

San Diego Psychoanalytic Center Newsletter

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August 2014 • Vol 4



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## SDPC MEMBER SPOTLIGHT



## Maya Bristow, Ph.D.

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### **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**

**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](mailto:drbristow@medofficemail.com).

## ANNOUNCEMENTS

### 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.

## SDPC EDUCATIONAL EVENTS



### CALL FOR PROPOSALS

**Life Sentences: Writing about the Difficult Cha**

**Plenary Speaker:** Reid Meloy, Ph.D.

**Date of Symposium:** May 16, 2015

**Proposal Submission Deadline:** November 15, 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?



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### **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) that 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**

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Email: [sdpc.michelle@gmail.com](mailto:sdpc.michelle@gmail.com)

Website: [www.sdpc.org](http://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 *Streetcar Named Desire* (1951) and Jasmine (Cate Blanchet) in Woody Allen's *Blue Jasmine* (2013) mutual the therapeutic mind. Both characters, along with the filmmakers' other powerful characters, were approached didactically as case-study vignettes to examine narcissism, psychosis, and personality development.

**Calvin Colarusso** is a board-certified Clinical Professor of Psychiatry, University of California San Diego, and a Supervising Analyst in child and adult psychoanalysis at the San Diego State University. He is an internationally known lecturer to students, professionals, and the general public on narcissism and pathologic development. His books have been published in English, Korean, and Spanish, and his 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 papers and scholarly volumes – as well as hundreds of presentations at invited lectures around the world – he has focused on 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 and personality development under discussion.
2. Formulate the psychodynamic bases of borderline personality development, delusional thinking, and psychosis 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.

clashes (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](mailto: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.

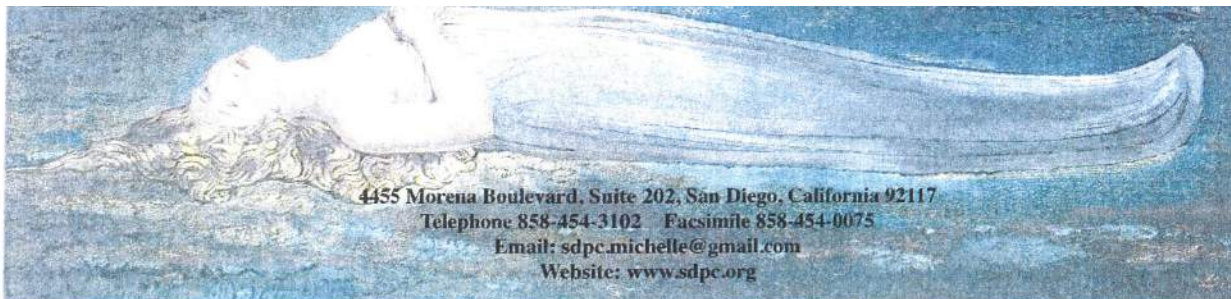
**Fee:** \$150 for licensed professionals; \$125 for students

**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

**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

SERVICES OFFERED BY SDPC MEMBERS



## San Diego Psychology Center (SDPC)

Presents:

# *Reflective Parent Training*

Expand your parenting skills in a supportive non-judgmental atmosphere

- \* Learn techniques to effectively deal with challenging behaviors of 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,  
And the developmental needs of your child.

Now offering Training in both a group and Individual setting.

**Location:** 2870 Fourth Ave, Suite 101 (Hillcrest)  
San Diego, 92103

**Cost:** \$55 a week for Group

*(Contact our office for the Cost of Individual Meetings.)*

**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 particular unique scenarios to develop role-plays, and provide educational material to help them enhance their parent-child relationship" – Reeta Mehta M.S.*

**For more information please call: (619) 297-1750**  
**Or visit our website at [www.sandiegopsychologycenter.com](http://www.sandiegopsychologycenter.com)**

## 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](mailto: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 advanced mental health training in psychoanalysis and psychoanalytic psych mentoring; community education; and public service to San Diego County.

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