#### SAN FRANCISCO CENTER FOR PSYCHOANALYSIS



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#### SFCP BOARD MEETING HIGHLIGHTS DECEMBER 3, 2022

Paul K. Sorbo, LCSW Chair, Board of Trustees

On Saturday, December 3, 2022, the SFCP Board held its first in-person Board meeting in our building on 444 Natoma Street since March 2020. For most members, it was the first time back in our building since the pandemic. In addition, it was the first time many Board members met each other in person as several began their terms online during the pandemic.

We began the meeting with a facilitated exercise to develop a set of group agreements for our Board meetings modeled on the agreements adopted by our strategic planning members. Marcia Hodges, our Administrative Director, facilitated our review of the previous agreements as the Board brainstormed revisions and additions to the list. Cathy Witzling, PhD, LCSW,

### SFCP Board Meeting Highlights December 3, 2022 cont.

will assist Marcia in word-smithing the next draft to be approved at our January 2023 meeting. Our intent is to adopt these agreements, place them prominently on our monthly agenda and use them as a guide for our meeting behavior.

The Board reviewed & discussed two new policies. These policies are the Nondiscrimination Policy and the Accommodation of Persons with Disabilities. While much of the language of these policies has lived in many of our documents, these policies clearly state the intent of SFCP and will be posted on our website, once the final versions are approved in January.

In the Nominations and Governance Committee Report, Cathy Wtzling, PhD, LCSW and Deborah Weisinger, PsyD updated the Board on their efforts to recruit new members for next year in light of several analytic and community trustee members rotating off. Please contact Cathy at catwitz@yahoo.com or Deborah at drdebsf@aol.com if interested to learning more. If you would like to attend a Board meeting to observe the Board in action, please contact me at pksorbo@gmail.com to arrange a date and time in advance.

On the behalf of the SFCP Board, I wish you and your families a peaceful and joyous holiday season!

Please contact me at pksorbo@gmail.com if you have any questions or feedback.

#### President's Message

I very much appreciate the help and generosity I have received since stepping into the role of SFCP President on November 1st! It has been both a steep learning curve and a heart-warming experience to meet (and reconnect) with so many SFCP members who are working so hard for the organization.

The end of the year marks a time of change on the SFCP Management Team (MT), and I want to acknowledge the dedicated service of those who are stepping back from their previous roles this past year, including: Cheryl Goodrich (Past President), Gary Grossman (MT liaison to the Leadership Team and former PED Chair); Neil Brast (PPED representative and MT liaison to the Board); Celeste Schneider (Faculty Committee liaison) and Deborah Weisinger and Kira Steifman (outgoing Co-Chairs of the the Community Outreach & Services Division, which has been paused and reconfigured).

I am grateful for the ongoing work of the current 2022-23 SFCP Management Team, shown below. Please feel free to contact any one of us regarding program questions and opportunities!

**Administrative Director:** Marcia Hodges (marcia.hodges@sfcp.org) **President:** Maria Longuemare (marialonguemaremd@gmail.com)

Coalition for Clinical Social Work Representative: Clara Kwun (claraandjon@comcast.net)

Extension Division Co-Chairs: Deborah Fletcher (deborafletcher@gmail.com)

& Loïc Pritchard (loic@loicpritchardpsychotherapy.com)

**Faculty Committee Liaison:** John DiMartini (drjohndimar@yahoo.com) **Membership Divison Chair:** Meryl Botkin (botkins@ix.netcom.com)

Psychoanalytic Education Division (PED) Chair: Beth Steinberg (besteinberg@comcast.net)

Psychoanalytic Psychotherapy Education Divison (PPED) Representative:

Lara Weyland (lara@drlaraweyland.com)

In addition, I want to express my sincere gratitude to the wonderful SFCP staff who keep our organization running, some of whom are new, or are in new roles as of this month: Aaron Chow (Communications Manager), Dimitri Jenkins (Security Services); Nicole Lee (Membership Services & Administrative Manager), Tina Phu (Educational Program Coordinator), Rashmita Sriram (Librarian), and of course our unflagging Administrative Director (Marcia Hodges).

The rapidly approaching turn of the year marks a time of renewal for us all. At SFCP, the Strategic Plan Implementation Team (chaired by Brett Penfil) is beginning work in earnest to harness the enthusiasm of the volunteers who came forward to work on the 4 strategic directions identified in the Strategic Planning Process: (1) Energizing the membership to co-create the life of the organization; (2) Promoting an Inclusive, Reflective Organization; (3) Re-envisioning and building a sustainable organizational structure to support prioritized programming; (4) Developing & Supporting Leaders. Please contact Brett Penfil brett.penfil@gmail.com or Marcia Hodges marcia.hodges@sfcp.org for more information and to get involved!

#### President's Message cont.

As you look to 2023, please consider how you might engage with the important educational and community service work that SFCP provides. There are a number of new opportunities, as existing members transition out of their roles, including work on: the SFCP Referral Service which connects patients seeking treatment with SFCP clinicians; the CE/CME Committee which allows SFCP programs to offer CE/CME credits to members; the Scientific Meetings which provide ongoing dialogue with local and visiting scholars; and the Membership Division Chair which coordinates these activites. All of these positions are vital to SFCP growth and sustainability, and we would love to have you involved! Please contact me marialonguemaremd@gmail.com and/or Marcia Hodges marcia.hodges@sfcp.org for more information.

Wishing you all a happy and healthy New Year!

#### **Openings in The Committee on Groups**

The Committee on Groups has openings for new members and is eager to welcome your interest. The mandate of the group, time commitment, qualifications for members, and application process are provided below.

#### Mandate of the Committee on Groups:

The members of the Committee on Groups are committed to the study of psychoanalytic theory on groups, observing the group process of the committee itself, and pursuing training in groups and group process. Committee members offer consultation to small and large groups within the center as well as to other organizations in the Bay Area.

#### **Time Commitment:**

- Monthly meetings (first Thursday of the month, 7:30-9pm)
- Quarterly group process meetings facilitated by an outside consultant (Thursday, 7:30-9pm)
- Participation in the annual COG group relations weekend

#### How to Join:

Person(s) seeking to join the Committee on Groups must demonstrate an interest in groups, group life, and group facilitation. Although some training will be offered through the COG experience itself, it is expected that all members pursue training in group relations work outside of the committee.

To apply, please write a brief description of your interest in participating in the Committee on Groups. Send your application to Sydney Tan (sydneytanpsyd@gmail.com) by January 30, 2023. All applications will be reviewed by the group. Membership is open to all SFCP members.

Debora Fletcher
Ben Goldstone
Forrest Hamer
Tam Anh Pham
Mary Diaso Rudy
Elizabeth Simpson
Sydney Tan
Lara Weyland

#### Wanted: A few good members...

Bulletin from the Board Nominating and Governance Committee:

As of June 2023, we will lose 7 of our 12 Board members, as their terms will be expiring.

The Board currently is a functioning, dynamic group. We deal with topics such as strategic planning, the welfare of the organization, how to make SFCP more diverse, and what to do when the toilet overflows. Sometimes there are disagreements; we look to solve issues through consensus. We meet 10 months of the year.

As a new member on the Board, I realize that SFCP needs people to create a "Center". I feel closer to the people and the Center than ever before. Phoi Trinh

ANY member can be considered to join the Board. If you're interested in learning more, reach out to Deborah Weisinger (<u>drdebsf@aol.com</u>) and Cathy Witzling (<u>catwitz@yahoo.com</u>).

#### Referral Service Status Update

Just six months ago, we wrote to let you know that the Management Team had made the decision to mothball SFCP's Community Outreach and Services Division. At that time, we promised to update you about the status of the Referral Service, which has also been in transition. The Referral Service is, and has been, a part of the SFCP community for many years. We want to acknowledge and thank Emily Brewer for her many years of passionate commitment and hard work on behalf of the Referral Service.

We are so grateful to the members of our Referral Task Force for the hard work and care that they put into their research and compilation of data that led to their report. We want to give special recognition to its members: Joseph Campi, Rick Nizzardini, Brett Penfil, and Tim Sasaki. Their outreach to the many constituencies and members of SFCP brought to the fore strong feelings about the viability of the Referral Service, including the reduced fee or low fee component. As the Task Force rightly pointed out, definitions of reduced fee and/or low fee would help clarify the range of services that might be provided by the Referral Service. This is only one among several issues to be addressed.

Throughout this entire time, Deb in SF/North Bay, Jan Chess in the East Bay, and Kristen Callahan in the South Bay were responding to the many calls SFCP receives. Kristen served on the Referral Service for a number of years and stepped down this year. We send her many thanks. Tina St. Lorant then joined for the South Bay. We thank her for stepping up. We have been a hardworking group.

Last week, Kira and Deb presented the Management Team with an overview of the Referral Service as it has been functioning, including questions regarding next steps once two out of the three current committee members step down. Due to personal circumstances, both Deb and Jan will be stepping down from the Referral Service at the end of January.

This is where we need your help.

For the Referral Service to remain functioning in some capacity, we request that anyone who may be interested in volunteering to answer calls contact us to discuss what is involved. We also welcome those who would be interested in assuming certain responsibilities that might help to streamline information, such as revising the copy on the website. Please feel free to call Deb's voicemail directly (415–522–7393) or email us at <a href="mailto:kirasteifmanpsyd@gmail.com">kirasteifmanpsyd@gmail.com</a> or <a href="mailto:dreehealth:dree

Deb & Kira

CHILD AND ADOLESCENT PSYCHOANALYTIC PSYCHOTHERAPY TRAINING PROGRAM BENJAMIN FIFE, PSYD STEERING COMMITTEE CHAIR, CAPPTP

#### **CAPPTP ANNOUNCEMENT**

The Child and Adolescent Psychoanalytic Psychotherapy Training Program's (CAPPTP), second year of training, focused on latency and adolescence, is in full swing. A cohort of 7 students will have completed both years of training (the first year focuses on infancy and early childhood) and plans to graduate this coming June. As this cohort's two year program approaches completion, we are preparing to interview and accept applications for our 2023–2025 cohort.

For those interested in learning more about CAPPTP, we will be hosting a hybrid in person and online open house on February 9, from 7:30 to 8:30pm. This will be an opportunity to meet steering committee members and faculty and to learn about how the two year training works. This year the program will be able to accept both licensed and pre-licensed clinicians interested in deepening their understanding of psychoanalytic work with children.

If you would like more information about CAPPTP's 2 year training program in psychoanalytic psychotherapy with children and adolescents, please send me an email at drfife@drbenjaminfife.com.

PALO ALTO PSYCHOANALYTIC PSYCHOTHERAPY TRAINING PROGRAM NEIL BRAST, MD MAUREEN RUFFELL, MD TINA ST. LORANT, MFT CO-CHAIRS, PAPPTP

#### PAPPTP ANNOUNCEMENT

Dear colleagues,

This document, produced by the PAPPTP Faculty/Curriculum Task Force, is a work in progress. We invite your comments and suggestions.

- 1. The primary educational objective of PAPPTP is to help our students learn to conduct psychoanalytic psychotherapy. Clinical material will form the foundation of learning, and the training program will be organized around the clinical experiences of students and faculty.
- 2. PAPPTP consists of three components: case consultation, didactic coursework, and mentorship. We stronglyencourage students to immerse themselves as fully as possible in all aspects of the program.
- 3. In the beginning, PAPPTP was assembled from elements of the psychoanalytic training that most of us hadgone through and emphasized exposure to different historic schools of psychoanalytic theory and practice. Over time, our program has been shifting to a more contemporary and integrated approach, whichappreciates contributions from allied fields, which were not part of our own training as analysts. These fields include child development research, attachment theory, therapy process and outcome research, psychodynamic diagnosis, and Neuropsychoanalysis (including affective neuroscience).
- 4. Our students tell us that they crave help in developing as clinicians and find that hearing how experiencedclinicians (faculty and case consultants) approach clinical work is more important than mastering abstracttheoretical concepts. Our greatest resource is our faculty and cadre of case consultants, who, in openingtheir minds to the students, show how they have integrated decades of clinical experience with what they have studied.
- 5. We grappled with the question: "What is psychoanalytic psychotherapy and how it differs frompsychoanalysis?" Since most of us apply psychoanalytic principles in all our clinical work, we willoperationally define psychoanalytic psychotherapy as what our highly experienced faculty think and do inclinical situations. We do not dictate what that is. Instead, we leave it to our faculty and case consultants toexpress it in their own words. Here are two recent examples:

PALO ALTO PSYCHOANALYTIC PSYCHOTHERAPY TRAINING PROGRAM NEIL BRAST, MD MAUREEN RUFFELL, MD TINA ST. LORANT, MFT CO-CHAIRS, PAPPTP

#### PAPPTP ANNOUNCEMENT cont.

- a. **Elizabeth Biggart:** "I am convinced that the most efficient way to help someone in once, or four, times a weektreatment is to appreciate what is going on unconsciously and to do that with a psychoanalytic attitude. Ireally do not distinguish my work as either psychoanalysis or psychotherapy. ... My striving for an analyticattitude and how I think about my patients is not affected by how frequently I see them. That said, I think it isharder to do once a week psychotherapy than to see patients every day. But both require a deep appreciation of an analytic attitude toward the treatment. And that is what I would hope we would teach our students. ...[It]seems to me technique must follow an understanding of what we believe about the nature of our patient'sconflicts/difficulties and what it means to maintain an analytic attitude." (October 29, 2019)
- b. **Paraphrasing Celeste Birkhofer:** "The common denominator is approaching the work with an analytic attitude, which includes tolerating ambiguity and uncertainty, appreciating complexity, deep curiosity and welcoming of all the patient's experience (affect, dreams, fantasies, defenses, unconscious dynamics), respect for the patient's agency, neutrality (not taking sides in a conflict), a non-judgmental, empathic, collaborative pursuit of understanding, ... I tend to think of working analytically as privileging attention to unconscious dynamics and meaning making within the context of a therapeutic relationship that is itself an important vehicle for change through insight and new relational experience." (October 18, 2020)
- 6. Since many of our students are early in their careers and come from a variety of educational backgrounds, we cannot assume they have a common collection of basic clinical capabilities necessary for therapeutic practice. Thus, we want to make sure that our training includes "generic therapeutic competences" upon which we can add the rich contributions of a psychoanalytic approach.
  - a. For example, many of our students are not proficient and are anxious about presenting clinical material, both orally and in writing. That is something we can teach at the beginning by helping them organize and find words for the overwhelming amounts of clinical information they gather in working with their patients. That is a basic clinical skill.

## PALO ALTO PSYCHOANALYTIC PSYCHOTHERAPY TRAINING PROGRAM NEIL BRAST, MD MAUREEN RUFFELL, MD TINA ST. LORANT, MFT CO-CHAIRS, PAPPTP

#### PAPPTP ANNOUNCEMENT cont.

- b. By and large our students do not have a framework for assessing / evaluating new patients beyond the categories of DSM. They need language to describe their patients' complaints, strengths and weaknesses in psychological functioning, level of personality organization, and personality patterns --in other words, elements of a psychodynamic diagnosis and case formulation. This can help them organize their thinking, guide them in recommending treatment, and arrive with the patient at initial treatment goals. This tends to lower student anxiety, enhance the therapeutic alliance, and improve treatment outcome.
- 7. We are moving to organize our efforts around developing our students' "capabilities". In applying for Continuing Education Units, our faculty has already given thought to this by specifying the goals they hope their courses will achieve. We are working to develop a superset of these capabilities to guide our didactic courses.
- 8. So far we have had seven cohorts of students in the two-year program. Each cohort has had a unique personality, unpredictable from that of prior cohorts. The atmosphere within each cohort has a profound effect on the experience of students and teachers in the classroom. We now know that we must pay attention to group dynamics and be prepared to deal with situations that undermine the learning experience, such as rivalries, competition, monopolization of discussion time, and efforts to supervise one another. We now ask our faculty to pay attention to classroom dynamics and do whatever is necessary to improve the educational atmosphere. We also rely on the Student Development Committee (Ann Martini and Celeste Birkhofer) to help the cohort pay attention to this issue by meeting with the class at least three times per year to take the class temperature and address anything that undermines the learning environment. We encourage faculty to contact Ann and Celeste with their observations and concerns.
- 9. With the growing recognition that our society suffers from the debilitating consequences of racism, misogyny, social injustice, prejudice, growing income inequality, tribalism, and inequality of opportunity, we commit ourselves to being a part of SFCP's diversity initiatives to increase inclusiveness, grow our awareness, and act accordingly within and beyond our clinical work.

The PAPPTP Faculty-Curriculum Committee developed this document as part of its rethinking of PAPPTP's educational mission and methods -- at the instigation of Chery Goodrich and the other members of that Committee: Jana Kahn (Faculty Chair), Neil Brast (Curriculum Chair), Tina St. Lorant, Celeste Birkhofer, and Roger Karlsson.

Thank you.

# Annual Giving Campaign Update!

### Our 2022-2023 Goals

- 1. RAISE \$130,000
- 2. EARN THE SUPPORT AND

PARTICIPATION OF ALL SFCP MEMBERS

3. INCREASE THE NUMBER OF

PARTICIPANTS FOR OUR IN-PERSON

FUNDRAISING EVENTS

### December Update

TO DATE, WE HAVE RAISED \$24,476! THAT IS 18.83% OF OUR GOAL.

WE ALSO HAVE ALMOST 5% OF OUR MEMBERS' PARTICIPATION SINCE OUR LAUNCH 3 WEEKS AGO!



Child Colloquium Series

Bringing Unformulated Trauma into Representation and Relationship:

Working with Mentors Serving Children in Situations of Family Violence

#### - CLARA YANG AND DAOUD TBEILEH -

How do we enable children who are overwhelmed to express their inner situations safely? In this presentation, two mentors from the nonprofit Friends of the Children, Clara Yang and Daoud Tbeileh, will present children who experience family violence. In domestic violence situations, there are pressures from the outside, in the form of instructions to keep family secrets, and pressures from the inside, as children are overwhelmed and feel unsupported, to not verbalize frightening situations and disturbed inner states. In their presentations the mentors will demonstrate how they were able to help to promote expressiveness so that emotions could be shared and experiences could be thought about.

> PROGRAM CONSULTANT: HOLLY GORDON, DMH DISCUSSANT: CATHERINE PHILLIPS, LCSW

**JANUARY 14, 2023** 

10:00am - 12:00pm

**RSVP HERE:** 

www.tfaforms.com/5013800

**MORE INFO:** 

www.sfcp.org/s/cc-2023-01-14



YOU'RE INVITED TO SFCP'S ANNUAL GIVING CAMPAIGN

# wine & cheese party

HOSTED BY
PAUL AND DENA SORBO
AT THEIR HOME IN MOUNTAIN VIEW
(ADDRESS PROVIDED UPON RSVP)

SATURDAY, JANUARY 21, 2023 3-6PM

PLEASE RSVP HERE



#### CHILD COLLOQUIUM SERIES

#### **DEEP CHANGE:**

A CLINICAL WORKSHOP ON LONG TERM PSYCHOTHERAPY WITH CURRENT AND FORMER FOSTER CHILDREN SERVED BY A HOME WITHIN

A Home Within (AHW) is a national organization that supports therapists who see one current or former foster youth for long term pro bono psychotherapy. Four AHW clinicians will present vignettes from their work, including two cases lasting ten years and two shorter cases. We will explore how continuity, reliability and a calm, containing therapist activate and structure a secure attachment. This results in psychic growth despite ongoing traumatic circumstances and the anti attachment defensive structures that are inevitable in those who have suffered trauma, repeated losses, and fractured trust.

#### **PRESENTERS**

Kim Sherman, LCSW Sally Cohen, LMFT Lauren Phillips, PhD Mary Haake, PhD

#### MODERATOR

L. Eileen Keller, PhD



#### WHEN

Saturday January 28, 2023 10:00am-12:00pm FREE ONLINE event

#### RSVP HERE:

www.tfaforms.com/ 5013803

#### MORE INFO:

www.sfcp.org/s/cc-2023-01-28



CHILD AND ADOLESCENT
PSYCHOANALYTIC PSYCHOTHERAPY
TRAINING PROGRAM (CAPPTP)



MEET WITH FACULTY, CURRENT STUDENTS AND OTHER PROSPECTIVE APPLICANTS!

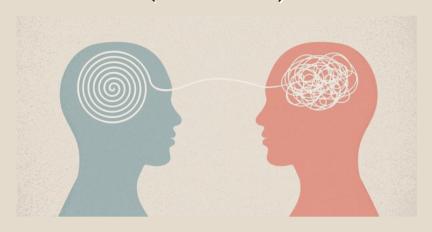
THURSDAY, FEBRUARY 9, 2023
7:30PM - 8:30PM
HYBRID EVENT

Light refreshments will be served.

San Francisco Center for Psychoanalysis 444 Natoma Street, San Francisco, CA 94103

> RSVP to Tina Phu (415) 563-5815 x106 Tina.Phu@sfcp.org

# SAN FRANCISCO PSYCHOANALYTIC PSYCHOTHERAPY TRAINING PROGRAM (SFPPTP)



#### INFORMATIONAL

HOUSE

- RIGOROUS CLASSROOM INSTRUCTION
- EXPERT SUPERVISION
- O WARM COMMUNITY OF COLLEAGUES
- MENTORSHIP

WEDNESDAY, FEBRUARY 15, 2023

- O 7:00PM 9:00PM
- 444 NATOMA ST. SAN FRANCISCO, CA 94103
- HYBRID EVENT (REMOTE AND IN-PERSON)

#### CLICK HERE TO RSVP!

For more information on the SFPPTP Program, please visit our website.

CONTACT OUR OFFICE FOR MORE DETAILS:

415-563-5815 X106

TINA.PHU@SFCP.ORG



# PALO ALTO PSYCHOANALYTIC PSYCHOTHERAPY TRAINING PROGRAM (PAPPTP)



THURSDAY, MARCH 9, 2023 7:00 - 9:00PM IN-PERSON EVENT!

PLEASE JOIN US FOR APPETIZERS, A CLINICAL CASE DISCUSSION AND PROGRAM INFORMATION!

PAPPTP STUDENTS AND FACULTY WILL BE ON HAND TO TALK WITH YOU ABOUT THE TWO-YEAR PROGRAM AND THE FELLOWSHIP YEAR.

TO RSVP, CONTACT CATHERINE PHILLIPS, LCSW



catherinehphillips@gmail.com



(650) 213-2949

ADDRESS PROVIDED UPON RSVP.

SFCP PSYCHOANALYTIC EDUCATION DIVISION

# SAVE THE DATE! GRADUATION 2023

STEPHEN PURCELL, MD GRADUATION SPEAKER

Saturday, May 13, 2023 4:00 - 6:00pm

Reception to follow at the Intercontinental Hotel. Stay tuned for details!



San Francisco Center for Psychoanalysis

Psychoanalytic Psychotherapy Education Division

## GRADUATION 2023

SAVE THE DATE!

SATURDAY, JUNE 3RD 4:00PM - 6:00PM





You may check out and return library materials at the reference desk (librarian's desk) anytime you are at the center. Numerous print and online resources are available to you, including books, journals, databases, and audiovisual materials. The SFCP library aims to create an environment where all people feel welcome, respected, and safe and have equitable opportunities and access to all our resources.

PLEASE STOP BY OR CONTACT THE LIBRARIAN,
RASHMITA JANI SRIRAM AT RASHMITA.SRIRAM@SFCP.ORG,
IF YOU HAVE ANY QUESTIONS OR RESEARCH REQUESTS.

#### Oakland Offices available in 2023

Beautiful offices available in a lovely five-office suite, conveniently located just off of Piedmont Avenue and walking distance from shops, restaurants, etc. The office is on the Pleasant Valley side of Piedmont Avenue, so more street parking is available for clients than would be true further down the street. some staff parking available, depending on which office you take. Second floor, with good light in two offices in particular. Offices are pretty big, approximately 12' by 14', with windows that open. Nice waiting area, with call lights, and a shared kitchen and bathroom. Friendly colleagues in the suite. Average rent is \$1,250, with utilities included.

Contact Kathy Sinsheimer for more info at ksinsheimermft@gmail.com











