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San Diego Psychoanalytic Center Newsletter
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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.

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.

ANNOUNCEMENTS

NEW: 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.

Publication

A chapter written by Cal Colarusso, M.D., "Fear of Death," has been published in *Fear: A Dark Shadow Across Our Life Span*, edited by Salman Akhtar M.D., Karnac Books, 2014.

Presentation

Joanne E. Callan, Ph.D., ABPP and Emilie Sfregola, Psy.D. will give an analytically-focused presentation, "Pregnancy in the Clinical Consulting Room," on Oct. 18th to 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:

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 conversations that will explore an interest in deepening their understanding of demanding patients using writing in new ways.



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an interest in deepening their understanding of continuing practice using writing as well as 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 to the personal essay, memoir, and so on. Sufficient time will be allocated for open discussi

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 9211

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

Email: sdpc.michelle@gmail.com

Website: www.sdpc.org

The Lure of the Mad and the Beautiful: *Streetcar Named Desire* with reference to *Blue Jasmine*

Faculty: Cal Colarusso, M.D., Alain Cohen, Ph.D.

Friday, September 26, 2014

7:30-9:30 p.m.

(7:00 – registration/wine and cheese)

SDPC

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

2 hours CEU credit

More than half a century apart, Blanche (played by Vivian Leigh) in Elia Kazan's *ren* (1951) and Jasmine (Cate Blanchet) in Woody Allen's *Blue Jasmine* (2013) mutual the therapeutic mind. Both characters, along with the filmmakers' other powerful ca approached didactically as case-study vignettes to examine narcissism, psychosis, development.

Calvin Colarusso is a board-certified Clinical Professor of Psychiatry, University of Training and Supervising Analyst in child and adult psychoanalysis at the San Diego internationally known lecturer to students, professionals, and the general public on

internationally known lecturer to students, professionals, and the general public on pathologic development. His books have been published in English, Korean, and Spanish, and he has written numerous articles in peer-reviewed journals.

Alain J.-J. Cohen is Professor of Comparative Literature and Film Studies at the University of California, San Diego, and a practicing psychoanalyst, graduate of SDPC. Throughout his 100-odd research articles and numerous scholarly volumes – as well as hundreds of presentations at invited lectures around the world – he has explored filmmakers' styles and psychologies, as he highlights psychoanalytic approaches to the aesthetics of the filmic image, aggression, and the rhetoric of violence in contemporary cinema.

Educational Objectives: At the end of this presentation, participants should be able to:

1. Describe some of the major developmental and dynamic themes in feminine narcissism under discussion.
2. Formulate the psychodynamic bases of borderline personality development, delusional thinking, and narcissism dramatized in these films.
3. Show how psychodynamic treatment approaches for narcissistic pathology can inform clinical practice.
4. Articulate the role of culture in the psychodynamically understood fantasies of the films' protagonists and how these fantasies clash (which play a significant part in the protagonists' internal worlds.)

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 clinical understanding.

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

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professionals, academic institutions,
and professional societies

COMMUNITY EVENTS



psych'O'analysis: explorations in truth, is an invitation to experience 'O' through large and small group encounters, art, dance, music and paper presentations.

We welcome those who are new to Bion's ideas as well as those who have known and used Bion's concepts for decades.

For more information or to register, visit



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

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 weekly)**
(two specific skills building exercises per month with whole group)
- **Parent Newsletter** and Updates on Group Experience.
- **Progress reports** every season

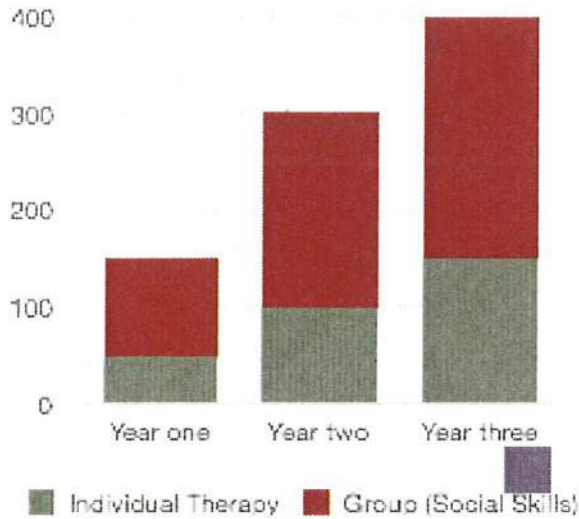


(12 weeks) progress with the use of progress report (parent rating & teacher ratings).

One on one parent meetings
(30 min)

-As needed parent meetings upon appointment (not to exceed once a month).

Three Year Trajectory at 40% Improvement



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.

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 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.

Times: Group sessions are mostly 50-minutes to an hour and are every Saturday and follow a school calendar year (not a public school 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 involves 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 involves 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. Supportive professionals are part of the evaluation and progress monitoring.

Progress Reporting: Progress reports will be provided to parents using standardized scales to help us add to your child's goals and progress. These measures are very helpful for both parents and the child.

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

Your child will be placed in the group that best fits his or her needs.

To make an appointment for an initial evaluation, contact 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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