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Greetings OPC Community and beyond,

I am writing to you as the new President of the Oregon Psychoanalytic Center Board. As you can imagine, I have many thoughts and feelings as I begin this role. But foremost is “What a time to be alive!” We are strongly aware of the turbulent times we experience in all aspects of our lives. The political arena may be the most glaring example, but it doesn’t take long to find this sense everywhere. Perhaps a more realistic approach is to accept that life is dynamic. And yet, we also need ports of safety from the storm.

In the world of providing treatments and education for mental health, a community is necessary for those who seek what psychoanalysis and psychoanalytic sensibilities have to offer, where space can exist for these values to be shared, pursued, and developed — a vision I and others have for OPC. Our organization seeks to provide this through our educational programs of clinical psychoanalysis, psychoanalytic psychotherapy, psychoanalysis in the community, and continuing education.

A sincere and heartfelt “Thank you!” for those who are already contributing and participating in our mission. For those who want to do more and those who wish to join, you will be most welcome. You can contact me, our Executive Director, Lindsey Stevens, or others at OPC, to learn about opportunities to contribute or participate — e.g., becoming a Board member, fundraising, working on various OPC committees, etc. The Center is expanding its programs and outreach and there is much to do. This is an exciting and challenging time to be a part of OPC. Come grow with us! We would love to hear from you.

**Duane Dale, MD**  
OPC Board President



## Upcoming Events

### September

**30** – CCM course with  
Abbot Bronstein, PhD

### October

**5** – Lost Classics 1 course begins  
Garrick Duckler, LMFT

**6** – Clinical Moments (Virtual)

**25** - OPC Open House

### November

**11** – David L. Eng, PhD &  
Shinhee Han, PhD  
CE Special Program

**23-24** – Thanksgiving Break  
OPC Office Closed

### December

**1** – Clinical Moments

**25-1/1/24** - Winter Break  
OPC Office Closed

## 2023-2024 Important Dates and Monthly Meetings Schedule

*(Please click the link to see and download the complete list.)*

VISIT OUR WEBSITE FOR INFO ON OUR PROGRAMS AND EVENTS

# Message from OPI Director

As I write this, the days are bright with sunshine and the leaves still a deep green (though the maples are beginning to turn). These “dog days of summer” bring our attention to the ongoing climate crisis that each year, we are told, is the hottest on record. Wildfires on Maui, raging rivers fueled by glacial melt in Juneau, unprecedented winter heat in South America, droughts in Africa, intense rain and floods in Norway and Asia, and extreme heat in Europe and the United States are impacting millions.

Psychoanalytic theories recognize the human defensive need to deny painful and traumatizing realities, both external and internal. Psychoanalysts and psychoanalytic psychotherapists also recognize the human tendency to engage in catastrophic thinking which can lead to panic, helplessness, paralysis, and inertia. We face the unique challenge of moving away from denial to constructive catastrophic thinking when it comes to climate change. Psychoanalysis has long been a subversive discipline with its radical roots and capacity for disrupting the status quo and challenging the societal norms and standards of the day. It is also an ethical discipline and recognizes that climate change disproportionately impacts poor, vulnerable, and underserved communities and that racial and ethnic minority communities are often impacted most seriously. It is concerned with the internal world of the individual and increasingly is concerned with the impact that “the other”, the environment, culture, and the nonhuman environment have on the development of psychic life. The psychoanalyst, Harold Searles, in 1960, in his book, *The Nonhuman Environment in Normal Development and in Schizophrenia* wrote, “This disregard of the significance of the nonhuman environment to psychology and psychiatry has persisted despite the accumulation and abundant data, provided by numerous varied scientific disciplines, which show us beyond doubt that man is not an alien in his nonhuman environment but in kinship with it.” (Searles, 1960, p.5). It is time for us to bring our unique perspective to dealing with one of the greatest challenges confronting humankind.

OPC offers several different entry points into psychoanalytic thinking and education for mental health clinicians who wish to further develop their understanding in working with unconscious phenomenon and complex mental functioning embedded in complex intersubjective contexts and systems. For those who want to test the water and learn basic tenets there are Fundamentals and Advanced Fundamentals. For those who want more exposure to theory, technique and supervision of psychotherapy cases, there is the Psychoanalytic Psychotherapy Program. And for those who want an immersive and intensive training to become a psychoanalyst, there is formal psychoanalytic training. The Psychoanalytic training program intends to provide the candidate with a comprehensive grounding in psychoanalytic theory and an exposure to psychoanalytic thinking as it has evolved over the century, and to make use of this theory in working more effectively with patients/clients. With this extensive overview, graduates will be able to understand how the multiple and pluralistic strands of psychoanalytic theory are woven together in a beautiful and complex tapestry that is more than the sum of its parts.

We are proud of our recent graduates, **Bill Nunley, MD, Mark Owens, LCSW, Brent Frazee, MD, and Cindi Palman, MD**, whose accomplishments we celebrated in June. Our newest class has now begun their second year of training, and bring their energy and enthusiasm for learning into our Institute.

We will begin a new class in September 2024 and are currently accepting applications. If you have an interest in developing new skills, working more intensively with your clients/patients, and joining a thoughtful, and developing analytic community, please consider applying for psychoanalytic training at OPI. For more information contact me or our **Executive Director, Lindsey Stevens**.

*Kathy Reicker, LCSW, Oregon Psychoanalytic Institute Director*

## OPC Program Updates

### Psychoanalytic Psychotherapy Program (PPP)

Hello from the PPP! The new PPP cohort is off and running with the start of the program this month! We are so excited to welcome the new cohort, which includes **Graham Borgman, LPC, Jim Bossman, MD, Rebecca Davis, LCSW, Ashley Gunderson, LPC, Tim Hanson, MD, Andrew Hughes, MD, Kim Hyam, LCSW, and Stephen Njorge, MD**. Please read their individual bios, starting on page 4.

These students are participating in a new program component, the Student Process Group, facilitated by **Ann Anthony, MD**. In addition to our existing classwork/case supervision/personal psychotherapy educational model, the Student Process Group will strengthen students' identities as a psychoanalytic practitioners by considering the context of the group. In this group, there will be opportunities to discover or reveal social and cultural truths, an area that has been identified as lacking in earlier eras of psychoanalytic education. Additionally, students will consider how the unconscious operates within the collective as well as the individual, further develop a creative relationship to the unconscious, and access avenues of communication necessary for optimal growth.

Lastly, we had a marvelous PPP Orientation on Sunday, September 10th, where faculty and students gathered outside to enjoy the warm late summer evening and look ahead to the upcoming school year. We shared educational memories, opening windows to personal and collective sharing of ourselves, and reflected on the meaning of the educational process. The faculty brainstormed and discussed methods and techniques to encourage discussion of difference - in views of theory, in different populations and settings, and in culture, race, gender, and other identity groups - both in the classroom and the supervision office. Faculty are eager to continue the investigation of this essential and complex topic in a future faculty meetings.

The PPP Committee welcomes anyone with interest and curiosity to attend the upcoming OPC Open House on October 25th, to hear about how the program works, how to apply to be part of the 2025 cohort, and to meet members of the PPP Committee. If you have any questions, please don't hesitate to reach out! Please direct all inquiries to Rachael Berkeley, [rachaberk1@gmail.com](mailto:rachaberk1@gmail.com), and Tess Keith, Program Administrator, [tess@oregonpsychoanalytic.org](mailto:tess@oregonpsychoanalytic.org). Have a pleasant autumn and be well!

*Rachael Berkeley, PPP Committee Chair*

# OPC Program Updates *continued*

## Continuing Education (CE)

It was wonderful to see the turnout for our first two in-person events this past Spring and to see the faces of folks new to OPC since 2020. An emergent theme was the role of social context in how psychoanalysis is lived out. We learned about the fascinating historical context of Ferenczi's thought and legacy from **Peter Rudnytsky, PhD, LCSW**, in March, and there was a lively and inspiring dialogue led by our Growing Community and Psychoanalysis division about lessons from the collaboration between OPC and Cascadia Behavioral Health. **Francisco Gonzalez, MD**, gave a keynote talk on how the social unconscious underwrites our individual psychologies and relations. To continue the momentum, **Tom Veeder, MD**, will be offering a course on Bridging Psychoanalysis and Community, starting in Spring 2024.

The Continuing Education division of OPC is dedicated to offering learning opportunities that encompass both the core of psychoanalysis as well as topics that challenge our thinking and practice to the edge. For 2023-24, we will have in-person and virtual (Zoom) Fundamentals sections, as well as one section starting mid-academic year in the winter. We will also offer two Beyond Fundamentals in-person sections, one in Eugene and one in Portland.

**Stephen Purcell, MD**, is offering an advanced psychoanalytic course on psychic agency and dissociative processes. **Michael Weiner, LCSW**, author of *You and Your Child's Psychotherapy*, will be teaching a much-anticipated course on how to work with parents of child patients. **Garrick Duckler, LMFT, PhD**, is offering readings of lost classics in psychoanalysis in both the fall and the spring.

In Spring 2024, there will be a new two-part panel-led workshop geared toward learning how to practice psychoanalytically. This will cover what working psychoanalytically looks like in everyday activities, how to start a private practice, and how to work analytically in non-private practice settings. This workshop is geared toward those in their graduate training/internships as well as seasoned clinicians looking to enhance their clinical practice.

This year OPC will host five Saturday special programs. In the Fall of 2023, through the generous support of Kathryn Zerbe and Kelli Holloway, **Mary Jo Peebles, PhD**, will be presenting a clinical workshop based on her new book *When Psychotherapy Feels Stuck*. In November, we are very excited to bring **David L. Eng, PhD, and Shinhee Han, PhD**, to lead a dialogue on Asian American psychic life, as they present their book *Racial Melancholia, Racial Dissociation*. In February 2024, we are pleased to welcome back **Jeffrey L. Eaton, MA, FIPA** to present his talk on "A Permanent Earthquake Revisited: Reflections on Psychotherapy with Children on the Autism Spectrum" and, in March, Paul Williams, PhD, will talk about "Revisiting Soul Murder". In May, **Adam Blum, PsyD, Peter Goldberg, PhD, and Michael Levin, PsyD**, will be speaking about their groundbreaking new book *Here, I'm Alive: the Spirit of Music in Psychoanalysis* and, as an accompaniment leading up to this special program, **Duane Dale, MD**, will be teaching a year-long course centered on this text.

You can check out all the dates, details, and CME information on our website, which is continually updated as we finalize details. As the Chair of CE, I welcome any ideas for courses or special events as these are under consideration on a rolling basis. If you are interested in developing yourself in teaching, please contact me with any course ideas at [alice.huang.md@gmail.com](mailto:alice.huang.md@gmail.com).

*Alice Huang, MD, OPI Faculty and CE Chair*

## CE Special Programs 2023-24

9/23/23

Mary Jo Peebles, PhD  
"When Psychotherapy Feels Stuck"

11/11/23

David L. Eng, PhD &  
Shinhee Han, PhD  
"Racial Melancholia, Guilt,  
and Repair"

2/17/24

Jeffrey L. Eaton, MA, FIPA  
"A Permanent  
Earthquake Revisited:  
Reflections on  
Psychotherapy with  
Children on the Autism  
Spectrum"

3/9/24

Paul Williams, PhD  
"Revisiting Soul Murder"

5/4/24

Adam Blum, PsyD,  
Peter Goldberg, PhD &  
Michael Levin, PsyD  
"The Music That Binds Us"

## Growing Community & Psychoanalysis (GCAP)

During the summer, the hard work of those working in the community continued. We ended last term with a conference on April 15th that exposed the audience to the work of **Francisco Gonzalez, MD**, and members of our community who are bridging community and psychoanalysis. As we head into autumn and winter, with COVID-19 cases on the rise, the need for community will be even more important. We continue to host process groups for those working on the front lines in our community, to learn and understand how psychoanalysis can enliven community based work by making meaning of the most complicated and even dangerous situations. Anyone interested in being a member or facilitator of such a group, feel free to reach out to me at [veederta@gmail.com](mailto:veederta@gmail.com).

Stay tuned for a save the date for an international conference on Community Psychoanalysis being hosted in Washington, DC. This hybrid conference is being co-sponsored by a number of IPA and APsA institutes, including OPC. Organized by only four community psychoanalysts, including myself, from such institutes as the Contemporary Freudian Society in DC, the Psychoanalytic Institute of Northern California (Community Psychoanalysis Track), OPC, and the Washington Baltimore Center for Psychoanalysis, this grassroots conference will hopefully inspire all to look at and enter into the social background.

Countless individuals and institutions have experienced massive changes during recent years. Politics, climate change, and structural change are on the minds of most. GCAP represents a way to engage in and help with these changes through the brilliant, beautiful, and complicated lens of psychoanalysis. We hope that community psychoanalytic work can be more contagious than any pandemic through which we have lived and encourage participation at all levels.

*Tom Veeder, MD, GCAP Program Coordinator*



# Welcome to our 2023 PPP Class! *(in alphabetical order)*

## **Graham Borgman, LPC**

Graham is a psychotherapist in private practice in Portland, OR. He first became interested in psychoanalytic work while studying philosophy as an undergraduate at Colorado College. He pursued his interest in various psychoanalytic and depth psychological theories while earning his M.A. at Pacifica Graduate Institute which he completed in 2017. Graham has spent time working in community mental health, residential psychiatric care, and psychotherapy group practice in addition to his current private practice. Graham strives to revolve his clinical practice around crafting receptive and creative attitudes towards the life of the unconscious with his patients. He has an enduring interest in the internalized relational dynamics at work in his patients' psyches and the capacity for healing that psychoanalytic therapy holds. Through the PPP Graham hopes to deepen his working knowledge of psychoanalytic theory to develop his skills and capacities as a therapist and to build a community of mutual support with local colleagues.

## **James (Jim) Bossmann, MD**

Jim practices psychiatry and psychotherapy at The Vancouver Clinic. Jim completed his medical school and residency training at UT Health San Antonio. Beginning in the second year of his residency, he served as resident liaison between the psychiatry residency and the San Antonio Society for Psychoanalytic Studies (member of APA District 39). He is interested in the contribution to early psychoanalysis from literary theory, the relatively recent relational turn, and incorporating neuroscience advances to update Freud's science project. He moved to southwest Washington after psychiatry training where he enjoys his group practice alongside psychodynamic psychiatrists and therapists who provide tremendous support to him during his early career as a psychiatrist, and while further developing his identity as a psychoanalytic-oriented therapist.

## **Rebecca Davis, MA, LCSW, SEP**

Rebecca is an Assistant Professor of Practice at Portland State University. She teaches across the curriculum, specializing most heavily in trauma healing and recovery across the lifespan, developmental and pre-verbal trauma, and clinical treatment with children, adolescents, and families. As a mental health therapist, Rebecca specializes in utilizing embodied therapies, primarily Developmental Transformations (DvT), and Somatic Experiencing. She holds degrees from the University of Southern California, New York University, and Northwestern University. She runs a clinical mental health agency called Therapy, Altered LLC (TA). TA endeavors to center the lived experience of clinicians and clients holding multiple marginalized identities, particularly those seeking to heal from past trauma and other negative events. Rebecca is the Co-Founder and Director for artic LLC (anti-racist, trauma-informed care) a JEDI organization devoted to decentering whiteness as the focal point for healing. artic LLC provides consulting and training services nationally and internationally. She is looking forward to joining the fall PPP 2023 cohort to continue to deepen her learning and bring psychodynamics to her students and communities.

## **Ashley Gunderson, LMHC**

Ashley is a therapist working in private practice in Vancouver, WA. Ashley's interest in psychoanalytic psychotherapy began in graduate school, where she was introduced to the deep inner life of her patients. She received her M.A. in Counseling Psychology from The Seattle School of Theology & Psychology and her B.A. in Interdisciplinary Arts and Sciences from the University of Washington. Ashley has a special interest in infant observation and attachment, and she brings experience and knowledge in this area, having completed a two-year program at the Center for Object Relations: Northwest Family Development Center in Seattle, WA. She has a strong desire to continue her work exploring the mother-infant relationship and the development of the infants' inner life and mind. For her clinical training, Ashley worked at the Ryther Child Center, Community Psychiatric Clinic and an Adult Rehabilitation Center in Seattle where she was introduced to family systems and the unique needs of underserved populations. Ashley relocated to Vancouver, WA, with her family and began her private practice in 2021. Her desire to be part of a larger psychoanalytic community brought her to OPC, and she has quickly become involved, attending Clinical Moments, and currently Beyond Fundamentals. She looks forward to joining the new PPP class this fall.

## **Tim Hanson, MD**

Tim grew up with two younger brothers, first on Guam until he was 10, then in rural north central Washington. He got a Humanities degree with a concentration in religion at Walla Walla College and was also drawn to music (he played the French Horn) and philosophy. After college, while working out his next steps, Tim worked for two years as a fisheries technician, doing stream surveys in the mountains, tracking radio-tagged salmon and bull trout, among other projects. He still wanted to explore philosophy, however, so he went to the University of British Columbia in Vancouver, BC, for a master's degree. He was very interested in the philosophy of science, but also Wittgenstein and other 20th century analytic figures. His interest in philosophy made psychiatry an easy choice when he got to medical school at Loma Linda University, and once he'd read Yalom's "Existential Psychotherapy" and Mitchell and Black's "Freud and Beyond," he knew he also wanted to work as a therapist. Thus, after finishing his residency training at OHSU, Tim went directly into therapy-based private practice combined with community psychiatry at Cascadia, and eventually transitioned to full-time private practice. He is excited about the PPP as a next step. When not working, Tim spends his time with his wife and two young boys (ages 7 and 10), plays classical guitar, goes on outdoor adventures and especially enjoys mountain and gravel biking.

# Welcome to our 2023 PPP Class! *(continued, in alphabetical order)*

## Andrew Hughes, MD

Andrew grew up in North Dakota before moving to Canada to pursue a degree in psychology at the University of British Columbia. After returning to his home state of North Dakota for Medical School, he then moved to Portland to complete his adult psychiatry residency at Oregon Health & Science University. After graduation he started a therapy-focused, integrative private practice in Portland, where he currently works. His psychotherapeutic orientation is eclectic, with a focus on psychoanalytic therapy that includes neuropsychanalytic approaches. He continues to conduct integrative psychiatry research as a clinical assistant professor at OHSU. When he's not working with patients, Andrew enjoys spending time with his family, which includes his wife and their one-year-old son. Together, they like to explore the breathtaking beauty of the Pacific Northwest through camping, snowboarding, and backpacking adventures. Andrew and his family also love discovering the diverse and delicious food scene that Portland has to offer. In his spare time, Andrew enjoys running, cycling, sci-fi, philosophy, music, and creative cooking. Andrew has completed the Fundamentals and Beyond Fundamentals courses at OPC, and is excited to be joining the new PPP class in the fall.

## Kimberly (Kim) Hyam, LCSW

Kim is an LCSW who currently practices as an outpatient mental health therapist with LifeStance Health, formerly Western Psychological and Counseling Services, since 2010. She holds a master's in social work from Portland State University, maintains a chemical dependency certification with a CADCI, as well as a trauma certification (CCTP). Her prior experiences include approximately a decade in residential and day treatment mental health for children and adolescents. There she eventually worked in program management as well as providing mental health therapy. Kim has had an ongoing and growing interest in psychoanalytic approaches to therapy that have included attending OPC Fundamentals classes in 2018, her own psychodynamically informed therapy, as well as ongoing clinical consultation with a PPP faculty member. Today, working mostly with adults, she has really enjoyed integrating her developing knowledge and experience in her evolving practice. The PPP program has felt like an exciting next step! Kim is also a mom of two school aged kids who keep her and her husband full of love and busy. She enjoys spending time with them and their rescue dogs, taking walks, experimenting with new recipes, capturing special moments, and visiting extended family and friends who live here and throughout the country.

## Stephen Njoroge, MD

Stephen was born and raised in East Africa. He earned his undergraduate degree at Baylor University, studying biology and philosophy. He especially enjoyed the works of Thoreau and Dostoevsky. He graduated from the University of Texas at San Antonio medical school and then moved to Portland for adult psychiatry residency. Stephen is currently an outpatient psychiatrist at OHSU's Avel Gordly Center for Healing, a clinic which focuses on culturally sensitive care for the African and African-American community. During and after residency he met many clients, especially immigrants and other Black men, who were ready and eager to begin therapy. He got as far as he could using a patchwork of knowledge obtained in residency but quickly realized it wasn't enough. Thankfully he had been to several OPC events and was familiar with the programming, so when the opportunity arose all that was left to do was meet his clients where they were. His goal is to become a more effective therapist while remaining accessible to the underserved communities in Portland.

## Recent Member Accomplishments *(in alphabetical order)*

**Robin Bagai, PsyD**, has authored a new book: "Commentaries on the Work of Michael Eigen — Oblivion and Wisdom, Madness and Music" (Routledge, 2023) For more info, see: [www.robinbagai.com](http://www.robinbagai.com)

**Selma Duckler**, in February, was awarded an honorary membership to the American Psychoanalytic Association, "In recognition of her stellar contributions as a leader, teacher, scholar and administrator to the dissemination of psychoanalytic ideas and values in the academic world. With her critical acumen and penchant for wisdom and progress in psychoanalysis, she is a consummate bridge-builder who has helped to ensure the future of psychoanalysis."

**Cody Evans, MD**, was voted onto the Executive Committee as an OPC faculty representative.

**William (Bill) Nunley, MD, MPH**, in September, served as workshop faculty at the 20th annual CE retreat for integrative physicians (<https://www.amsa.org/learn/heart-im/>). Participants included psychiatrists serving as national leaders for psychedelic enhanced psychotherapy, physicians incorporating ritual into primary care, and psychoanalytic psychotherapists.

**Kelly Reams, LCSW**, and **Redmond Reams, PhD**, have started a new psychoanalytic child therapy consultation group for the community.

**Kassy Zerbe, MD**, has completed her term as an editorial board member of JAPA (Journal of the American Psychoanalytic Association) but has agreed to continue as ad hoc reviewer. She is also continuing on the editorial board of Psychodynamic Psychiatry and Psychoanalysis.

We love sharing our members achievements. **Thank you** and **Congratulations to all!**

