

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 for more information.

Board of Trustees Report

In the Board of Trustees's October and November meetings, we continued our focus on the functioning of the group. We implemented a new meeting format that prioritizes group discussion about organizational, financial, and strategic issues. As a result, we deprioritized information-only reports, which are now provided in writing at the bottom of the agenda for Trustees to read prior to meetings. At the end of each meeting, we reflect on what worked well and what could be improved for the next meeting. With a few adjustments, the Board is finding the new format both more engaging and more effective. We also spent much time discussing group agreements – specific ways in which we want to engage with each other. We will be finalizing these agreements at our January meeting. At our final meeting of the year in December, our regular meeting agenda will be put aside so that we may spend our entire two-hour meeting engaging in module 1 of the DEI Conversations with David Luna. The idea is that the Board – an intact working group – can deepen our learning and group life by engaging in this together. Board Trustees will be encouraged to engage in the other three modules independently.

Highlights from the November Board meeting

- The Board voted to approve an increase in our insurance premium to cover the full value of our building. We are fortunate that the increased cost was minimal.
- The Board reviewed the impact of the revised member discount policy that was implemented a year ago. We found that the discount policy did not have a negative impact on finances.
- The Board discussed some potential adjustments to the Annual Giving Campaign's process for seeking donations.
- The Board voted to approve a task force that will review and make recommendations to the organization's bylaws. The task force will obtain input from the membership during its work.

As always, please reach out to me with any questions or concerns. And thank you to everyone who continues to create the Center.

Best wishes,
Brett Penfil

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

Please contact Brett Penfil at 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 or Brett Penfil at 415-824-3242 or brett@brettpenfil.com, who will keep your request confidential and connect you to someone for help.

Child and Adolescent Psychoanalytic Psychotherapy Program Report

CAPPTP is beginning to plan for our next two-year program Fall 2025 - Spring 2027.

We welcome applicants to begin the process as there is much to experience and learn in this program that focuses on psychoanalytic psychotherapy for young children through adolescents, including work with the parents. We will be teaching this course on-line/virtually and plan to include some in-person gatherings for connection and fun. CAPPTP will be accepting students from California, other US states as well as other countries.

CAPPTP also needs and welcomes additional committee members and faculty to join us in this exciting program.

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@sfcf.org by December 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

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



Happy Holidays!

Wishing you peace, joy,
and love during this
holiday season!

Please note that the SFCP office will be closed
from December 23 - January 3.



SFCP LIBRARY

**OPEN
FRIDAYS**

Research
Read
Relax
Repeat



rashmita.sriram@sfcg.org
Rashmita Jani Sriram
Librarian



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



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

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/)**





The Importance of Mentalization in work with Foster Children

Wednesday, December 11, 2024

6:45pm - Greetings and Socializing

7:00pm – 09:00pm - Program

Location:

Online via Zoom

Presenter:

Tina Adkins, PhD, LPC

Research Assistant Professor

University of Texas at Austin, School of Social Work

Director of the Sue Fairbanks Psychoanalytic Academy

President Elect, Austin Psychoanalytic

Private Practice

Program Fee:

This program is free

To Register:

<https://www.sfcpsw.org/2024-12-11-ccsw/>

Toni Heineman, LCSW, DMH

Founder: A Home Within

Private Practice

Questions?

Daniel Yu, LCSW

d.yu.lcsw@gmail.com

Analisa Cabrera, MSW, LCSW

Bilingual Therapist at WestCoast Children's Clinic & AllMinds group practice

Moderator:

Sandra Gaspar, LMFT

Associate Director, TPI

Bilingual clinical consultant and supervisor at various Bay Area CMH agencies and PINC

Faculty, CCSW

Private Practice



DIVERSITY, EQUITY, AND INCLUSION (DEI) CONVERSATIONS

In recent years, there have been multiple requests for a **dedicated, judgment-free space** for SFCP members to:

- (1) learn about and discuss topics in the current DEI discourse*
- (2) share our challenges and anxieties in addressing these issues in teaching and clinical settings*
- (3) create psychoanalytic frameworks for working across differences within our learning groups*

As a first step toward these goals, SFCP is offering a series of online DEI Conversations, divided into **four modules**, each offered multiple times during this academic year. ***It is recommended to take the modules sequentially, as the concepts will build on each other.***

There are still two **Module #1** dates in December. All sessions are on Zoom. You can still sign up for one date!

Thursday, December 12, 2024 | 7:00 pm - 9:00 pm

Saturday, December 14, 2024 | 2:00 pm - 4:00 pm

SAVE THE DATE for **ONE** of the **MODULE #2** sessions!

Thursday, January 23rd, 2025 | 7:00 pm - 9:00 pm

Sunday, January 26th, 2025 | 10:00 am - Noon

Monday, February 3rd, 2025 | 7:00 pm - 9:00 pm

Thursday, February 13, 2025 | 7:00 pm - 9:00 pm

Cost: FREE

Facilitators: David Luna, SFCP's DEI Consultant and volunteers from the DEI Steering Committee, the Strategic Direction "Promoting an Inclusive & Reflective Organization" Team, and other members

2 CE/CME credits available for FREE for SFCP members

Visit the website for more information: <https://www.sfc.org/dei-conversations/>





Therapy and Medications:

How can child and adolescent clinicians work collaboratively with psychiatrists?

WITH ROSS ANDELMAN, MD, MFA



The purpose of this talk is proactive marital therapy. We will discuss the state of the art of treatment and how that relates to evidenced-based therapeutics. We will cover the nature and range of training, experience, and expected role of various players; the nature of a psychiatric evaluation; the role of medication in treating youth with mental disorders, treatment considerations and controversies; the timing and methods of making a referral to a psychiatrist and how to involve other stake-holders. Communication is the essential ingredient in a successful collaboration.

**SATURDAY,
JANUARY 11, 2025**

**SFCP
444 Natoma Street
San Francisco, CA 94103**

IN - PERSON EVENT

For more information and to register:

<https://www.sfcpsf.org/2025-01-11-child-colloquia/>



YOU'RE INVITED TO SFCP'S

WINE & CHEESE

party

AN OPEN HOUSE FOR COMMUNITY BUILDING,
SPONSORED BY THE ANNUAL GIVING CAMPAIGN

SUNDAY, JANUARY 12, 2025
3PM - 6PM

**BID ON
VINTAGE
WINES AT THE
SILENT
AUCTION!**

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

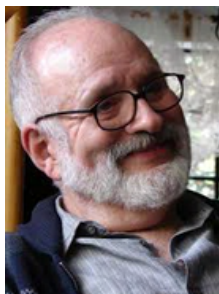
[PLEASE RSVP HERE!](#)





Dialogues in Contemporary Psychoanalysis

THE SOCIAL UNCONSCIOUS: BEYOND THE INDIVIDUAL AND BEYOND THE GROUP JUAN TUBERT-OKLANDER IN CONVERSATION WITH JYOTI RAO



*“Life is unitary and the
'individual', 'group', and
'society' are mere
abstractions...”*

- Juan Tuber-Oklander

Juan Tuber-Oklander in conversation with Jyoti Rao, will explicate the social dimension in its cultural, political, and ecological aspects that psychoanalytic theories have often minimized. Participants are invited to join these thinkers as they identifying psychoanalytic contributions to the construction of a “New Paradigm of the Human Being”.



Saturday, January 18, 2025
9:30 AM - 11:30 AM



SFCP
444 Natoma Street
San Francisco, CA 94103

Remote attendance available.

1.5 CME/CE Credits Available!

\$ 40 — General Admission
\$ 20 — SFCP Analyst Members
\$ 30 — SFCP Associate Members
\$ 35 — SFCP Community Members
Free — SFCP and non-SFCP
Candidates, PPTP Trainees and
Students*

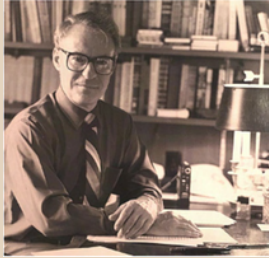
To Register:

<https://www.sfc.org/2025-01-18-dialogues-in-contemporary-psychoanalysis/>





The Regional Bion Symposium in conjunction with SFCP presents:



James Grotstein

The James Grotstein Memorial Lectures in Comparative Psychoanalysis

Donald W. Winnicott in America

Saturday, January 25, 2025 | February 15, 2025 | March 15, 2025
Online via Zoom

Recording available to program registrants for a two-week period following each lecture

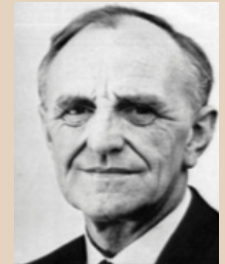
Throughout the international psychoanalytic community, James Grotstein's analytic work advocated for learning from the various analytic traditions populating its universe, especially from British Object Relations theory. In honor of Grotstein's work in comparative psychoanalytic theory, there will be a series of 3 virtual meetings featuring D.W. Winnicott's papers delivered in America, including his reflections on the incommunicado self, Kleinian notions of development, ego psychology, and American culture. Three-part series participation is encouraged, but single lecture tickets will be available.

Part 1: January 25, 2025

9AM -11AM Pacific Time
2 CE/CME Credits Available

Winnicott in San Francisco: "On Communicating and Not Communicating"

Presenter: Peter Goldberg, PhD



Donald W. Winnicott

Part 2: February 15, 2025

9AM -11AM Pacific Time
2 CE/CME Credits Available

Winnicott in Los Angeles: On The Kleinian Development

Presenter: Joseph Aguayo, PhD

Part 3: March 15, 2025

9AM -12PM Pacific Time
3 CE/CME Credits Available

Winnicott in Topeka: Ego Psychology, American Culture, and Object Relations - Style and Substance in the 'Stage of Concern'

Presenter: Stephen Seligman, DMH

Panelists: Joseph Aguayo, PhD; Peter Goldberg, PhD; and Stephen Seligman, DMH

Participants are encouraged to register for the full 3-part series for maximum immersion; however single lecture tickets are also available.

Pre-registration is required.

	General Admission	SFCP Members	Candidates & Students
Full Series:	\$250	\$200	Free
Single Program Ticket:	\$125	\$100	Free
Each CE/CME Unit	\$15	Free	Free

TO REGISTER AND LEARN MORE, VISIT:



www.sfcps.org/james-grotstein-memorial-lectures



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 if you want to share your news so that we can post it in the newsletter!





CONGRATULATIONS TO ONE
OF OUR ANALYST MEMBERS,
MARY BRADY, PHD!

Mary Brady has had several publications and presentations in 2024:

Publications:

Brady, M.T. (2024). Braving the erotic field in the treatment of adolescents. In R. Cassorla & S. Flechner (eds.) *The Astonishing Adolescent Upheaval*. Chapter 7 (pp. 85-103), Routledge.

Presentations:

December 13, 2024

Russian Conference: Подросток в поисках близости Adolescents in Search of Intimacy (Zoom)

Presenter: Braving the Erotic Field in the Treatment of Adolescents
Эротическое поле в терапии подростков

September 21, 2024

COCAP International Congress (Zoom) The Body and Compulsion in Infants, Children and Adolescents

Presenter: Facing the Pain: From Substance Abuse to Human Dependence

September 7, 2024

Sydney Institute for Psychoanalysis, Australia Psychoanalytic Society (Zoom)

Presenter: The Oblivious Object

March 23, 2024

European Psychoanalytic Federation, Florence, Italy (In Person)

Discussant: The Role of Identifications in Adolescence

Presenters: Julie Augoyard, Monica Cardenal, Christine Franckx and Fernando Gomez

March 20, 2024

European Psychoanalytic Federation, Florence, Italy (In Person)

Mother-Child Identifications and their Vicissitudes

Chair: With Lesley Caldwell, Christine Anzieu-Premmereur, Emanuella Quagliata and Christine Franckx



NEW ENGLAND FOUNDATION
FOR PSYCHOANALYSIS

February 24, 2024

Board of Directors

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Paula Wolk, MD

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Stephen Kerzner, MD

Alexandra Rholde, MD

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, 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

Sincerely,

The NEFP Board