

# SAN FRANCISCO CENTER FOR PSYCHOANALYSIS



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## SEEKING AN SFCP NEWSLETTER EDITOR!

We are very grateful to **Ric Almond** for his service as SFCP Newsletter editor these past 2 years. Ric has let us know that he needs to step back from this position due to his 'bi-coastal lifestyle' and multiple other commitments, and we are now seeking a new Editor for the SFCP Newsletter. This position involves working with the SFCP office to review the content of the SFCP Newsletter each month (September - June), as well as any other creative innovations you would like to bring! If interested, please contact [marialonguemaremd@gmail.com](mailto:marialonguemaremd@gmail.com) for more information.

# Seeking Ombudspeople

The Board Chair, Brett Penfil, continues to seek several SFCP members to serve as Ombudspeople. The Ombudspeople fill an immensely important role for the entire membership. Any member can reach out to one of the Ombudspeople at any time for confidential support about issues they are experiencing from being part of the SFCP community. In the past, SFCP has had one Ombudsperson – an analyst. Based on feedback during strategic planning and in other venues, the role will now be shared by at least one analyst, one candidate, and one community member. Each works separately to preserve members' confidentiality, and any member will be able to contact whichever Ombudsperson they would like to seek support from.

Please see the Ombuds job description at this link:

[https://docs.google.com/document/d/1tiSTRmVjbXIJ9-a4dTH3-2MkRi\\_XI-Q/edit?usp=sharing&ouid=111224448925018847587&rtpof=true&sd=true](https://docs.google.com/document/d/1tiSTRmVjbXIJ9-a4dTH3-2MkRi_XI-Q/edit?usp=sharing&ouid=111224448925018847587&rtpof=true&sd=true)

Please contact Brett Penfil at [brett@brettpenfil.com](mailto:brett@brettpenfil.com) if you are interested in talking about this role.

While we are seeking Ombudspeople, if you would like to talk to someone, please contact either Marcia Hodges at [marcia.hodges@sfc.org](mailto:marcia.hodges@sfc.org) or Brett Penfil at 415-824-3242 or [brett@brettpenfil.com](mailto:brett@brettpenfil.com), who will keep your request confidential and connect you to someone for help.

# President's Report

Many thanks to those of you who participated in the 2024 Demographic survey which was included as a link in all 2024 membership registration, membership renewal, and program enrollment forms.

**The 2024 SFCP Demographic Survey was conducted by Management Team with the following aims:**

- To obtain data regarding how SFCP members self-identify, which offers a macro-level perspective on **who is in our organization – and who is not**.
- To encourage **awareness** regarding how we each identify; **reflection** on how this impacts our experience within SFCP; and **curiosity** about the experience of others who identify differently.
- To **develop more accurate forecasting** regarding the financial and organizational impact of projected member retirements.
- To facilitate tracking of demographics over time, and **assess the impact of our efforts toward building an SFCP community culture that embraces diversity and meets the needs of current mental health clinicians**.

This report raises a number of important questions for our membership (some of which were asked directly by survey respondents) : *Why are we doing a demographic survey? What are the implications of this data for our present organization? For the future of SFCP? How do we – as a community – make meaning of this report?*

To address some of these questions, we are **planning a Center-wide meeting to begin these discussions** . Please stay tuned for an announcement, and in the meantime, please take time to review and digest the report by clicking this link: [2024 SFCP Demographic Survey Report](#).

## COG Corner

Dear Community,

As the new academic year begins, the Committee on Groups (COG) reaffirms its mission to raise awareness of group dynamics at SFCP. To this end, COG Corner aims to introduce and briefly discuss an aspect of group life each month.

As we navigate various groups at SFCP—whether in seminars, committees, or continuing education events—it is essential to recognize the underlying principles that shape our collective interactions. This month, we are exploring the concept of "valencies," a term inspired by the work of Wilfred Bion. Borrowed from chemistry, where it refers to the readiness of an atom to combine with other atoms, valency in this context refers to an individual's spontaneous, unconscious tendency to enter into combination with a group in making and acting on basic assumptions. Each person may assume specific roles based on their particular valency, which can also influence how they express emotions within the group.

For example, an individual with a strong dependency valency tends to form dependent relationships within the group. They may be more inclined to seek guidance and protection from a leader or authority figure, consistently looking to the leader for direction while avoiding initiative or independent decision-making. In contrast, a person with a strong fight-or-flight valency might exhibit aggressive or evasive behaviors when perceiving a threat or challenge within the group. They may mobilize the group's aggressive tendencies or lead efforts to avoid tasks and responsibilities.

By observing our participation in groups, we can gradually become aware of our individual valencies, allowing us to make more intentional choices about how we engage. The next time you're in a group, take a moment to reflect on your valency and consider alternative approaches. You may be surprised by how this affects both your personal experience and the overall functioning of the group.

Sincerely,

Lara Weyland, PhD,  
Committee on Groups (COG), Member

# Art Committee: Call for Art Donations

To Members of SFCP,

Under the auspices of the leadership of SFCP we have formed an ad hoc art committee. Our task is to review, re-arrange, and expand the art that is shown in our building.

We hope that through this process SFCP will feel more welcoming and inclusive and will enrich the historical and cultural experiences of our shared physical space.

We are currently looking into the history and provenance of the pieces that are currently on display. We have space for a few more pieces of two-dimensional and three-dimensional art, and we are putting out a call for donations. We can only accept art that is ready to hang or display. We encourage our SFCP members who are also artists to contribute their work. We do need to point out that our space is limited and thus we will only be able to accept a few pieces, but we are excited to have the opportunity to introduce a variety of artworks to our Center.

Any member who would like to donate a piece of art to be permanently housed at SFCP, please send a photo of the art work including a title, description, the dimensions and the year it was done to [Nicole.lee@sfcg.org](mailto:Nicole.lee@sfcg.org) by November 1, 2024.

Thank you,

Milton Schaefer  
Renu Cappelli  
Tua Mulligan  
Jane Dulay  
Amy Wallerstein Friedman

# SFCP Community Members - Mentoring Program!

Would you like to meet with an analyst to discuss your questions about psychoanalytic thinking and clinical work? We'd love to meet with you! The Mentoring Program at SFCP matches participants with analyst mentors to discuss the mentee's interest in psychoanalytic work.

The Mentoring Program is open to mental health clinicians at all levels of training and experience, who are SFCP Community Members, an easy and fun community to join! Mentors meet once a month with mentees for the academic year.

Examples of Topics to Discuss:

- Information, resources and literature to help a mentee explore particular areas of interest. For example: work with particular populations such as trauma survivors; current thinking about LGBTQ issues; the impact of race, class and culture on psychological life; child work; mindfulness; research about psychoanalytic process; and psychoanalytic interfaces with other fields such as poetry, literature, neurosciences
- How to choose among current activities, programs, courses, and services offered by SFCP that are relevant to the mentee's interests and stage of training
- Questions about developing as a psychoanalytic psychotherapist and about psychoanalytic training
- Connecting the mentee with colleagues who the mentor thinks might be a valuable resource based on the mentee's interest in a particular subject

You must be an SFCP Community Member to apply for this program, here is the link to become a Community Member: [update](#)

And here is the link to the Mentoring Program: [update](#)

"I'm new to private practice and was looking to get mentoring and support from someone with a deep knowledge of psychotherapy. During our initial meetings I was able to get several very practical and pressing questions answered and feel more confident about seeing clients in my new private practice setting. We discussed psychoanalytic approaches to working with parents and children, which helped me to move forward with my cases and also to consider aspects that I had not previously considered. I have a particular interest in mindfulness and my mentor put me in touch with a therapist who incorporates mindfulness into a psychodynamic therapy practice. In addition, I work with children and my mentor referred me to the Child Colloquium, where I met other clinicians and heard a very helpful presentation. I feel very fortunate to meet with my mentor as needs arise."

Matt Higgins LCSW, Community Members Mentoring Program

Contact: Holly Gordon, DMH  
[hollygordon4@gmail.com](mailto:hollygordon4@gmail.com)

COST: FREE to SFCP Community Members.

LINK TO APPLICATION: [update](#)

QUESTIONS: If you have questions about the program, please contact:

Holly Gordon, DMH [hollygordon4@gmail.com](mailto:hollygordon4@gmail.com)

# Explore the SFCP Library



## Open for Everyone!

- **Vast Collection:**
  - Access diverse archival materials for research or personal study
- **Tranquil Study Setting:**
  - A peaceful and inviting space for concentration and contemplation
- **Librarian Support: Rashmita Jani Sriram, Librarian**
  - available every Friday from 9 AM to 1 PM to assist with:
    - Finding specific resources
    - Conducting research
    - Addressing general queries
    - contact: [rashmita.sriram@sfc.org](mailto:rashmita.sriram@sfc.org)

**ALL are WELCOME!**



# HAPPY HALLOWEEN





# LOST AND FOUND

Please claim your lost items!



If any of these items are yours, or anyone's you recognize, please email us. If these aren't claimed by the end of the December 2024, we will donate them. Thank you.

[nicole.lee@sfcpc.org](mailto:nicole.lee@sfcpc.org)



# THE ENRICO JONES FUND FOR EQUITY AND EQUALITY

97 people of color have received  
tuition credits since 2021

- 15 students received tuition credits in 2021
- 25 students received tuition credits in 2022
- 27 students received tuition credits in 2023
- 30 students are estimated to receive tuition credits in 2024

*This fund was established in memory of Enrico E. Jones, PhD, an African American Psychologist and Professor of Psychology at UC Berkeley who did his analytic training at SFPI and was a Faculty member of SFPI.*

## WAYS TO DONATE ONLINE

### BY MAIL:

**Payee:** SFCP  
**ATTN:** Enrico Jones Fund  
444 Natoma Street  
San Francisco, CA 94103

### BY PHONE:

(415) 563-5815

## A recipient told us:

*"I strongly believe that as a psychoanalytic community, we all benefit from the Enrico Jones Fund's implicit and explicit recognition of the painful racism in our community in need of acknowledgement and repair. And for that I am the most grateful."*

## Join Us!

*Our members' participation in this effort has been excellent, but we need a continuing effort to achieve the diversity of members which we desire. All contributions help!*



# SCIENTIFIC MEETING

## BORN SMALL, ADDICTED TO GUILT:

**Psychoanalysis-informed treatment of self-identified addicts with special attention to underlying shame and guilt**

Psychoanalysis has generally had a marginalized role in the treatment of addictions, however a psychoanalytically informed understanding of psychological defense mechanisms that drive addicts to loose control and sobriety can be very helpful in treatment. In this presentation, Graeme Daniels, with years of experience in the field of addiction treatment, will emphasize the sense of impotence the addict feels, impotence often derived from childhood maltreatment. Oppressive helplessness drives the addict to find an escape, which often leads to substance use and/or grandiose defense mechanisms. When grandiosity fails, further substance use occurs, which in turn causes oppressive guilt and a need for further escape. The presentation will illustrate with clinical examples how non-short-term, open-minded and in-depth treatment can help a struggling addict understand their internal emotional dynamics as they emerge in a treatment that allows for the unfolding of a transference.

**Graeme Daniels, MFT** is the lead author of the book *Getting Real About Sex Addiction*. He teaches at SFCP, is a post-seminar candidate at SFCP, has over 25 years of experience in the field of addiction, and practices in Walnut Creek, CA.

**Susan Hamlin, LCSW**, Psychoanalyst, Member SFCP, will be giving Prefatory Remarks on *Addiction and Psychoanalysis*.

**Saturday,  
November 2, 2024**

**10:30am - 12:00pm**



**In Person at**

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

*Remote option available*

**1.5 CME/CE Credits Available**

*This program is free  
of charge!*

**FOR CME AND PROGRAM INFO:  
[WWW.SFCP.ORG/2024-11-02-SCIENTIFIC-MEETING/](http://WWW.SFCP.ORG/2024-11-02-SCIENTIFIC-MEETING/)**



# Enactment: Its Provocation by the Analyst

This presentation will outline how the analyst can unobtrusively create the space within which the fullness of the patient's unsymbolized internal world and trauma can be realized and companioned. Rather than bringing the patient into the analyst's reality and understanding, healing arises from being known in the register of illusion, fragmentation and non-relatedness that are the signature of the residue of trauma and neglect.

**ROBERT GROSSMARK, PH.D, ABPP** is a psychoanalyst in New York City. He works with individuals, groups and couples and conducts psychoanalytic consultation and study groups.

He is on the teaching and supervising faculty at the New York University Postdoctoral Program in Psychotherapy and Psychoanalysis, The National Institute for the Psychotherapies Program in Adult Psychoanalysis, The National Training Program in Psychoanalysis, National Faculty Member, the Florida Psychoanalytic Center and lectures at other psychoanalytic institutes and clinical psychology training programs nationally and internationally. He is an Associate Editor for *Psychoanalytic Dialogues*.

He is the author of *The Unobtrusive Relational Analyst: Explorations in Psychoanalytic Companionship* and co-edited *The One and the Many: Relational Approaches to Group Psychotherapy and Heterosexual Masculinities: Contemporary Perspectives from Psychoanalytic Gender Theory*, all published by Routledge.

**Saturday, November 9, 2024**

9:30AM -12:30PM Pacific Time

SFCP

444 Natoma Street

San Francisco, CA 94103

*Remote option available.*

**3 CME/CE Credits Available**

**Program Fee:**

\$55 General Admission

\$30 SFCP Members

Free for Students

**Robert Grossmark, PhD, ABPP**

Presenter

**Julie Ruskin, PhD**

Moderator

For more information and  
to register:





# SCIENTIFIC MEETING

## Substance Abuse in an Adolescent Boy – Waking the Object

This presentation by **Dr. Mary Brady**, expands psychoanalytic understanding and treatment when substance abuse is a central symptom in an adolescent. Her analysis of an adolescent boy abusing alcohol, marijuana, and other drugs is used to discuss unconscious object relationships that can underlie substance dependence. She will address the challenge of differentiating experimental from dangerous substance use. The boy's escalating substance use is viewed both as an effort to numb himself and to "speak" through symptoms of problems he could not yet name. Rosenfeld's (1960/1966) view of the relationship of drug addiction to an identification with an ill or dead object is used to explicate the boy's psychodynamics. Aspects of containment by the analyst that contribute in different ways to an adolescent's capacity to think about their self-destructiveness will be discussed along with the need for confrontation and ancillary care when substance abuse becomes life threatening.

Dr. Brady is an adult and child psychoanalyst practicing in San Francisco. On the Faculties of the San Francisco Center for Psychoanalysis and the Psychoanalytic Institute of Northern California, she received the American Psychoanalytic Association's Roughton Award for her writing which includes, Analytic Engagements with Adolescents, and The Body in Adolescence (Routledge 2018 and 2016). She is Editor of Braving the Erotic Field in the Treatment of Children and Adolescents, (Routledge, 2022). Her forthcoming book is titled, Psychoanalysis with Adolescents and Children: Learning to Surf (Routledge.) Dr. Brady is also the IPA North American Co-Chair for the Committee on Child and Adolescent Psychoanalysis (COCAP) and for a decade has co-led a Psychoanalysis and Film group.

**Saturday,  
December 7, 2024**

**10:30am - 12:00pm**



**In Person at**

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

*Remote option available*

*This program is free  
of charge!*

**FOR CME AND PROGRAM INFO:  
[HTTPS://WWW.SFCP.ORG/2024-12-07-  
SCIENTIFIC-MEETING/](https://www.sfcp.org/2024-12-07-scientific-meeting/)**



# Member Announcements!

Recently Retired? Big Anniversary?  
Special Announcements? Milestones?

A Member's Passing?

We want to acknowledge our members' milestones, achievements, and other announcements! Please email [nicole.lee@sfcpc.org](mailto:nicole.lee@sfcpc.org) if you want to share your news so that we can post it in the newsletter!





# CONGRATULATIONS TO ONE OF OUR ANALYST MEMBERS, **ALICE JONES, MD!**

A section of her memoir has appeared in the literary journal *Revel 2*. Unbound Edition will be bringing out the book in September, 2025. Excerpts also appear in the January, 2022 issue of the *Kenyon Review*.

*Revel 2*--[www.unboundedition.com/product/revel-no-2-peter-campion-ed-literary-journal/](http://www.unboundedition.com/product/revel-no-2-peter-campion-ed-literary-journal/)

*Kenyon Review*--(free)  
<https://kenyonreview.org/journals/page/2/>

[www.alicejones.net](http://www.alicejones.net)

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CHARLES BAXTER  
seven short pieces

SARAH C. HARWELL  
on motherhood and piracy

ALICE JONES  
a mixed-genre memoir essay  
by a psychoanalyst

JENNY ODELL  
on ecopoetry

AIMEE PARKISON  
a story

LINDA GREGERSON  
*Ediot and Ignorance*

CHRIS CAMPANIONI  
*The Now-Time Notebooks: Vol. 2*

poems by

DAVID BAKER  
AMY BEEDER  
DAVID BIESPIEL  
ERICA DAWSON  
W.S. DI PIERO  
CHARLES DOUTHAT  
ANGIE ESTES  
ERIN EVANS  
KATHY FAGAN

ELEANOR GOODMAN  
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MITCHELL JACOBS  
DEVIN JOHNSTON  
WAYNE KOESTENBAUM  
AMIT MAJUMDAR  
TOMÁS Q. MORIN  
NICOLE ROBINSON  
C.T. SALAZAR

AUSTIN SEGRETT  
ALAN SHAPIRO  
JOHN SHOPTAW  
TOM SLEIGH  
C. DALE YOUNG  
TOM YUILL  
ZANG DI  
*(More Elsewhere Continued)*

MARIAN ROTH  
camera obscura photographs of Provincetown

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# LESTER ISENSTADT, MD

Dear SFCP colleagues,

We are sad to let you know of the passing of **Dr. Lester Isenstadt, MD** on September 29, 2024 at the age of 82. We are very grateful for his longtime membership and contributions to SFCP. Dr. Isenstadt's obituary from the San Francisco Chronicle is copied below.

Sincerely,

Maria Longuemare  
SFCP President

**Published by San Francisco Chronicle from Oct. 22 to Oct. 23, 2024:**

**Lester Isenstadt M.D.**  
**09/29/2024**

Lester Isenstadt M.D., born to Abraham and Charlotte Isenstadt, passed away on September 29, 2024, aged 82. He was surrounded by his family, to whom he was devoted. He is survived by his wife of 42 years, Catherine, and his sons Alex and Joseph.

Lester grew up in Cambridge, MA. He suffered illness as a child, and determined to become a doctor in order to provide the same deep care and dedication that he received from his own doctors.

He attended Boston University and then enrolled at the University of Arkansas Medical School to train to be a psychiatrist. He told colorful stories of the culture shock of being one of the few Jewish people in Little Rock. After medical school he moved to San Francisco for his psychiatric residency, and when that was completed trained as a child and adult psychoanalyst. He found deep purpose in his work and in helping his patients.

He became passionate about neuroscience as the field of psychology became increasingly informed by it. He loved to spend his time studying neurobiological literature to better help his patients. He was particularly interested in how people react to mistakes and showing his patients that mistakes are a gift and a gateway to learning. He was devoted to learning, and used to say that a day was wasted if he hadn't learned something. Even in his final weeks, he continued to study and remained devoted to his patients and their emotional wellbeing.

Donations in his memory can be made to the Pancreatic Cancer Action Network.  
To plant trees in memory, please visit the Sympathy Store.



*The Michigan Psychoanalytic Society*  
*48th Annual Symposium*

# **INTERNALIZED MISOGYNY: A Psychoanalytic Approach to Misogyny In Psyche and Society**



**Guest Speakers:**

**Mary Margaret McClure, DMH  
Lynne Zeavin, PsyD**

**SATURDAY, NOVEMBER 16, 2024**  
**Schoolcraft College-Vistatech Center**  
**18600 Haggerty Road • Livonia, MI 48152**  
**Kehri Auditorium and DiPonio Room**

**8:15 a.m. – 4:30 p.m.**

Hybrid Event

**5 CME/CE Credit Hours**

Click here for more info: <https://www.mpi-mps.org/blog/48th-annual-mps-symposium-nov-16th/>

# Endings and Beginnings

**The UCL Psychoanalysis Unit December Conference**

Friday 29 November - Sunday 1 December 2024

Location: In person at UCL's Bloomsbury Campus, and Online Via Zoom

## About

All living things - plants as well as animals - have life cycles that are finite. Human beings are no exception. What makes us different is self-awareness: we remember a past and anticipate a future.

Developmental phases and the generations extend and overlap. Yet, birth is the indisputable prototype for a new beginning, as death is that for ending. Because of the enormous power of the feelings evoked by these, the geological facts of life, their reverberation affects every level of our being. Every birth signifies previous births, every loss, final loss.

This UCL Conference examines the psychology of beginnings and endings in psychoanalytic depth.

For more information, visit this link:

<https://www.ucl.ac.uk/psychoanalysis/events/2024/nov/endings-and-beginnings>



NEW ENGLAND FOUNDATION  
FOR PSYCHOANALYSIS

February 24, 2024

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[www.NEFP.us](http://www.NEFP.us)

11 Gilson Road  
Wellesley, MA 02481

Dear Marcia,

We would like to introduce ourselves. The New England Foundation for Psychoanalysis is a 501c3 Public Charity based in Massachusetts. We recently received a generous bequest which enables us to give modest grants. We are contacting you to let you know that we are encouraging you to submit grant requests.

The bequest comes with the stipulation that the grants must be made for interdisciplinary psychoanalytic projects, programs and research. The grants can only be given to non-profit organizations. We hope that these grants will encourage the integration of evolving psychoanalytic principles with the arts, humanities and the sciences.

Please visit our website, [www.nefp.us](http://www.nefp.us), for more information and for the grant application. The website includes descriptions of the recent grant recipients. Joint programs between Institutes and outside organizations will be given preference. For this year (2024) we will accept grants on a rolling basis.

We realize that this is a new and somewhat novel program, so please contact us directly with any questions you have about these grants or the grant process. We are happy to collaborate with you on your grant application. Email is the best way to reach us: [NEFPpsychoanalysis@gmail.com](mailto:NEFPpsychoanalysis@gmail.com)

Sincerely,

The NEFP Board