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San Diego Psychoanalytic Center Newsletter
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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

ANNOUNCEMENTS

Breakthrough using unique therapy for children with autism spectrum disorders

Researchers have reported a surprising finding about a unique treatment of autism spectrum disorder: a large and reliable IQ rise. Almost every treated child, regardless of diagnosis, showed significant increases in IQ, along with improved social interaction, more positive behavior, and improved communication skills. These were the 2014 findings of a 49-year-long, multi-site study reported on at the American Psychoanalytic Association in Chicago. Investigators were led by Gilbert Kliman, M.D. of The Children's Psychological Health Center in Santa Rosa and San Francisco.

"The treatment, called Reflective Network Therapy, (RNT) focuses on one child at a time," said Dr. Kliman, "as it harnesses small social networks in the classroom, composed of parents, teachers, an in-classroom therapist and peers. It provides intensive interpersonal exercises within the child's own preschool class on hundreds of occasions during the course of a school year." Videos of treatments were used to illustrate results during the Chicago meeting.

"The method costs about one sixth that of the most commonly used treatment," said Dr. Kliman, "and could save public special education systems, parents and insurers millions of dollars for every ten children receiving the treatment. Unlike most approaches to serious early childhood disorders, RNT has a how-to-do-it manual, training videos, and some very long-term follow-ups. It is easily replicated and ready for widespread use in public and private special education settings." Studies showed significant IQ increases following Reflective Network Therapy,

The work included treatment of 1700 of disturbed preschoolers. Among them were 680 preschoolers on the autism spectrum. All were treated right in their own classrooms with this well-tested therapy. Videotapes of sessions studied for a school year show observable clinical progress among most of the children. Third-party researchers in eight programs administered IQ tests to 79 of the children.

... single program administered to 79 children, including 31 who were on the autism spectrum, at the beginning of treatment and again a year later. All but one of the 79 twice-tested children showed IQ gains, with an average gain of 24 points. Some of the highest gains were among the 31 autism spectrum patients. The data have been subjected to comparisons with other methods, as well as to controlled studies. The outcomes were of high statistical significance.

Dr. Kliman, the method's principal author, presented this data on Reflective Network Therapy's multi-site program in June at the American Psychoanalytic Association meeting in Chicago. He was awarded a prize for leadership in treatment of autistic and other preschoolers in May by the Parisian Psychoanalytic Society and the American College of Psychoanalysts. Dr. Alexandra Harrison presented findings at the World Association of Infant Mental Health in Edinburgh

Autism and related developmental disorders are increasing. This treatment gives powerful help to these children, their families, and the budgets of their schools, says Bay Area special education administrator Jay Parnes. It is being praised in professional publications about autism and education.

Participants in providing I.Q. outcome data included Arthur Zelman of the Center for Preventive Psychiatry, N.Y.; Alexandra Harrison MD, of Harvard Dept. of Psychiatry; Nancy Blieden Ph.D. of the Michigan Psychoanalytic Institute; Sandy Ansari, Educational Therapist of the San Diego Psychological Center; Catherine Henderson Ph.D. and staff at Wellspring Family Services of Seattle; Linda Hirshfeld M.A. of the Ann Martin Center in Piedmont, CA; and Alicia Mallo M.D. of Buenos Aires, Argentina.

"Breakthrough using unique therapy for children with autism spectrum disorders." Medical Xpress. 18 Jul 2014.

<http://medicalxpress.com/news/2014-07-breakthrough-unique-therapy-children-autism.html>

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.



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



The San Diego Psychoanalytic Center

is dedicated to promoting the relevance and vitality of psychotherapy and psychoanalysis

Advanced Training

Innovative, inspiring and individualized education

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

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Fellowship for mental health trainees early-career therapists

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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 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

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.

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

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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.

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San Diego Psychoanalytic Center

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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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