

San Diego Psychoanalytic Center Newsletter  
March 2015 • Vol 4

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SDPC Gala Fundraiser honoring [Calvin Colarusso, MD](#) will be held on Saturday, 11/14/15

**Please save the date. Invitations will follow shortly.**

Calvin Colarusso, M.D.



The SDPC Mental Health Community Networking Event *Show Me the Money: Financial Issues in Psychotherapy* by Daniel Blaess, Ph.D. was held on 2/27/15





**Alan Sugarman, Ph.D.** has opened a second office in Encinitas where he will share a suite with Kristin Whiteside, Ph.D., Maya Bristow, Ph.D. and others. His phone number will remain the same as his La Jolla office.

### **Sunset Park featuring Haig Koshkarian**

SDPC Member and actor, Haig Koshkarian, M.D. is currently featured in a play, *Sunset Park*, which runs at Scripps Ranch Theatre between March 21 through April 19, 2015. Tickets [\(858\) 578-7728](tel:8585787728) or [SCRIPPSRANCHTHEATRE.ORG](http://SCRIPPSRANCHTHEATRE.ORG)

"... *Sunset Park* is about family - and, as such, it is inevitably about all our families... There are elements of these entertaining people and their conflicts and issues in all of our families, including mine. I certainly recognize conversations in this play that took place in my home over the years with parents and grandparents. OY! " (excerpt by Director, Eric Poppick.)

"Haig gives us a moving and deeply felt performance of a bitter grandfather - a must see." (Maria Ritter)

Haig Koshkarian



### **Special Group Program for Residents, Graduate Students, and Early Career Psychotherapists at July**

## Congress of the IPA

At Boston 2015, at the July Congress of the International Psychoanalytic Association, the Local Arrangements Committee is running a special group program for residents, graduate students, fellows in institute programs, and early career psychotherapists. Everyone who registers for this program will be eligible for reduced registration fees with full access to the Congress. Information about eligibility and fees is available on the [IPA website](#).

By registering in one of these categories you will be enrolled in a special small group program taught by senior psychoanalysts. The groups will be formed to take into account levels of training and experience in psychoanalytic psychotherapy.

This new program is designed to offer clinicians entering the field an opportunity to learn about and experience the international richness of psychoanalysis through daily discussions at the Congress following selected events such as panels, keynote papers, and presentations.

Discussion themes will be chosen to reflect the broad scope of contemporary psychoanalysis, as groups explore how it is currently practiced and debated around the world.

There will also be elective time built into the schedule to allow participants to tailor their own Congress experience to include other program events, socializing, exploring the city of Boston, and enjoying the lively Congress scene.

For questions, please contact Alan Pollock, [alan\\_pollack@comcast.net](mailto:alan_pollack@comcast.net) or [lewis\\_kirshner@hms.harvard.edu](mailto:lewis_kirshner@hms.harvard.edu)

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## **Dr. Anders Co-Edits *The Undecidable Unconscious: A Journal of Deconstruction and Psychoanalysis***

Former SDPC Member, [Dr. Eric Anders](#), Ph.D., Psy.D. is co-editor of a new journal, which you may access online (free at this time).

[\*The Undecidable Unconscious: A Journal of Deconstruction and Psychoanalysis\*](#)

Eric Anders, Ph.D., Psy.D.



Articles of SDPC members Felise Levine, Ph.D. and Harry Polkinhorn, Ph.D. and Recent SDPC Psychotherapy Program Grad Rebecca Buller, Ph.D. were published in ***The San Diego Psychologist, Vol.30, No.1 February/March 2015***. For a copy of these articles, please contact Michelle Spencer: [sdpc@michelle.gmail.com](mailto:sdpc@michelle.gmail.com).

Harry Polkinhorn: ***Psychoanalysis Reaches Out and In, p.16***



**Rebecca Buller and Felise Levine: *Psychodynamic Theory Applications in two unique settings, p.1***



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## **INVITATION TO SUBMIT ARTICLES TO *THE SAN DIEGO PSYCHOLOGIST***

All SDPC Members, Candidates, and Students are invited to submit articles to ***The San Diego Psychologist***. Let's tell the larger mental health community about the work we're doing and the relevance of psychoanalytic thinking. For more information on how to submit articles, please [click here](#).

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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.

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## SDPC Member Spotlight

### Jessica Sperber, MD

Student, SDPC Psychoanalytic Psychotherapy Program



**Hometown:** Berkeley, CA

**What was your pathway toward entering the mental health field?** Well, it certainly was circuitous. In college, I was initially interested in pursuing a PhD in neurobiology, which I guess is one way to try and explore the human condition, but at some point I figured out that I'd rather come at this exploration by starting with actual people. There was a unique connection when helping and interacting with people as a volunteer

medical assistant that I didn't experience in the sterile laboratory setting. This somewhat novel experience of connecting with others and caring for them was something I wanted to do more of, and that led me to pursue medical school.

During my clinical clerkships in medical school, I found that I most enjoyed interacting with patients. There were some aspects of medical learning - memorizing criteria for the staging of congestive heart failure; or standing in the sterile operating room - that were not particularly fulfilling to me. But interfacing with the person with heart failure or appendicitis - that really did appeal. Throughout my various rotations such as internal medicine, I came to appreciate how each person had a unique history, personality and way of seeing and dealing with their medical condition. Having started to more fully appreciate human uniqueness, my psychiatry rotation solidified my interest in mental health.

And what drew you to psychoanalysis/psychoanalytic psychotherapy?

Through my own personal work and in psychiatry residency training, I became more and more aware of the impact psychotherapy could make: That we all have this mysterious internal world that affects us in ways we don't readily understand or even know is happening. That the more one understands these unconscious forces in ever-dynamic tension with one another, the more one is able to have healthier, more meaningful relationships with others, improved self-regulation skills, and enhanced self-awareness. I began to appreciate that helping people become aware of and identify their own legitimate emotional needs and wants seemed to foster growth of the self in ways that medication or CBT never could. Mirroring and validating a person in a way they have not experienced before seemed to be so healing. The therapist and patient working together to co-create a more accurate autobiographical narrative increased the capacity for self-forgiveness; setting the stage for increased emotional generosity, both with the self and with others. I also saw that when one person became healthier, their relationships could then in turn be healthier and it could help make the people they interact with healthier.

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

My educational experience at SDPC has exceeded my expectations by far. I feel a great sense of belonging in attending PPP and SDPC events. I have "Aha!" moments all the time. While all of the courses have stimulated increased understanding, I think the most influential course was "Development: Becoming Who We Are, Birth to Old Age." The methodological rigor broadened my understanding of the entire development of emerging self from birth forward. I now have a more textured understanding of the interplay between the child and environment on the evolving organization of the mind. All of my supervisors have been excellent and have mentored my growth and development as a young therapist.

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

Having a greater understanding of psychoanalytic thinking helps me appreciate the fact that even the most ambitious of goals can often be achieved with psychotherapy, including reconnecting with lost vitality and love. I recognize the essential nature of helping a person gain a fuller understanding of their internal world. I think my training in psychotherapy helps me be more patient and empathic in my everyday life. When I notice strong emotions emerging in myself, or notice judgment of others or myself, I try to look at what is going on underneath. Often times, I can identify what is being triggered in me, allowing me to think in a more complex way about my own surroundings and interactions. I can use the techniques in everyday life interacting with people; increasingly aware of that going on just beneath the surface.

How else have you applied your analytic knowledge?

My analytic knowledge helps me understand issues like the drug epidemic; where poorly parented people have little sense of safety, consistency or self-soothing skills, so they reach for substances to meet these needs.

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

I have a private practice where I see people for psychotherapy and, where indicated, medication management. In addition, I collaborate with therapists to evaluate and treat people who are in therapy and need assessment for medication. I enjoy helping people whose difficulties include areas such as depression, anxiety, relationships, intimacy skills, and self-regulation skills. Additionally, I enjoy working with people with chronic pain, chronic medical conditions, and addictions.

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

My office is located in La Jolla in the Golden Triangle/UTC region. I can be reached at (858) 750-2424 or [www.drsperber.com](http://www.drsperber.com)

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## SDPC Educational Events

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

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### 3rd UCL-CCM-SFCP Joint Conference

## Free Association Today

Saturday, May 2, 2015  
9:30am - 3:45pm

UCL, CCM and SFCP will host our 3rd annual joint conference on Saturday, May 2, 2015. This conference will be showing video presentations of the three eminent psychoanalysts' plenary papers presented from the UCL conference held in London, December 2014, followed by discussion with the audience in San Francisco. The conference will explore the value and role of free association today within psychoanalysis.

### Professor David Tuckett

Paper: *Free Association Today*



**Professor David Tuckett** is a Training and Supervising Analyst at the British Psychoanalytical Society and a professor of psychoanalysis at University College London. He is the past editor and chief of the International Journal of Psychoanalysis, President of the European Psychoanalytic Association and

**Space is limited!**

**We encourage you to register now** to ensure a space

**Visit the Program Webpage** to read the complete conference information

**Program Fee:**  
\$ 160.00 to \$ 120.00

**5 CME/CE Credits available** for an additional charge



the author of many articles and books on psychoanalysis. He is the 2007 winner of the Sigourney award for Psychoanalysis. His most recent publications also include *Minding the Markets*, a book on psychoanalysis and the world economic markets. Professor Tuckett also developed the model of the Working Party Groups of the IPA, and was the chair of the European working party on Comparative Clinical Methods. His paper on "Does Anything Go?" has become a standard text for psychoanalytic training throughout the world.

### **Edna O'Shaughnessy**

Paper: *Connections and Disconnections*



**Edna O'Shaughnessy** came to psychoanalysis from philosophy. She is a Distinguished Fellow and Training and Supervising Analyst at the British Psychoanalytical Society. She is also a child psychoanalyst. Along with Donald Meltzer she edited the *Collected Papers of Roger Money-Kyrle* and has authored many significant psychoanalytic papers including "Enclaves and Excursions," a paper that extended the ideas of psychic retreats. She was the editor with Ronald Britton of *The Oedipal Complex Today: clinical implications*. Recently she edited along with Elizabeth Spillius of *Projective Identification: the fate of a concept*. Many of her papers are now published in *Inquiries in Psychoanalysis: Collected Papers of Edna O'Shaughnessy*.

### **Rudi Vermote, MD, PhD**

Paper: *Free Association: Meeting the Patient Halfway*



**Rudi Vermote, MD, PhD** is a Training and Supervising Analyst of the Belgium Society of Psychoanalysis, where he recently served as President. He is the author of many scholarly papers about the work of Wilfred Bion, and lectures throughout the world on psychoanalytic theory, psychoanalytic research and practice. His most recent book *Reading Bion* (2014), is part of the teaching series from the New Library of Psychoanalysis. In addition to his psychoanalytic practice, Dr. Vermote is head of the Psychotherapy Unit for Personality Disorders (KLIPP) at the University Psychiatric Centre Katholieke Universiteit Leuven. He has also published his own clinical work as part of the analyst at work section of the *International Journal of Psychoanalysis*.

### San Diego Psychiatric Society's Annual Conference, ***Advances In Addiction***

The San Diego Psychiatric Society planning committee cordially invites you to attend the San Diego Psychiatric Society's Annual Conference, ***Advances In Addiction*** on June 6<sup>th</sup> and 7<sup>th</sup>, 2015. Please visit [www.sdpscme.com](http://www.sdpscme.com) for the full agenda, speaker bios, and registration information. If you would like additional information, please contact Executive Director Victoria Pak at [info@sandiegopsychiatricsociety.org](mailto:info@sandiegopsychiatricsociety.org).

**ADVANCES IN ADDICTION**

**June 6th & 7th, 2015**  
**Hyatt Regency in La Jolla at the Aventine**

3777 La Jolla Village Drive  
 San Diego, California 92122

Tel: 858-552-1234  
<http://www.hyattregencylajolla.com>

Mention the San Diego Psychiatric Society for  
 discounted rates on hotel reservations!

[CLICK HERE TO REGISTER](#)

Jointly Sponsored by the American Psychiatric Association and the San Diego Psychiatric Society, a District Branch of  
 the American Psychiatric Association.





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

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

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.

## Donate to SDPC Through [Amazon Smile](#)

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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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