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San Diego Psychoanalytic Center Newsletter

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April 2014 • Vol 1



## SDPC: SAME MISSION & STRUCTURE EXPANDED INCLUSIVENESS & COLLABORATION

### SDPC's New Name, New Look, and Expanded Community Outreach

#### NEW NAME

First, we changed our name from San Diego Psychoanalytic

#### EXPANDED OUTREACH

Now, we want to emphasize the high value we place on:

- **Relevance** of psychoanalytic thinking and clinical applications in diverse settings

Society and Institute to  
**San Diego Psychoanalytic  
 Center**

**NEW WEBSITE**

Coming soon,  
 our [new website](#)  
 will be launched

**What does all this mean?**

Here's how we see it:

**SAME DEDICATION  
 TO OUR ORIGINAL MISSION**

SDPC's mission and organizational  
 structure remain unchanged

**ADVANCED EDUCATION**

We continue to offer the highest  
 quality, advanced training in  
 psychoanalysis and psychoanalytic  
 psychotherapy. Our educational  
 events for mental health  
 professionals and the public feature  
 broad and timely topics

- **Inclusiveness** in our training  
 programs, community education,  
 and membership

- **Close collaboration** with our  
 colleagues, academic institutions,  
 and professional associations

[Learn more](#) about our training  
 programs, educational and social  
 events, new membership categories,  
 and what we're doing in the  
 community

[Contact us](#) if you'd like to speak  
 directly with a board member,  
 graduate, or student about what we  
 offer

## 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

**Referral Service**

Referrals for psychoanalysis and  
 psychoanalytic psychotherapy for  
 adults, adolescents and children in  
 the San Diego area

**Events and Celebrations**

psychoanalytic thinking and clinical applications in diverse settings

Upcoming event: Spring celebration to honor new grads

### Mentoring

Fellowship for mental health trainees early-career therapists

### Collegial Connections

Community of supportive, experienced, and dedicated psychoanalytic therapists

### Community Involvement

Connections with mental health professionals, academic institutions, and professional societies

### Practice Promotion

Support in building your therapy practice

## ANNOUNCEMENTS

### Presentations

**Alan Sugarman, Ph.D.** will present a paper "Being a Monday Morning Quarterback: A Senior Child Analyst Looks Back at His Early Work" at the annual meeting of the Association for Child Psychoanalysis in Washington, DC on 5/2/14. He will also participate in the three regional conference on psychoanalysis sponsored by the European Psychoanalytic Federation in Barcelona this July.

Dr. Sugarman presented a paper entitled, "A Contemporary Psychoanalytic Perspective on the Role and Importance of Character Structure in Treating Asperger's Patients" at the Psychiatry Department Grand Rounds at Tulane University on 3/14/14. He also presented a paper entitled, "A Contemporary Psychoanalytic Approach to Understanding and Treating Masochism" to the New Orleans-Birmingham Psychoanalytic Center on 3/14/14.

### Upcoming Book Publication

*How Talking Cures: Freud's Lost Legacy of Therapeutic Actions*, authored by **Lee Jaffe, Ph.D.** will be published soon by Jason Aronson.

### Photo Published

*The American Psychoanalyst* recently published a photograph by **Lee Jaffe, Ph.D.** The photo was also included in an art exhibition at the January meetings of the American Psychoanalytic Association.



### Introduction to Freud and Psychoanalysis

(For SDPC members only)

**Marti Peck, Ph.D.** will present a draft of her paper on an introduction to psychoanalysis. Saturday, April 26, 10 a.m. SDPC members are invited to attend and provide feedback.

## INTRODUCING PSYCHOANALYSIS OFF THE COUCH

[\*Psychoanalysis Off the Couch\*](#), a public service of SDPC, is a new portal which lists psychoanalytically-oriented educational events for mental health professionals and the public. Any academic institution or professional association is welcome to [submit its educational event listings](#) free of charge.

## PRACTICE PROMOTION WORKSHOP

**Zack Sugarman**, Vice President, Social Media & Digital, Wasserman Media Group, will share tactics he uses to promote star athletes and sports brands. He will explain how psychoanalysts and psychotherapists can effectively employ these tactics to promote their practices. (Coming soon.)

## SDPC EDUCATIONAL EVENTS

**Finding the Unfound:  
The Convergence of Psychoanalytic Principles  
and Neuropsychology in the Understanding and**

## Treatment of Asperger's Syndrome

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**Saturday, April 5, 2014 - 9:00 am to 12:00 pm at SDPC**

**8:30 a.m. – registration/ light breakfast**

**CEUs 3**

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Psychoanalysts Katharine Gould (Los Angeles) and Alan Sugarman (La Jolla) will present clinical work with toddlers, children, and young adults diagnosed with Asperger's. Neuropsychologist Alan Lincoln (San Diego) will discuss Asperger's from the perspective of neurobiology, expanding insight into the world of those living with Asperger's and their families. The clinical summaries presented at the conference will describe the recent psychoanalytically informed methods of treatment that have made it possible for some of these patients (child and adult) to experience being "found" (Winnicott) and then to reverse the process by finding us. ([read more](#))

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## A Psychoanalytic Reading of Adam Smith's Texts

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**Friday, May 30, 2014 - 7:30 pm to 9:30 pm at SDPC**

**7:00 PM - Registration/Wine & Cheese**

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This presentation will focus on the life and works of Adam Smith, the founder of contemporary economics. Latent content analysis is applied to *The Wealth of Nations* (1776/1981), showing that Smith considers dependence on others a problem. A reading of his biography illustrates his solution to one's individual independence from another is through a system of impersonalized interdependence as ([read more](#))

### SDPC MEMBER SPOTLIGHT

#### **Emilie Sfregola, Psy.D.**

**Dr. Sfregola, what was your pathway toward entering the mental health field?**

I was originally an artist and found that my interest in art was not as much in the physical



creation of the actual work itself, but in how each piece afforded a window into the human experience and the internal worlds of both the artist and viewer. I became aware that the mental health field offered the opportunity to open and explore this window into the internal world through the psychodynamic process (albeit without the artwork). After completing my undergraduate degree in sculpture, I earned my doctorate in psychology from Alliant- California School of Professional Psychology and became a psychologist.

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

Psychoanalytic thinking and psychoanalysis have fascinated me for a long time. I believe there is no other treatment or discipline that has the same respect and appreciation for the depth and richness of human experience. This desire to capture and understand the complex phenomena of human experience in order to help people create lasting change and more satisfaction in their lives is what drew me to study psychoanalysis.

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

Before I began formal training in the analytic program this past year I had the opportunity to learn and be a part of the community through the Extension Division Events, the Fellowship Program, and the Child and Adolescent Study Group. What has been most beneficial for me is listening to how different people (teachers, supervisors,

mentors, peers) think about and understand the same material. It has helped me in developing and refining my own way of thinking clinically.

**How has your training affected a) your practice and your professional development?**

My training at the Institute thus far has been a tremendous asset in my clinical work. It has helped me to gain greater insight into my patients by exposing me to different ways of thinking and working. In addition, it has provided me with a supportive community of peers and mentors in which to continue to grow and develop as a professional.

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

I teach an introductory course on Psychoanalytic Theories in the doctoral program at Alliant- California School of Psychology and am currently working on an article on Creativity in the Processes of Mothering and Psychoanalysis. I have also presented my psychoanalytic research through various local and national professional organizations.

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

I work with adults, adolescents, and couples providing treatment for anxiety, depression, relationship issues, self-esteem, and trauma. I have an interest in early mothering as well as in women's issues in general, having served as Co-Chair of the Women's Committee of the San Diego Psychological Association.


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

My practice is located in the Banker's Hill/Hillcrest area. I can be reached by phone at 619-550-7148. To learn more, you can also visit my website at [www.drsmfregola.com](http://www.drsmfregola.com).

## COMMUNITY EVENTS

### TRAUMA ACROSS THE LIFESPAN

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**June 7th & 8th 2014**  
**Hyatt Regency La Jolla**  
**at the Aventine**

Sponsored by the  
American Psychiatric  
Association and the  
San Diego Psychiatric  
Society

[Register Here](#)

[Trauma Across The Lifespan](#) is jointly sponsored by the San Diego Psychiatric Society and the American Psychiatric Association

June 7-8, 2014 • La Jolla, CA • [traumaacrossthelifespan.com](http://traumaacrossthelifespan.com)

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