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Dear OPC Members and Friends,

Fall in Oregon is always a special time for me. As we transition into autumn, the weather shifts unpredictably, reflecting the excitement of new beginnings and ongoing learning at OPC. With new classes starting, it's a wonderful opportunity for everyone to come together to share clinical experiences and meet new people, adding to the vibrant atmosphere.

In September, the OPC Board members held a retreat filled with energy as we discussed our plans for the upcoming year. We focused on how the Board can better coordinate and recruit for OPC's educational, outreach, and fundraising efforts, and explored ways to become a more effective working board. Recognizing that we are a learning Board, we are committed to building a sustainable organization that enhances OPC's educational programs and outreach. There's plenty of room for creativity and new members to join us!

In these turbulent times, where polarization and black-and-white thinking are prevalent, my vision for OPC is to foster an environment that embraces nuance and explores the deeper realms of psychic and emotional life. Psychoanalysis has much to offer our patients, clients, students, and communities. Let's continue to create a space for creative learning and meaningful dialogue across diverse perspectives, where we can engage respectfully, say, "I have a different idea," and innovate together with our hearts and minds.

Duane Dale, MD
OPC Board President

Upcoming Events

November

2 – Gila Ashtor, PhD
CE Special Program

28 & 29 – Thanksgiving Holiday
Office Closed

December

6 – Holiday Fundraising Party

13 – Clinical Moments

25-1/1/25 – Winter Break
Office Closed

January

8 – CE Winter Fundamentals
course begins

9 – CE Work of Christopher Bollas
course begins

20 – Martin Luther King, Jr. Day
Office Closed

SAVE THE DATE

Join us for our Holiday Fundraising Party!

December 6, 2024

6:00 - 8:00 PM

RSVP encouraged but not required

VISIT OUR WEBSITE FOR INFORMATION ON OUR PROGRAMS AND EVENTS!

Message from Oregon Psychoanalytic Institute (OPI) Director

It's almost shocking how quickly this summer has turned to fall. Welcome to all of you to a new school year, with the mixture of the ache of saying goodbye to summer and the anticipation of something organizing and new and promising that fall always seems to imply. I'm both nervous and excited as I begin a new role—OPI Director.

Speaking of chapters that are ending, I want to acknowledge the outgoing Director of OPI, **Kathy Reicker, LCSW**. Kathy was our first Director who was also an OPI graduate. She is evidence that the institute that was only a gleam in our forefathers' and foremothers' eyes in the 1990s has taken root and blossomed. Kathy had no idea when she was elected to her new role in 2019 that she would have to shepherd us through the pandemic, with all its incumbent catastrophes. Despite this, shall we say, pothole in the road, she had a vision for what she wanted to accomplish, and led collegial discussions that have resulted in a more coherent sense of identity as an institute; a reconsideration of how to become a training analyst; an updated way of thinking about progression; and a new committee, Training Outreach. Kathy met challenges with humor, intelligence, a collaborative spirit, kindness, and her deep love for psychoanalysis. I'm sure I speak for all of us when I thank her from the bottom of my heart.

I knew I could only be OPI Director if I had a strong team to do it with me. I want to introduce you to the generous colleagues who will give their precious time and energy to their respective committees and will also serve on the Executive Committee over the next three years. **Richard Alden, MD**, will be our Admission Chair; **Duane Dale, MD**, TA/SA Chair; **Cody Evans, MD**, Training and Outreach Chair; **Sara Gardiner, MD**, Chair of Progression; **Cindi Palman, MD**, Faculty Appointment and Development Chair; **J. Powers, MD**, Curriculum Chair; **Kathy Reicker, LCSW**, will be on the EC as outgoing Director; **Ralph Beaumont, MD**, is our Faculty Representative; and **Lindsey Stevens**, Executive Director, is our backbone, nervous system and essentially the glue that holds everything together. I feel extremely lucky to have this group of fabulous people to work with and am beginning to glimpse my role as having some of the delight of what I imagine it is to be a grandmother — watching committee chairs grow into their new roles and trying to make a sense of a working group emerge.

To that end, most of us were able to spend an evening together at the end of the summer where we shared delicious food (not-so-well-kept-secret—analysts tend to be amazing chefs!) and began our conversation about our goals. One idea that emerged is that we want more opportunities for our faculty to get together to discuss what we all share and love, our work—as teachers, supervisors, writers, and of course clinical psychoanalysts. If you are on the faculty and want to be more involved, please let me know and I will find a role for you!

And if you are considering embarking on the mind-blowing, like-no-other adventure of becoming a psychoanalyst, please consider joining us as a candidate. A new class will start in the fall of 2025. Any of us on the faculty would welcome your phone call or visit to talk with you about this decision.

I very much look forward to working for and with all of you over the next few years. I'm proud of all OPI has become and I have a feeling we are headed into a particularly generative chapter.

Cynthia Gray, OPI Director

OPC Program Updates



Psychoanalytic Psychotherapy Program (PPP)

Hello OPC Community and Friends!

Change is in the air! The temperature feels crisper, leaves are turning color, and the rains of autumn have begun to fall. This season is full of transition as the Psychoanalytic Psychotherapy Program moves forward, considering our work in the coming year. For one, we are expanding our outreach efforts to share more about educational and other offerings at OPC. Additionally, we welcome **Tim Hanson, MD**, to the PPP Committee as our first Student Representative. We believe his role will benefit relationships between the committee and students by allowing students to be more involved in planning and creating a more transparent process for the community.

The PPP committee continues to develop our program and curriculum to be more inclusive of diverse groups, address bias and controversy, and develop practice methods that consider the social environment. Last spring, we facilitated a faculty discussion on these topics, followed by a syllabus workshop. This summer, we gathered some data (thanks to committee members Kerry Opdyke, MD, and Redmond Reams, PhD) comparing the syllabi from the PPP's current academic year (2024-25) to the prior academic year (2022-23). Out of the ten current classes, 70% had at least one diversity reading, versus 40% in 2022-23;

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OPC Program Updates *continued*

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

40% listed a learning objective that was diversity-related, versus 30% in 2022-23; and 40% mentioned diversity in their class description, versus 10% in 2022-23. We are excited to see the ways our hard work is paying off and simultaneously recognize that there is much more work to be done. Our goals include recruitment of more diverse faculty and looking at unconscious biases in our application and progression processes. We plan to schedule more faculty discussions and workshops this year, as well.

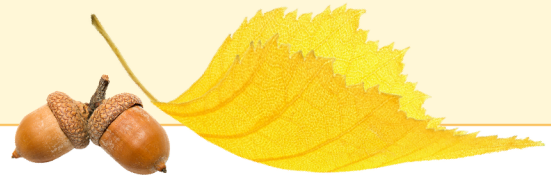
Meanwhile, our current PPP cohort of eight students continues their training in their second and final year of coursework, digging into child and adult development, psychopathology, and termination over the course of the academic year. This inquisitive and lovely group is deeply engaged in the PPP, and they inspire the committee to work harder to grow and enhance the program.

The PPP is an educational program that supports each student to develop their own unique psychoanalytic voice and therapeutic self. The program encourages critical thinking, the sharing of different perspectives, and learning from each other. The two-year program is open to licensed mental health professionals interested in working more deeply with clients and gaining greater personal satisfaction in their clinical work. Graduates of the PPP discover that their psychoanalytically informed practice feels more alive and interesting, and they experience many rewards from their mind-expanding classwork, case supervision, student process group, and personal psychotherapy. All of these pieces of the program create many opportunities for personal discoveries.

We'd love to tell you more about the program, so please reach out to the PPP Program Administrator, **Tess Keith** (tess@oregonpsychoanalytic.org), to me (rachaberk1@gmail.com), or to any of our PPP committee members. We welcome you to attend our next **PPP Open House on February 26, 2025, at 7:00 pm** and will be accepting applications on a rolling basis until April 1, 2025, for the next cohort starting September 2025.

Be well and take good care!

Rachael Berkeley, LCSW, PPP Chair



Continuing Education (CE)

I am so excited for the start of a new academic year with Continuing Education at OPC, my third year here as Chair. We have planned a year of learning that explores the widening scope of psychoanalysis. Our special programs take up the topics of intergenerational trauma, queer theory and issues facing transgender experience, and mixed-race couples' work. We are excited to bring both **Professor David Tuckett** and **Robert Grossmark, PhD, ABPP**, to share their recent clinical and scholarly work — Professor Tuckett on his new book on transferences, and Dr. Grossmark on the 'unobtrusive relational analyst'. In our upcoming courses, **Michael Levin, PsyD**, returns to teach a survey of Christopher Bollas' work, and **Michael Weiner, LCSW**, is teaching an innovative course on virtual play therapy. By popular demand, **Garrick Duckler, LMFT, PhD**, will continue to offer his yearly Lost Classics course. And, OPC is starting a new collaboration with Hollywood Theater, teaching a collaborative course with Movie Madness University on Psychoanalysis and Film. As always, CE welcomes any course ideas and clinicians interested in teaching. Please contact me directly at alice.huang.md@gmail.com.

Alice Huang, MD, CE Chair



Announcements

WE'RE EXPANDING OUR BOARD!

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

Recent Member Accomplishments *(in alphabetical order)*

Aisha Abbasi, MD has some recent (and upcoming) presentations and publications:

- Dr. Abbasi's review of the book *Living and Containing Psychoanalysis in Institutions: Psychoanalysts Working Together* (edited by Gabriele Junkers) will be published in an upcoming issue of the Journal of the American Psychoanalytic Association (JAPA).
- Her paper *Politics in the Consulting Room: Navigating Hate and Meaning in the Consulting Room*, has been accepted for publication in a special issue (on the topic of Politics and Hate) of the Psychoanalytic Inquiry.
- On the 13th of September, Dr. Abbasi virtually presented a paper at Austen Riggs on the topic of Homesickness, Nostalgia, and the Development of a Stable Internalized Home.
- On October 26th, Dr. Abbasi will be discussing her 2022 paper *Practicing Psychoanalysis at the Intersection Of COVID-19, The Murder of George Floyd, and Trump's Presidency: Reflections from a Brown Analyst* (published in the Psychoanalytic Quarterly) as part of a Scholarly Dialogues Series arranged by The Northwest Alliance for Psychoanalytic Studies.
- Dr Abbasi has been invited to Houston as Visiting Teacher by the Center for Psychoanalytic Studies (CFPS), over the weekend of November 15 and 16, 2024.

Over the past few years, **Cynthia Gray, MD**, has been involved with the Analyst at Work section in the IJP. The Analyst at Work is published once to several times a year and involves a psychoanalyst presenting a case with several discussants weighing on the way they see the analyst working. Sometimes there is a theme, sometimes not. This introduction was for a section that looked at the work of an older analyst.

The International Journal of Psychoanalysis, 2024, Vol. 105, No. 4, 576-577
Introduction to "The older analyst at work: The old man and the sea?"
Abbot A. Bronstein, PhD, and Cynthia Ellis Gray, MD

Kathy Reicker, LCSW, has been asked to be a discussant, along with Victor Sedlak from the British Psychoanalytic Society, of clinical material presented by Stefanie Speanburg from Emory, at an AAPE (American Association for Psychoanalytic Education) three-part workshop in the Spring of 2025. Sydney Anderson from Cincinnati is the moderator.

Cindi Palman, MD, wrote a chapter in the recently published "Dear Institute...": Candid commentaries from candidates in psychoanalytic training 1st Edition by Himanshu Agrawal (Editor). It can be pre-ordered at www.routledge.com/... – If you would like to pre-order a copy, make sure to use the discount code ADC24 on the Routledge website during checkout for a 30% discount. This brings the cost down to \$27, including free shipping. Or you can find it on Amazon here: www.amazon.com/... All royalties will go towards supporting APsA candidates and other learners via Himanshu Agrawal's non-profit RESTEM (www.restemwi.org).