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San Diego Psychoanalytic Center Newsletter

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## News

### **CONGRATULATIONS TO LEE JAFFE, PH.D.**

SDPC member [Lee Jaffe, Ph.D.](#) was recently elected for a second time as Councilor-at-Large (Board of Directors) of the American Psychoanalytic Association (APsaA.) Despite SDPC being one of the smaller affiliates of APsaA, Dr. Jaffe and a number of other SDPC analysts play important roles at the national level.



### **REID MELOY, PH.D. TO BE VISITING PROFESSOR**

Reid Meloy, Ph.D. will be the visiting Yochelson scholar at Yale University for a week in March 2015. Please contact Dr. Meloy for further details: reidmeloy@gmail.com

### **MOJGAN KHADEMI, PSY.D. PRESENTED WITH APSAA TEACHING AWARD**

We congratulate SDPC member Mojgan Khademi, Psy.D. for being honored with a Teaching Award at the 2015 American Psychoanalytic Association Winter Meeting in New York.



### **Networking Event, 2/27/15**

San Diego Psychoanalytic Center invites the **San Diego mental health community** to an evening of networking, dinner, and education on Friday, 2/27/15. CME included.

SDPC member Daniel Blaess, Ph.D. will present *Show Me the*

*Money: Financial Issues in Psychotherapy.* He will explain how dealing with money, for both the therapist and the patient, affects clinical work and the treatment as it unfolds. Transference and countertransference will be discussed.



Join your colleagues for an enjoyable evening including 3-course dinner with wine at Tom Ham's Lighthouse on Harbor Island.  
2150 Harbor Island Drive, San Diego, CA 92101

Friday, February 27

6:00 - 8:00pm

\$59 per person.

Space is limited! Please RSVP to SDPC Administrator Michelle Spencer [sdpc.michelle@gmail.com](mailto:sdpc.michelle@gmail.com) by February 20th to reserve your space and select your meal preferences.

And please [tell your friends](#) about this networking event.

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## 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.

## UCSD Department of Psychiatry Grand Rounds & Research Lecture Series

UC San Diego Department of Psychiatry  
Subscribe to the Department Website Google Calendar for upcoming talks. Archived lectures available under Education Menu/Grand Rounds Tab.

Tune in and watch live!

For further information contact: [nmurphy@ucsd.edu](mailto:nmurphy@ucsd.edu)  
or call 619.543.3387

### Member Publications

[Calvin Colarusso M.D.](#) published a chapter entitled "Fear of Death" in the book "Fear" A Dark Shadow Across Our Life Span," edited by Salman Akhtar M.D., Karnac Books, London 2014, pp.169-192.

The chapter begins with a developmental line of death awareness and a discussion of "normal" fears of death. Freud's ideas on the subject are presented in the next section entitled "pathologic fears of death." Fears of death are then discussed in relationship to life experiences and later to significant trauma. The relationship between neurotic conflict and fears of death is discussed in a section which contains clinical material from two analyses, one by Eli Miller M.D. The next section discussed fears of death and fantasies of rejuvenation as presented in classic films. After a section on the relationship between religion and the fear of death the chapter ends with a discussion of mastery of the fear of death.



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[Reid Meloy, Ph.D.](#) is senior author (with his colleagues) of [The Concept of Identification in Threat Assessment](#), just published in *Behavioral Sciences and the Law*.



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[Maria Ritter, Ph.D.](#), presented her paper, *Silence as the Voice of Trauma* at the Discussion Group on Psychoanalysis and Spirituality at Winter Meeting of ApsaA.



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## SDPC Member Spotlight

**Kristin Whiteside, Ph.D.**

Student, SDPC Adult Psychoanalytic Program



**Hometown:** New Orleans, LA

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

It began in college with an initial interest in medicine, behavioral medicine in particular. I was curious about the behavioral aspects of health and why people make choices that are not in their best interest. I didn't realize it at the time, but I was on the path towards understanding unconscious motivation. Drawn to health psychology, I worked with a professor studying the physical and emotional benefits of writing. Guess what? Writing daily about your feelings about a stressful or traumatic event produced measurable changes in physical health as well as depression and anxiety. There was a personal connection to this work, as I was an avid letter writer and kept a journal. Validation of the benefits of writing initiated my interest in unconscious mental life and the mechanisms of expression, change, and growth.

**And what drew you to psychoanalysis/psychoanalytic psychotherapy?**

My interest in psychoanalysis resulted from the merger of my interests in the intellect and cognitive functions with emotional and subjective experience. Early in my training, I provided psychoeducational assessment, and I worked individually with students to develop learning strategies. As I developed relationships with my students, I saw the connection between their cognitive challenges and their ability to connect in a relationship with me. Focused on academics, we were discussing their brains, but I really wanted to learn about their minds.

I pursued my interest in the mind during an internship in a college counseling center, with the guidance of a psychoanalytically-oriented supervisor. The relationship with my supervisor and the theory opened a window beyond

understanding patients in terms of symptoms and history. I learned through the experience that understanding could be achieved within our interactions and mutual feelings. The experience of thinking about a patient from an interpersonal point of view, considering when and how to intervene, and achieving change was compelling, and I have thus sought opportunities for psychoanalytic supervision and training ever since.

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

Each of my instructors has left a unique mark on my understanding of the mind. As a beginning analyst, I have found it very useful to think about the various ways that one may listen to patients. As such, the coursework on modes of communication, countertransference, and thinking about the child within the adult have been particularly influential. I am enjoying the theoretical courses as well, which have presented diverse viewpoints on modern ego psychology to intersubjective theory.

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

I am in the process of building my private practice, and psychoanalytic training has benefitted my professional growth twofold. I have been able to work more intensively with patients and in particular have been able to address difficult feelings and resistance early in the treatment. In addition, my personal analysis has helped me to move forward towards my goals and aspirations, both personal and professional. It is not easy to integrate psychoanalytic training with one's real life, but the relationships that I have developed with fellow candidates, instructors and supervisors have enriched my life and work immeasurably.

**How else have you applied your analytic knowledge?**

Psychoanalysis has been criticized for its lack of accessibility. Indeed, it is a costly treatment in terms of time and money. However, psychoanalytic thinking can and must benefit those who are not traditional candidates for psychoanalysis. In addition to my practice, I provide psychological services to students at The Preuss School UCSD, a charter school for disadvantaged students in grades 6 through 12. While there are limitations to the frequency and duration of the therapy that I provide, my work is psychoanalytically informed. Students in the counseling program learn to be curious, to look inward, and become more skilled at mentalizing. Further,

they learn to speak about difficult feelings with an adult, and I have seen this generalize to their developing improved relationships with other adults in their lives. It can be challenging work with a population that is burdened with external stressors such as poverty, immigration issues, and acculturation challenges. However, students do learn to cope with their difficulties, and to take responsibility for their choices. As one student mentioned at the termination of therapy, "I learned that there is a reason for everything that I do, and that I can ask myself *why* I do what I do."

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

In my practice, I provide psychoanalytic psychotherapy for adolescents (age 12 and older) and adults seeking treatment for depression, anxiety disorders, and relationship difficulties. I also have an interest in treating patients diagnosed with ADHD, Learning Disorders, and high-functioning Autism Spectrum Disorders. In the case of younger patients, I involve parents in the therapy in order to help them to better understand, cope with, and assist their children with their developmental needs.

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

My practice is located in Encinitas just off of the 5 freeway at Santa Fe Drive. I may be reached at 760-707-7540.

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## SDPC Educational Events

**TONIGHT!**

**Grievance As a Container of the Negative**

Guest Presenter: Maxine Anderson, M.D.

When: Friday, January 30, 2015

7:30-9:30 p.m. (7:00 – registration/wine and cheese)

Where: SDPC

Cost: Members free, non-members \$25, students \$15



## Register and Pay

### CEUs: 2

While grief may lead to mourning and emergence from loss, grievance, especially stemming from early parental loss, may lead to the frozen, deadened entanglement with the lost object that is akin to Freud's concept of melancholy. This discussion will review some understanding about grievance and attempt to demonstrate in detail the clinical to and fro that may transform grievance into resolvable grief, while also respecting the massive de-animating resistance (entrenchment) that such grievance can mount against efforts to bring warmth and understanding.

### Presenter Information:

Maxine Anderson, M.D. is currently a Training and Supervising Analyst at the Seattle Institute of Psychoanalysis, and a Clinical Professor in the Department of Psychiatry and Behavioral Sciences at the University of Washington. She was previously on the faculty at the Tavistock Clinic in London, England, and has published several papers in journals such as The British Journal of Psychotherapy, Journal of the American Psychoanalytic Association, and Psychoanalytic Inquiry. She has participated in numerous seminars and presentations regarding the Kleinian perspective on the human personality and ways of addressing aspects of the personality and especially unconscious processes.

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See more upcoming educational events [here](#).

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**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 (619-615-8428)

**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

## Services Offered By SDPC Members

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

## SDPC Member Classifieds

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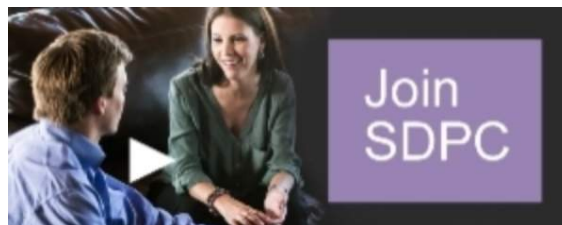
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Established in 1973 as a non-profit 501c3, the San Diego Psychoanalytic Center provides advanced mental health training in psychoanalysis and psychoanalytic psychotherapy; mentoring; community education; and public service to San Diego County.

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