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San Diego Psychoanalytic Center Newsletter  
July 2014 • Vol 2

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## SDPC MEMBER SPOTLIGHT



**Member in the  
Spotlight:**  
Jason Bennett, M.D.

**What was your pathway toward entering the mental health field?**

I was an English major in undergrad and had a strong interest in literary criticism where I encountered Freud for the first time. Then, I went to medical school and became more interested in talking to patients than doing things to them (especially patients with chronic medical illness). Pursuing an understanding of the "talking cure" grew naturally from those experiences.

**Tell us about your educational experience thus far at**

**SDPC:** Particular courses, experiences, teachers, supervisors/consultants that have been most formative?

I have really appreciated the flexibility as I pursue a very non-traditional path towards graduation. The faculty has been understanding and helpful in developing a plan to graduate in light of military deployments and other changing life circumstances.

**How has your training in psychoanalysis or psychoanalytic psychotherapy affected a) your practice, and b) your professional development? Other areas of life?**

My own personal analysis, as much as it is part of training, has had an immeasurable impact on my practice and professional development. More than a theory or technique, my training and analysis represent a consistent viewpoint that affects every aspect of my life.

**Tell us about your practice and who you are most interested in working with.**

I enjoy working with adults in long term psychotherapy with or without medication management.

**Where is your practice, and how can potential patients contact you?**

I am in the UTC area and can be reached at [drbennett@me.com](mailto:drbennett@me.com)

Please send your announcements to:  
[sdpc.michelle@gmail.com](mailto:sdpc.michelle@gmail.com).

## SDPC EDUCATIONAL EVENTS

### 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](mailto: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 facilitates learning in a safe and confidential atmosphere to enhance the deepening of this unique and sensitive experience.*

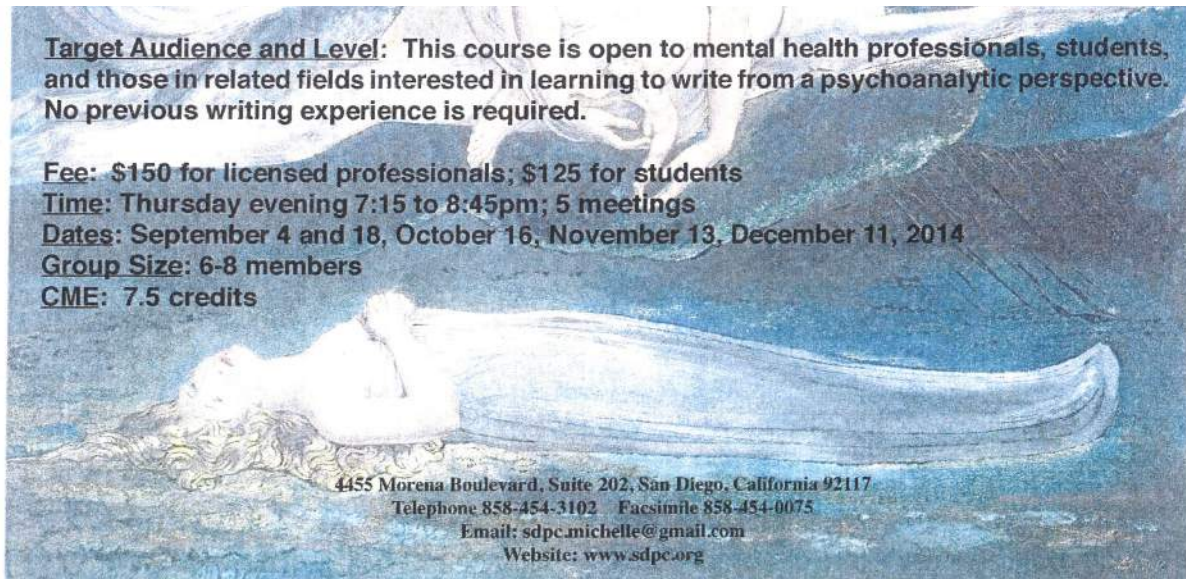
**Course Objectives:**

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 Pottél, Ph.D.** is a psychoanalyst in private practice; Training and Supervising 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

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 Website: [www.sdpc.org](http://www.sdpc.org)

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

### 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

### Referral Service

Referrals for psychoanalysis and psychoanalytic psychotherapy for adults, adolescents and children in the San Diego area

### Events and Celebrations

Upcoming event: Spring celebration to honor new grads

### Collegial Connections

Community of supportive, experienced, and dedicated psychoanalytic therapists

### Practice Promotion

Support in building your therapy practice

## 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](mailto: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

Child Psychoanalysis). Second semester, Darryl 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 12<sup>th</sup>, 2014 – August 29<sup>th</sup>, 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.

## 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

1107 Morena Blvd, San Diego, CA 92161

## OFFICE SPACE FOR RENT

### Advertise Here!

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

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## San Diego Psychoanalytic Center

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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.

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