5% of the price of each purchase you make through AmazonSmile to SDPC.

Sign up now and specify San Diego Psychoanalytic Center as the organization of your choice.

Publication


Presentation

Joanne E. Callan, Ph.D., ABPP and Emilie Sfregola, Psy.D. will give an analytically-focused presentation, "Pregnancy in the Clinical Consulting Room," on Oct. 18th to 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:**

How can clinical writing be used to formulate countertransferences to difficult patients?

In what ways do the conventions of story-telling (character, plot, descriptions of scenes or person writing practices, with reference to writing about difficult patients?

**Symposium Concept and Presentations:**

“Writing about the Difficult Character” is conceived as a series of open-ended, collegial conversations involving the understanding of demanding patients using writing in new ways.
The Lure of the Mad and the Beautiful:  
*Streetcar Named Desire* with reference to *Blue Jasmine*

Faculty: Cal Colarusso, M.D., Alain Cohen, Ph.D.

Friday, September 26, 2014

7:30-9:30 p.m.

(7:00 – registration/wine and cheese)

SDPC

Members free, non-members $25, students $15

2 hours CEU credit

More than half a century apart, Blanche (played by Vivian Leigh) in Elia Kazan’s *ren* (1951) and Jasmine (Cate Blanchet) in Woody Allen’s *Blue Jasmine* (2013) mutually refer to each other the therapeutic mind. Both characters, along with the filmmakers’ other powerful cast of adjunct characters, will be approached didactically as case-study vignettes to examine narcissism, psychosis, and development.

Calvin Colarusso is a board-certified Clinical Professor of Psychiatry, University of California, San Diego. He is also a Training and Supervising Analyst in child and adult psychoanalysis at the San Diego Psychoanalytic Center and an internationally known lecturer to students, professionals, and the general public on...
internationally known lecturer to students, professionals, and the general public on pathologic development. His books have been published in English, Korean, and Spanish. He has published over 50 articles in peer-reviewed journals.

**Alain J.-J. Cohen** is Professor of Comparative Literature and Film Studies at the University of California, San Diego, and a practicing psychoanalyst, graduate of SDPC. Throughout his 100-odd research publications – as well as hundreds of presentations at invited lectures around the world – he highlights psychoanalytic approaches to filmmakers’ styles and psychologies, as he highlights psychoanalytic approaches to the aesthetics of the filmic image, aggression, and the rhetoric of violence in cinema.

Educational Objectives: At the end of this presentation, participants should be able to:

1. Describe some of the major developmental and dynamic themes in feminine narcissism, as they appear in the films under discussion.

2. Formulate the psychodynamic bases of borderline personality development, delusions, and other psychoses as dramatized in these films.

3. Show how psychodynamic treatment approaches for narcissistic pathology can improve patient care.

4. Articulate the role of culture in the psychodynamically understood fantasies of the films’ protagonists (which play a significant part in the protagonists’ internal worlds.)

**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.
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 Pottel, 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

455 Morena Boulevard, Suite 202, San Diego, California 92117
Telephone: 858-454-3102   Facsimile 858-454-0075
Email: sdpc.michelle@gmail.com
Website: www.sdpc.org
Mentoring
Fellowship for mental health trainees
early-career therapists

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

COMMUNITY EVENTS

Sign Up Now
for the 8th International Bion Conference
psych'O'analysis: explorations in truth
THURSDAY, OCTOBER 23 – SUNDAY, OCTOBER 26, 2014

psych'O'analysis: explorations in truth, is an invitation
to experience 'O' through large and small group encounters,
art, dance, music and paper presentations.
We welcome those who are new to Bion’s ideas as well as those
who have known and used Bion's concepts for decades.
For more information or to register, visit
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 Angles) 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

---

San Diego Psychology Center
SOCIAL SKILLS THINKING GROUP

IMPROVE:

- Language and Communication
- Relationships/friendships
- Regulate emotions and mood
- Relate to different kinds of children
- Creativity
- Cooperative play and reciprocity
- Take direction
- Thinking about other's thoughts and feelings

For Children and Teens
Social Thinking Group Includes...

- 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).

---

**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
4140 Fourth Avenue, suite 200
San Diego, CA 92107
www.sandiegopsychologycenter.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.

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

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

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

Model: Children do better when caretakers and providers are involved and support. SDPC uses a model known as Reflective Modeling meetings with parents at least once every season, of course. Providers in the reflective network that SDPC collaborates with are limited to: educators, occupational therapists, physical therapists, physicians, and other mental health professionals. They are an integral part of the evaluation and progress monitoring.

Progress Reporting: Progress reports will be provided on a regular basis. These reports will include scales that help us to evaluate your child's goals and progress, and measures are very helpful for both parents and the therapists.

Description of Children Served: A variety of children and teens in group are "odd" or "quirky", bright, and very verbal. They come across quite agreeable and pleasant and polite, but there is a tendency to be overly assertive with their friendships. Confidence in social skills is an important factor in which these children are evaluated. Group reports will be sent to you. Each child is evaluated to determine group goals, which may include a special interest in working with children with autism spectrum disorder, sensory integration deficit, learning disability, other neurological disorders, and emotional issues.

Your child will be placed in the group that best fits his or her needs.

To make an appointment for an initial evaluation, please contact us at info@sandiegopsychologycenter.com

https://us3.admin.mailchimp.com/campaigns/show?id=602593
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 County.

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.