



Dear OPC Members and Friends,

At our OPC Annual Meeting earlier this month, I presented the following numbers to illustrate how much our educational programs have contributed to our community to date. Since 1995, there have been 37 OPI graduates; since 2007, there have been 45 PPP graduates; and since 2000, there have been 8,126 attendees of our Continuing Education Programs. Throughout all OPC programs, much creative and committed work is occurring to improve educational programs and outreach by OPC's passionate and dedicated volunteer faculty members. I want to express my gratitude to all our faculty, students, and members for your participation and contributions. Also, much recognition and praise are due to our administrative staff who manage an overwhelming number of details to keep OPC running smoothly and growing.

I recently watched an OPB program on storytelling titled "A Brief History of the World" about envisioning the future. What kind of story do we want to build? What dreams do we have for the future? How do we envision OPC contributing to individual lives; ours and the people we see, our community, and our world? I believe a significant outcome of psychoanalytic experiences is that they increase our capacities to imagine, dream, and grow. We each have our individual as well as our communal dreams. Participation in the programs and activities offered by OPC presents a variety of opportunities to weave these together. We welcome your joining with us in this important endeavor.

On a sad note, it is with a heavy heart I share that **Dr. Sandra Jenkins**, Professor Emerita from SGP, passed away on Wednesday, May 22nd. She taught us much and was a major force in helping us to learn more about diversity and being human. She will be greatly missed.

As we complete another academic year and move towards summer, I would like to share a link to a beautiful and inspiring YouTube video performance, "One Day," which expresses so well what can happen when individual and diverse voices join and sing together: <https://resourcesforlife.com/docs/item22033>

Thank you all for being part of the OPC community.

Duane Dale, MD
OPC Board President



Come celebrate with us!

June 14th - Graduation Celebration

Have a great summer!

VISIT OUR WEBSITE FOR INFORMATION ON OUR PROGRAMS AND EVENTS!

Message from Oregon Psychoanalytic Institute (OPI) Director

As I approach the end of my tenure as Director of OPI, I find myself reflecting on the last four years and where we are. When I began my directorship on July 1, 2020, we were in the throes of a pandemic that began in late 2019, and by March 2020, most therapists and analysts had closed their offices to in-person work and transitioned their practices to a virtual setting, whether online or via telephone. Both analyst and patient were experiencing the same external threat, and this reality had to have an unforeseen impact on the work. Conducting analysis and psychotherapy online was an experiment, and we weren't sure how it would change the work although we knew it would. We were amazed and grateful that we could continue to help our patients. The Institute suspended all in-person meetings and classes and Zoom meetings became the norm. The extent and nature of the threat still eluded us, and we were vigilant about wearing masks, keeping six feet apart, and meeting outdoors. It was a time of high anxiety and uncertainty about the future. After being Curriculum Chair with its unique demands, I had naively thought that being Director shouldn't be that challenging. I was wrong.

Shepherding us through the pandemic was a joint effort where everyone joined forces to meet the demands of the day. Our **Executive Director, Lindsey Stevens**, got us up and running on Zoom and provided the support we needed to function and carry out our mission. We persevered and continued with our teaching, supervision, committee work, and work with patients. As vaccines became available and the pandemic began to wane, we slowly began a return to in-person classes, committee meetings, and patient work. During the four years that I've been Director, a new OPI class began the program and are now finishing their second year of candidacy. Eight candidates have graduated and we have welcomed seven of them as new associate faculty. We are looking forward to beginning a new class in Fall 2025. Candidate **Sarah Baird, PsyD**, will be graduating this spring. Congratulations, Sarah!

We began holding community meetings with faculty and candidates together to process the strains that arose during the pandemic. After the American Psychoanalytic Association revised its training standards and we were emerging from the bubble of collective isolation, we began to have searching conversations about our own identity, values, and what kind of an Institute we wanted to be. We started discussing and re-evaluating our policies related to training and progression. We worked on a mission statement and proposed changes to enhance and strengthen our educational program.

The Executive Committee is composed of the Chairs of all OPC committees, as well as two faculty representatives and often a candidate representative. I could not have been effective in this position without them. **Winston Anderson, PsyD, Sara Gardiner, MD, Cynthia Gray, MD, Betsy Iannuccillo, LCSW, Jeanne Johnson, MD, J. Powers, MD, and Nancy Winters, MD**, have worked tirelessly on behalf of the Institute, the faculty, and the candidates. Their devotion to the growth and smooth functioning of the Institute cannot be overstated. A big thank you to candidate representatives, **Cindi Palman, MD, and Catherine Blanchard, LPC**, and faculty representatives, **Duane Dale, MD, and Cody Evans, MD**, for their contributions. I am grateful to have had the opportunity to serve as Director of OPI and very appreciative of the growth that it has afforded me. The Institute depends on the volunteer efforts of our faculty. Being involved at any level in the running of this organization is a labor of love. **Cynthia Gray, MD**, as incoming Director, will be guiding us through the next three years and I am passing the baton to her. I know the Institute is in good hands and I am excited to see what evolves under her leadership.

Kathy Reicker, LCSW, Oregon Psychoanalytic Institute Director

OPI Graduate

Sarah Baird, PsyD is a licensed psychologist in private practice in Portland, OR. She received her doctorate in psychology at Pacific University after moving to Portland from New York, where she completed her bachelor's degree with high honors in psychology at Colgate University. She is passionate about the frame, candidate experience, live music, and the discography of Taylor Swift. Dr. Baird provides psychoanalytic psychotherapy, psychoanalysis, and supervision.

OPC Program Updates

Psychoanalytic Psychotherapy Program (PPP)

Hello OPC friends and community!

As the days grow warmer and longer, I find myself deeply appreciating community. Community has become more important to me over time, as I navigate the ups and downs of life, and experience the significance of mutuality, support, interdependence, and closeness. OPC is one community where my relationships and professional connections are vital. My involvement with it began as a student in the PPP 15 years ago, and continues today in my role as the PPP Committee chair.

OPC recently lost a member of its community. **Sandy Jenkins, PhD**, an educator, mentor, colleague, and friend passed away last month. One of her many roles was supporting OPC in addressing diversity in our institution and educational communities. She helped us look at our resistances and barriers, and encouraged us to develop our diversity curriculum and teaching faculty. She helped me personally to discover greater trust and confidence in myself as a leader, therapist, and educator. Sandy generously gave her time and energies to OPC and we'll miss her great deal. Her work lives on in the PPP and the community she helped to create.
(continued on next page)

OPC Program Updates *continued*

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

Working in community has been critical for program development in the area of diversity and social context. Because unconscious dimensions and internalized biases are so challenging, we must do this work collectively. In April, the PPP hosted an all-faculty meeting to explore ways instructors can integrate the sociocultural context of class material, model critical thinking, bring forward explicit and implicit bias, and include articles from diverse writers. In May, we met again for a Syllabus Workshop to discuss elements of course design to address sociocultural context and diverse perspectives. The community of faculty who are engaged in this work is enlivened and energized to keep up these important efforts. I'm particularly grateful to **Brooke Kuhnhausen, PhD**, who contributed a great deal of time and love, sharing her own professional, cultural, and psychological perspectives and experiences doing work in the areas of diversity, culture, and social context.

The community of faculty members who volunteer to teach in the PPP are the backbone of the program. They make enormous contributions of their professional skill and creative and thoughtful teaching methods to benefit the experience and learning of our students. Among the many faculty who've taught this spring is Ann Anthony, MD, who is piloting a Student Process Group for the current cohort of students. This group is designed to enhance student learning through the growth of a collective identity.

I'd also like to welcome a few new faculty to the PPP, including **Carrie Atikune, PsyD**, **Kara Powers, MD**, and **Amy Reiss, PhD**, all of whom will teach next year.

The PPP Committee is a dedicated and thoughtful community that supports and organizes every aspect of the program. These kind, hard-working, and diligent members include **Tess Keith, OPC Program Administrator**, **Sandra Krussel, DO**, **Kerry Opdyke, MD**, **Kelly Reams, LCSW, BCD**, **Redmond Reams, PhD**, and **Michael Weiner, LCSW**. Additionally, **Stacey Gramann, DO**, **Jolie Krechman, PhD**, and **Merrill Weyerhaeuser, PhD**, are generous student advisors.

I want to congratulate several people in another important group, the student community. There are 8 students in the current cohort, and one of them, **Rebecca Davis, LCSW**, presented at The Creative Arts Therapy conference in Paris this spring about the impacts of racial trauma and potential paths for healing using creative art therapies. (See announcement on page 5). Additionally, two other hard-working professionals will be honored as PPP graduates in June. They are **Brent Belford, LCSW**, and **Caroline Redstone-Jones, PMHNP**.

Let's celebrate the graduates and other community successes together at the Graduation Party on June 14th. I hope to see you all there!

Rachael Berkeley, PPP Committee Chair

PPP Graduates

Brent Belford, LCSW, is a licensed clinical social worker who received his MSW from Portland State University in 2016. He practices at an outpatient clinic with Lifestance Health, where he provides individual psychotherapy to adult patients. Brent grew up in Wyoming but has lived his adult life in the Pacific Northwest. He enjoys literature and miniature wargames.

Caroline Jones Redstone, PMHNP, is from Philadelphia and began her career in midwifery. Now a PMHNP, she was "thankfully introduced" to OPC by her mentor Larisa Jeffreys, PMHNP. Caroline first applied many years ago and is so glad to have forged on! She feels that the education she received has been invaluable. Caroline is currently working in private practice in Portland and "mothering the best kid in the world."

Continuing Education (CE)

We've had a very dynamic year in CE, showcasing the diversity of psychoanalytic engagement. On May 4, our closing Special Program "Here, I'm Alive: The Spirit of Music in Psychoanalysis" showcased three authors (**Adam Blum, PsyD**, **Peter Goldberg, PhD**, and **Michael Levin, PsyD**) who bring the language, body, and metaphor of music to psychoanalysis. Weaving the ideas of Winnicott and Bion with those of the French psychoanalyst Jean Laplanche all through the use of music, these authors presented a framework that is at the leading edge of psychoanalytic thinking while, at the same time, returns us to our existential and humanistic common ground.

Next year, in addition to Fundamentals and Beyond Fundamentals, we are excited to offer courses on film, the work of Christopher Bollas, ethics within psychoanalysis, work with parents and children, and our continuing program on Lost Classics. **Stephen Purcell, MD**, will be offering a bimonthly case conference-style course on impasses in treatment. Check out the CE section of the OPC website in July for next year's offerings!

As always, if you have any questions about how to get started with psychoanalytic work or how to connect with our community, please do not hesitate to contact me at alice.huang.md@gmail.com. No question is too small!

Alice Huang, MD, OPI Faculty and CE Chair



OPC Program Updates *continued*

Growing Community & Psychoanalysis (GCAP)

Aspiring to engage with our social surroundings, OPC's Growing Community & Psychoanalysis (GCAP) program remains dedicated to promoting psychoanalytic ideas in community-based settings. Focusing on group processes, the many functions of communities, and social advocacy, GCAP continues to support the bridging of psychoanalysis and community, both near and far.

In March 2024, OPC & GCAP cosponsored the inaugural, two-day conference on Community Psychoanalysis, held in Washington, DC, for which I was a member of the planning committee. A letter sent to the conference attendees captures the tone of the conference, "The participants' engagement and diverse perspectives were instrumental in acknowledging the often-overlooked work of so many psychoanalysts working in our communities who challenge the prevailing psychoanalytic ideologies. To dismantle barriers, to see more, we must engage in difficult conversations and invest time in understanding ourselves as individuals and as community members."

Well-known psychoanalysts, such as **Daniel Jose Gaztambide, PsyD** (author of *A People's History of Psychoanalysis: From Freud to Liberation Psychology*), **Francisco González, MD**, **Kimberlyn Leary, PhD**, and **Paula Christian-Kliger, PhD**, provided a powerfully moving experience. We all walked away with a deeper understanding of group process and how to discern the intricate, complex, contextual, and ever-evolving dynamics of the social unconscious. We bore witness to the truth of how groups and individuals carry the collective traumas of generations of people, shaping the individual and socially-embedded selves, while showcasing the whole gamut of our human emotions.

Additionally, the third iteration of the 8-session CE course, Bridging Community & Psychoanalysis, was offered to the Oregon community and has been a huge success. The course aims to learn from experience by using group process to investigate more deeply the intersection between community and psychoanalysis. For anyone interested in taking this course in the future, please let us know so we can consider how and when to organize the fourth iteration.

Finally, GCAP mourns the loss of **Sandra Jenkins, PhD**, who advocated for any effort to extend the reach of psychoanalysis. It feels as though now, more than ever, we ought to remain open to how we can help our communities which continue to be ravaged by the consequences of human aggression.

If GCAP can provide any ideas or support for our OPC members, please reach out. We are open to suggestions and if anyone has an interest in getting involved with GCAP, please email **Tom Veeder**, veederta@gmail.com, or **Lindsey Stevens**, lindsey@oregonpsychoanalytic.org.

Looking forward to our collective future efforts.

Tom Veeder, MD, GCAP Chair



Announcements

Book Sale & Silent Auction

Our donation book sale will be running all summer.

The silent auction will run through July 31st.

You can bid at the office (in the library), or online:

<https://form.jotform.com/241516907050148>

We're expanding our Board!

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



photo: Tess Keith

Recent Member Accomplishments *(in alphabetical order)*

Gary Borjesson, PhD publishes a short (and free) note each Monday morning on Substack that may interest my fellow OPC members. He writes, "My intention in "How We Help" is to offer an engaging, thought-provoking, and occasionally inspiring dive into the art, science, and philosophy of therapeutic alliances."

You can subscribe at garyborjesson.substack.com

For a taste, check out his reflection on what Hegel and Winnicott have to say about the role distress plays in psychic development: <https://garyborjesson.substack.com/p/the-highway-of-despair-hegel-and>

Rebecca Davis, LCSW, a PPP student, recently presented at a creative arts therapy conference in Paris, France, on the impacts of racial trauma, its presentation, and potential paths for recovery using creative arts modalities. Joined by one of the founders of the field of Drama Therapy, **David Read Johnson, PhD, BCT-RDT**, the presentation was well received, and plans for future talks are underway!

Nancy Winters, MD, FIPA, has recently published:

1. Winters, N. "*The Body/Mind as an Internal Group: Voices from Bion's The Dawn of Oblivion*" (paper presentation, Northwestern Psychoanalytic Society and Institute (NPSI) Scientific Meeting, March 2024).
2. Winters, N., Harrang C., & Sedlacek, S., (in press) "*Transformations in O Online: Group Process in the Virtual Realm*", Psychoanalytic Quarterly.

Kathryn Zerbe, MD, recently gave a Zoom course on Secrets in Psychotherapy to the Tampa Psychoanalytic Society. She was also a virtual guest teacher of a continuous case seminar for candidates at the Philadelphia Psychoanalytic Center and gave a lecture to the Psychoanalytic Society on Psychodynamic Issues of Secret Keeping.



Oregon Psychoanalytic Center

2023-24 Academic Year

8

OPI Analytic Training
Candidates

10

Psychoanalytic
Psychotherapy Students

388

Attendees to our
Continuing Education
Programs

Since the beginning

37

OPI Analytic Training
Graduates -
Started in 1995

45

Psychoanalytic
Psychotherapy
Graduates -
Started in 2007

8,126

Attendees to our
Continuing Education
Programs -
Started in 2000

ACKNOWLEDGEMENTS

The Oregon Psychoanalytic Center would like to acknowledge all the hardworking volunteers who, by volunteering their time, energy, and money, create a dynamic array of programs, courses, and educational opportunities. We would not exist without their drive and dedication.

PROGRAMS

DETAILS

Oregon Psychoanalytic
Institute

OPI is deeply committed to inspiring the development and practice of psychoanalysis through an abundant study of primary analytic theories and close consideration of the interplay of theory, method, and technique in the clinical situation.

Psychoanalytic
Psychotherapy Program

PPP aims to help students develop an analytic approach to therapy by listening, observation, interpretation, and intervention, focusing on both conscious and unconscious processes, countertransference, and transference. Classroom learning translates to clinical practice as the therapeutic relationship is explored and better understood.

Continuing Education
Program

OPC offers a variety of CE classes, courses, and programs, providing clinicians with psychoanalytic/psychodynamic approaches to a wide range of issues seen in clinical practices. We want to inspire your interest in thinking and working psychodynamically.

Growing Community &
Psychoanalysis

The mission of GCAP is to increase the accessibility to psychoanalysis for our Oregon community members and to increase a psychoanalytic presence in the Oregon community by providing the necessary support and educational opportunities for community-based clinicians.

FUNDING SUMMARY AS OF MARCH 30, 2024

Donations

\$30,060

Membership Contributions

\$63,670

Program Fees

\$115,264



OPC Donor and Member Recognition 2023-2024

The Oregon Psychoanalytic Center recognizes the dues and donations of its members and supporters with deep appreciation. Without your financial support, we could not offer our excellent educational programs. You are helping us train the next generation of psychoanalysts and psychotherapists to help patients live healthier, more fulfilling lives. Thank you!

Aisha Abbasi, MD
Richard Alden, MD
John Allemand, PhD
Richard Almond, MD
Richard Anderson
Winston Anderson, PsyD
Ann Anthony, MD
Carrie Atikune, PsyD
Brent Belford, LCSW
Adam Benjamin
Rachael Berkeley, LCSW
Robert Berry
Ralph Beaumont, MD &
Ann Dart, LCSW
Beth Bloom, PsyD
Kate Blumner, MD
Cynthia Boersma
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Scott Vignola, LCSW
Joyce Yuan, PhD
Cara Zeisloft, LCSW
Kathryn Zerbe, MD
Phyll Zuberi, MD

