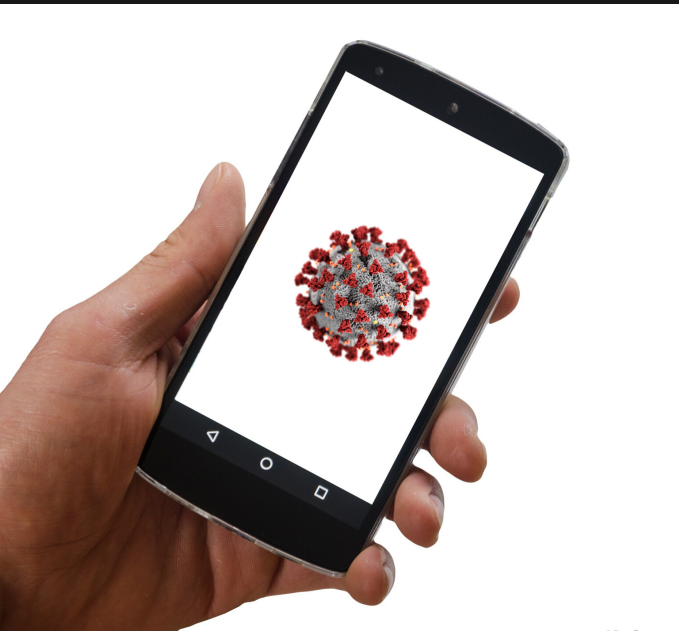


oregon psychoanalytic center

The Official E-newsletter of OPC



Community in the Time of Coronavirus

Dear OPC Members,

Reporting live from my living room and like many of you working from home or via telemedicine, we are all experiencing a new way of life. As we begin to learn more about the COVID-19 pandemic, we know our

our community is managing a new style of therapy and one that may come with some challenges that we have not dealt with in the past. I thought it might be pertinent to open up some dates and times we can meet via Zoom and process this together. These meetings will not require registration or even be led. It will be an open format for us to get together and feel a sense of community during this time of social distancing and isolation.

The first of these community meetings will be Wednesday, March 25th from 7pm - 8pm.

The link to join is - <https://zoom.us/j/934861863>

You can also use a dial-in number 669.900.6833 with meeting ID: 934 861 863 to join by phone.

OPC has also updated our website with pertinent information regarding COVID-19. [Check out the link to COVID-19 updates.](#) Please keep sending me information and I will continue to add any useful information to the website and forward them to the OPC listserv.

Anna and myself will be working from home over the next weeks or month and I ask that if you need to contact either one of us, please email us at our individual emails or at info@oregonpsychoanalytic.org. Stay safe and know that we are all in this together!

Best,

Lindsey Stevens
Executive Director



OPC is Online

All our programming will continue using Zoom, including the following:

- Oregon Psychoanalytic Institute
- Psychoanalytic Psychotherapy Program
- Continuing Education Classes
- All Board & Committee Meetings

We are now utilizing Instagram and Facebook to keep you up-to-date on what's happening. Use the links below to follow us!



APsAA invites the entire psychoanalytic community to a Town Hall by Zoom this Sunday, March 22nd from 4:30-5:30 pm Pacific / 7:30-8:30 pm Eastern time.

No registration or membership required.

The link to join is - [Zoom.us/j/639344777](https://zoom.us/j/639344777)
Or you can also use a dial-in number with meeting ID: 639 344 777 to join by phone.



Save the Date

March 25 OPC Online Community Group | **April 2** CE Course

Begins: *Forgotten Classics in Psychoanalysis* | April 17 Virtual Clinical Moments | May 9 Anton Hart PhD -- Ethical Dimensions of the Analyst's Co-participation: *Radical Openness and the Self-protective Aspects of the Concept of Transference*

The Deadline for Applying to the Fall 2020 PPP Classes is Approaching!

Applications submitted after the deadlines may be considered.

Psychoanalytic Psychotherapy Program (PPP):

This program is distinct from training in psychoanalysis in that it focuses solely on the practice of psychodynamic psychotherapy. It is ideal for psychotherapists who want to expand their psychoanalytic knowledge, increase self-awareness, and deepen their clinical skills.

Applications are encouraged at this time. For more information visit our website and contact, PPP Committee Chair, Jolie Krechman.

Oregon Psychoanalytic Institute (OPI):

Applications are now being processed for the next class in the order they are received. Accepted applicants will join an ongoing Pre-matriculation course.

Explore a variety of possibilities for psychoanalytic training by contacting Admissions Chair, Cynthia Ellis Gray.

OPI is planning to start their next Cohort in Fall 2021. It's never too early to apply!





Psychodynamic Treatment: How To Connect With Others

by Alex Rowell (*a graduate of the Corvallis Fundamentals Course*)



What is Psychodynamic treatment?

When people think about Psychodynamic treatment they often think it focuses only on one's childhood, sexual impulses, and unconscious content. This is partly true, as portions of psychodynamic treatment focus on the quest to make the unconscious, conscious. However, psychodynamic treatment also focuses on gaining awareness of thoughts, feelings, and patterns based on past relationships and experiences that may be out of our awareness. In fact, the same patterns which occur outside of the counseling office often show themselves within the office as well.

Psychodynamic treatment highlights a person's defenses, conflicts, and patterns that may inhibit them from living a fulfilling life with their work, friends, family, and romantic partners. Common themes or sayings which come up in the initial consult may sound like, "Why can't I find a husband/wife?", "Why is it so hard for me to hold a job?" or "I am not sure why they left me."

What does Psychodynamic treatment look like?

Daniel* was referred to me because he would often verbally lash out at people at work. This also carried over to his personal life where he would throw objects in the house or project his anger onto his wife or dog. Daniel was resistant to beginning therapy, which makes sense, especially if coming to therapy means you have to open up, share your feelings, and talk about current stressors.

For Daniel, anger got deployed whenever we broached topics one would normally discuss in therapy. For example, he would raise his voice or give me sarcastic and defiant answers when I asked him to share his stressors or talk about his family.

Anger is our protector. It can shield us from danger, vulnerability, sadness, anxiety and internal experiences we wish to not feel. Often anger is the quickest way to distance oneself from other people. Our society labels anger as a bad thing, an emotion we should not feel or act on, but anger is necessary for the human experience.

I pointed out Daniel's anger whenever I would ask him a question about his job, wife, or anything beyond surface level topics. He paused and just stared at me. I told him how his anger impacted me and I wondered if this was how other people felt when he got upset. When Daniel raised his voice, I felt so small and truly insignificant. His anger made me feel like whatever I said or felt did not matter. Daniel told me that he had no idea because people would often walk away or get upset at him and not tell him how his actions affected them. Just helping him gain awareness on how his emotions impacted me and others Daniel was able to see how these patterns stop him from forming deep, positive, and empathic relationships.

It is about the Relationship

It is important to note that the psychodynamic treatment process is done as a partnership and created between both the therapist and the client. Like any personal relationship, therapy is no different. There needs to be trust, openness, and reflection for both parties, with the intention to change and grow.

Regardless of the type of therapy you may seek out, co-creating a relationship together with the intention to help and heal is vital. Think for a moment about some of the most positive experiences you have had in your life. Most likely they involve other people sharing that experience with you. It could be the birth of a child, getting a job, graduating from school, all of these events happen with compassion and support from others. Psychodynamic treatment gives you the tools to work through your unconscious blocks in order to build the relationships you truly desire.

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