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Dear OPC Members and Friends,

Thank you so much to those who donated to the Oregon Psychoanalytic Center during our annual Bridge to the Future Campaign. Your donations aid the training of psychoanalysts and psychotherapists, impacting not only the lives of the patients they treat but also those around them. Patients report that they go on to be better parents, co-workers, and friends!

Donations allow our community to offer more accessible educational opportunities to mental health clinicians in the greater Portland and Pacific Northwest Region. Advanced training is expensive, and your contribution will help keep program costs low and value high! It allows us to provide discounts on continuing education courses to community mental health clinicians, university students, and residents and to offer annual diversity scholarships for our Fundamentals of Psychoanalytic Psychotherapy classes. We continually work to create more opportunities for our PPP and OPI programs.

Like in education, we set our goals high in fundraising. We hope you will consider OPC throughout the year so we can meet our \$50,000 goal by June 30th. We are over halfway there!

Thank you again for making OPC a philanthropic priority! Your kindness and generosity help provide our community with well-trained mental health professionals.

Sincerely,

Duane Dale, MD, OPC Board President
Lindsey Stevens, Executive Director



Upcoming Events

February

- 1 – OPI Open House
- 5-9 – APsA Annual Meetings
- 15 – Working with Parents begins
- 17 – Jeffrey Eaton, MA, FIPA
CE Special Program
- 19 – Presidents' Day - Closed
- 23 – Clinical Moments
- 28 – PPP Open House

March

- 4 – Intro to Psychoanalysis begins
- 9 – Paul Williams, PhD
CE Special Program
- 25-29 – Spring Break

April

- 5 – Clinical Moments
- 20 – OPI Progression Meetings
- 25 – Bridging Community &
Psychoanalysis begins

PLEASE HELP US REACH OUR GOAL!



VISIT OUR WEBSITE FOR INFO ON OUR PROGRAMS AND EVENTS

Message from Oregon Psychoanalytic Institute (OPI) Director

Happy New Year from OPI! We are welcoming applications for psychoanalytic training with a first-year cohort expected to begin training in the Fall of 2025. We currently have three second-year candidates and four advanced candidates.

Psychoanalytic training is an immersive, in-depth, and intensive educational process where candidates participate in four years of didactic seminars, conduct psychoanalysis with three supervised control cases seen at a frequency of four or five times a week, and engage in a personal analysis four or five times a week. The length of training is usually more than four years as it is related to the mastery of certain competencies and skills.

The seminars expose the candidate to the multiple theoretical schools of psychoanalysis beginning with Freud so that candidates have a solid theoretical foundation from which to understand and integrate the subsequent development of theory and technique. This psychoanalytic education enables the clinician to work deeply with their patients and offers the potential for transformative change both personally and professionally.

As I anticipate the end of my tenure as OPI Director on June 30, 2024, I am grateful for this analytic community and particularly grateful to our devoted and hard-working faculty who volunteer their time on behalf of our candidates, to the committee chairs whose tireless efforts make it all possible, and to our candidates whose learning and growth make it all worthwhile.

Cynthia Ellis Gray, MD, will be stepping into the Director position on July 1, 2024, and I know that OPI will be in great hands with her at the helm.

Kathy Reicker, LCSW, Oregon Psychoanalytic Institute Director

OPI OPEN HOUSE

Please join us if you would like to learn more about becoming a psychoanalyst at the Oregon Psychoanalytic Institute.

Currently accepting applications for Fall 2025!

**Thursday, February 1, 2024
7:00 - 9:00 PM**

**Learn more or register at
www.oregonpsychoanalytic.org**

OPC Program Updates

Psychoanalytic Psychotherapy Program (PPP)

Hello OPC Community! The Psychoanalytic Psychotherapy Program (PPP) is in full swing this winter. We've been engaged in setting program goals for the year, planning curriculum, and celebrating our successes. We are proud of the eight students in the program and their active involvement in classes, supervision, and psychotherapies. The fall PPP instructors have worked hard and energetically. They include Ann Anthony, MD, Peter Crabtree, PsyD, Ann Dart, LCSW, Brent Frazee, MD, Sara Gardiner, MD, Cynthia Gray, MD, Larisa Jeffreys, PMHNP, and Bill Nunley, MD.

Please also join me in appreciating and recognizing Redmond Reams, PhD. He has volunteered to chair the PPP committee starting in the fall of 2025. Identifying future leadership is a way we can keep the PPP and our psychoanalytic community vital, energized, and evolving. He is a PPP Committee member and faculty member who has shown deep commitment and dedication to the program. Thank you, Redmond!

Paula Levinrad, LCSW, who graduated from the PPP in the spring of 2023, has graciously joined the PPP Faculty. She's eager to contribute to the PPP and is teaching Fundamentals classes for the CE program this year. *(Please see her bio on page 4.)* PPP graduates are invited to join faculty and when they do, they often find that their psychoanalytic theories of mind continue to grow and that they feel gratified by the experience of teaching. The program benefits a great deal from their involvement and perspectives as well. If anyone, former graduates included, is interested in joining our faculty, let's talk!

The PPP continues to place our attention into addressing program structures related to Diversity, Equity and Inclusion. Our progress includes faculty training and dialogue, adding a diversity course, addressing diversity in our curriculum, and including an additional training component for our students, a Group Process course (currently in pilot form). Another area of program development is increasing the diversity and representation in our faculty group. PPP students must see their own identity groups represented in instructors, supervisors, and therapists, who have "front line" relationships with students, both individually and in groups.

We also strive to have faculty consultants who can guide our program and teachers in analyzing race, class, culture, gender and sexuality in our teaching of theory and psychoanalytic methods. I welcome all OPC and community members to join us in dialogue regarding these efforts.

PPP OPEN HOUSE

If you have thought about becoming a psychoanalytic therapist and are interested in deepening your knowledge and clinical skills, please join us to learn about the 2-year didactic Psychoanalytic Psychotherapy Program.

**Wednesday, February 28, 2024
7:00 - 9:00 PM**

**Learn more or register at
www.oregonpsychoanalytic.org**

OPC Program Updates *continued*

Psychoanalytic Psychotherapy Program (PPP), *continued* ...

Two OPC members, **Sandra Jenkins, PhD**, and **Brooke Kuhnhausen, PhD**, have been instrumental in race and equity efforts and have guided PPP faculty and leadership. They lead diversity trainings and participate in faculty discussions of teaching methods. They also share resources and reading lists, and are tirelessly encouraging us to see our successes, face our blindspots, expand our work, and look at opportunities. I want to thank them for their care and commitment.

The PPP will be having an **Open House** on Wednesday, February 28, from 7-9 PM, where those interested can talk to PPP faculty of all disciplines, graduates, and current students to learn more about our program and hear about our vibrant community. You don't need to wait for the Open House; you're welcome to contact me or any committee member anytime.

As ever, the work of the PPP Committee is what keeps the program running. Our incredible group includes **Tess Keith, Sandra Krussel, DO, Kerry Opdyke, MD, Kelly Reams, LCSW, BCD, Redmond Reams, PhD, and Michael Weiner, LCSW**.

Enjoy your winter, whether it's in the woods, on the slopes, curled up reading, cooking and eating, or watching the rain drip down your window pane. I plan to do a little bit of everything.

Rachael Berkeley, PPP Committee Chair

Continuing Education (CE)

This year CE welcomed a new member, **Scott Vignola**, to our crew, which also includes **Francoise Eipper, MD, Cody Evans, MD, Cindi Palman, MD, Michael Weiner, LCSW, Lindsey Stevens, Tess Keith, and myself**.

We had two amazing programs in Fall 2023 — **Mary Jo Peebles, PhD**, kicked off our first psychoanalytic psychotherapy-focused program supported generously by **Kathryn Zerbe, MD, and Kelli Hollaway, MD**. Our annual diversity lecture featured **David L. Eng, PhD, and Shinhee Han, PhD**, presenting new writing on anger in Asian America and their interpretation of the Netflix show "Beef." The energy at both these events was incredibly inspiring (multiple people told me they had teared up!), and I personally felt a renewed energy about the potential for community around psychoanalysis at OPC.

Please save the date for three more exciting special programs this year: **Jeff Eaton, MA, FIPA**, speaking on autism (Feb 17), **Paul Williams, PhD**, presenting new work in a rare event (March 9), and **Adam Blum, PsyD, Peter Goldberg, PhD, and Michael Levin, PsyD**, presenting cutting-edge work on music and psychoanalysis in conjunction with the reading course taught by **Duane Dale, MD**, this year (May 4). Also, **Michael Weiner, LCSW**, will teach a much anticipated course on working with parents of children in treatment in Feb 2024.

As always, please email me (alice.huang.md@gmail.com) with any speaker, course, or creative ideas for continuing learning, and also if you are interested in joining our committee.

Alice Huang, MD, OPI Faculty and CE Chair

Growing Community & Psychoanalysis (GCAP)

OPC's Growing Community & Psychoanalysis Committee continues to meet regularly (on the second Thursday of the month, from 6-7pm) and plan for ways we can engage our Oregon community. Our OPC members continue to facilitate process groups for clinicians working in community mental health settings, and OPC has seen a rise in our community's engagement in the many CE courses offered through the center.

As Chair of GCAP, I am excited and proud to announce that OPC has been asked to cosponsor, alongside a number of other psychoanalytic centers from all over the country, an upcoming conference dedicated to promoting community psychoanalysis. This two-day, hybrid (Zoom + in-person) conference is entitled "*The Unseen: Breaking Barriers, Building Bridges: Community Psychoanalysis into the Future*" and features notable speakers, including **Congressman Jamie Raskin, Daniel Gaztambide, PsyD, Kimberlyn Leary, PhD, Francisco J. González, MD, and Paula Christian Klinger**.

If you are interested, feel free to contact me with any questions or follow the URL to register:

<https://wbcp.memberclicks.net/registration>

As always, for any OPC members interested in joining GCAP as a committee member, group facilitator, or group member, please reach out to me, veederta@gmail.com, or to **Duane Dale, MD**: daled@ohsu.edu.

Tom Veeder, MD, GCAP Chair

Announcements

Paula Levinrad, LCSW, has joined the PPP faculty!

Bio: I immigrated to the U.S. from South Africa in 1982, at age 20. I received a BA in Human Development from Pacific Oaks College, CA in 1998, and a Master's in social work in 2005 from Portland State University. I became a Certified Alcohol and Drug Certificate (CADC 1) in 2007 and a Licensed Clinical Social Worker in 2008.

Other trainings include a 1-year learning collaborative in Child-Parent Psychotherapy, A 30hr Clinical Supervision Certificate through Portland State University, and Parts I and II of Eye Movement Desensitization and Reprocessing training (EMDR).

I worked in Community Mental Health for a total of 11 years, seeing patients and supervising MSW students, interns, and therapists. At the same time, I began a private practice nearby and enjoyed balancing my time between the two offices.

My experience these past two years, being fully immersed in the PPP, has been very stimulating, challenging and rewarding. I've tried to embrace my challenges, and my drives back and forth from Eugene gave me ample time reflect on the material. My small cohort helped me to face my fears and to speak up. Throughout, I've tried to focus my learning on my direct experience - whether I was in a didactic class, case processing, in personal therapy, or working with my two supervisors. I am excited to continue being a part of the OPC community and believe my learning will continue and be valuable in my work as a therapist.

We are in the process of expanding our Board!

If you are interested to learn more, please contact **Lindsey Stevens**, **Duane Dale, MD**, or anyone on the Board.

Recent Member Accomplishments *(in alphabetical order)*

Gary Borjesson, PhD, wrote that in August of this year, he started offering a short weekly note on the art, science, and philosophy of therapeutic alliances titled "How We Help." While currently a psychotherapist in private practice, his first career was as a philosophy professor. The weekly note is a free offering to those interested in reflecting on what it means to be in a helping relationship with another human being. You can have a peek at garyborjesson.substack.com.

A recent note on Donald Winnicott's idea of the "good-enough mother" will give you a taste: <https://garyborjesson.substack.com/p/the-virtues-of-the-good-enough-mother>

Amanda Helmers, PhD, has been admitted to OPI's next class. Congratulations, Amanda!

Alice Huang, MD, has a movie review of "Barbie" from a Laplanche perspective coming out in JAPA, issue 71.6.

Nancy C. Winters, MD, FIPA, has the following three updates:

1. She has been appointed the North American Program Committee Co-Chair for the 2025 IPA Congress in Lisbon, Portugal.
2. Her article entitled *A Home to the Lie: The Contemporary (Per)version of Truth*, published by The American Journal of Psychoanalysis is now available online and will be in print in their December issue. DOI 10.1057/s11231-023-09426-6
3. On 11/18/23, she presented in a Roundtable discussion on the theme "What is Embodiment in Clinical Practice?" (A program of the William Alanson White Institute in collaboration with the Wilhelm Reich Center for the Study of Embodiment.)

