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San Diego Psychoanalytic Center Newsletter
August 2014 • Vol 2

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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

psychotherapy affected a) your practice, and b) your professional development? Other areas of life? 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.

What is something very few people know about you? This was a tough one but most people don't know that I enjoy scuba diving and am fascinated by caves/spelunking.

Elvis or The Beatles? Elvis

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.

PRACTICE TIPS

Here are some [options for full disk and file encryption](#) for your private information. Check out AxCrypt (free), reportedly the easiest-to-use solution.

ANNOUNCEMENTS

Psychoanalysis and Fantasy Football

A number of members of the San Diego Psychoanalytic Center are starting a fantasy football league and invite all members, spouses, friends, and significant others to join. Please call Jessica Sperber, M.D. at [510-290-6516](tel:510-290-6516), the commissioner. We need to do this quickly in order to have time for a draft before the regular season begins.

Presentation

Joanne E. Callan, Ph.D., ABPP and Emilie Sfregola, Psy.D. are giving an analytically-focused presentation "Pregnancy in the Clinical Consulting Room," on Oct. 18th for the San Diego Psychological Association.

Please see the link below for more information:

<http://www.viethconsulting.com/Calendar/moreinfo.php?eventid=30773>

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:



Théodore
from Po

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 an interest in deepening their understanding of demanding patients using writing in new ways. It will not feature the presentation of polished written arguments but will facilitate a more informal full participation (presenters and audience). A range of writing styles will be invited, from the personal essay, memoir, and so on. Sufficient time will be allocated for open discussion.

Time: 8:30 a.m. to 4 p.m. **CEUs** available

Cost: \$125 general audience; \$100 students

Link to SDPC Website for additional details about proposal submission and

4455 Morena Boulevard, Suite 202, San Diego, California 921

Telephone 858-454-3102 Facsimile 858-454-0075

Email: sdpc.michelle@gmail.com

Website: www.sdpc.org

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

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

4455 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

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

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 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 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.

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



A SPECTRUM OF POSSIBILITIES

San Diego Psychology Center
2870 Fourth Avenue, Suite 101
San Diego, CA 92103
619.297.1750

Social Thinking Group
Includes...

- Lesson Plans (by week)



- **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

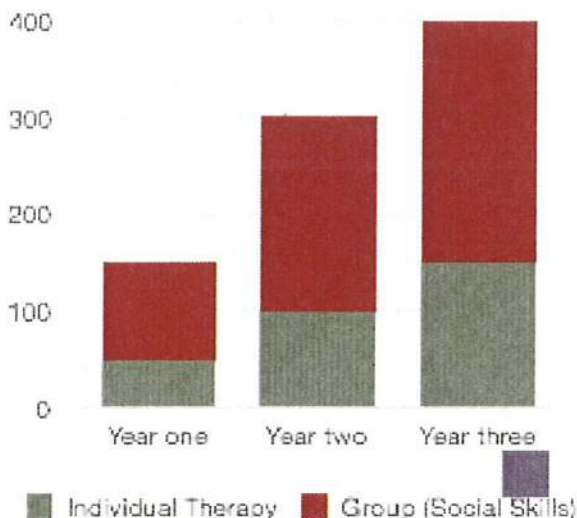
10:00 a.m. to 10:50 a.m.

Session Three:

7th through 10th

11:00 a.m. to 12:25 p.m.

Three Year Trajectory at 40% Improvement



San Diego Psychology Center
2870 Fourth Avenue, suite 101
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.

MORE ABOUT GROUPS

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 (not a calendar). The schedule is determined at the start of the 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 Practice* which includes meetings with parents at least once every season, or more often. Providers in the reflective network that SDPC collaborates with are limited to: educators, occupational therapists, physical therapists, physicians, and other mental health professionals. This is a part of the evaluation and progress monitoring.

Progress Reporting: Progress reports will be provided to parents on a regular basis. Scales to help us add to your child's goals and progress measures are very helpful for both parents and the child.

Description of Children served: A variety of children are in group are "odd" or "quirky", bright, and very verbal. They come across quite agreeable and pleasant and polite. They have a tendency to be overly assertive with their friendship and confidence. Each child is evaluated to determine group placement. We have a special interest in working with children with autism spectrum disorder, sensory integration deficit disorder, other neurological disorders, and emotional and behavioral issues in acculturation.





Your child will be placed in the group that best fits h

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

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](tel: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.

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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 mentoring; community education; and public service to San Diego.

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