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Dear OPC Members and Friends,

As we find ourselves in mid-winter, I reflect on the many layers of activity at OPC. I cannot help but feel (mutually) excited for the interest and excitement in our community for analytic learning.

A few remarks seem in order. The CE Winter Fundamentals course began in January with 20 students, all of whom are demonstrating motivation to deepen their analytic understanding. The PPP is moving forward with its first-year cohort, having accepted a large student body. And OPI is preparing to launch a cohort in September, just a year after welcoming five of us into training. Additionally, OPC exceeded its winter fundraising goal, and we continue to work with Portland's Artists Repertory Theatre (ART) to bring analytic conversation to the arts—happening at three Sunday matinee shows this month.

While we face the polycrisis assailing our communities, our individual minds, and our bodies, I find solace in the many activities and enthusiasm to be found here at OPC. Reflecting on the continuing—dare I say, increasing—interest in psychoanalysis, I marvel at how, despite all the noise, disruption, and destructive chaos at work in our socio-cultural-political milieu, some find their way to undertaking the learning and growth necessary to render more profound clinical work to their communities. I believe these developments are consequential and not in vain. And I know I am not alone in this regard. It's why so many of us volunteer our time with OPC.

If, as seems the case here in the winter of '26, we are tasked with persisting, then let us persist with our minds steady and our passion on our sleeves for what may yet be possible in our working and learning together.

Onward and upward,

Scott Vignola, LCSW
First Year Candidate, OPI

We are expanding our Board!

If you are interested to learn more, please get in touch with Lindsey Stevens, Duane Dale, MD, or anyone on the Board.

Upcoming Events

February

- 8 – ART Event (see p.5)
- 8 – Decentering Psychoanalysis Study Group
- 15 – ART Event (see p.5)
- 16 – Presidents Day Holiday
Office Closed
- 20 – Clinical Moments
- 22 – ART Event (see p.5)

March

- 5 – PPP Open House
- 7 – Kathryn Zerbe, MD
CE Special Program
- 8 – Decentering Psychoanalysis Study Group

April

- 2 – Early Career Case Conference:
The Frame begins
- 11 – Jack Novick, MA, PhD &
Kerry Kelly Novick, FIPA
CE Special Program
- 12 – Decentering Psychoanalysis Study Group
- 19 – ART Event (see p.5)

VISIT OUR WEBSITE FOR INFORMATION ON OUR PROGRAMS AND EVENTS!

Message from Oregon Psychoanalytic Institute (OPI) Director

When we were little, my brother and I thought it was funny to quote aphorisms that sounded like nonsense to us. One was, “If I have seen further, it is from standing on the shoulders of giants.” We had no idea what that meant, and we assumed grown-ups didn’t either, so somehow quoting it to each other (repeatedly) seemed to be the pinnacle of hilarity.

I think I have a better sense of what it means now. I don’t know about the seeing further part, but I do know that two giants have just left OPI and the PPP — they have moved to Los Angeles to be near their daughter, Clara — after giving their all to get us started and thriving. Those people are **Ann Dart, LCSW**, and **Ralph Beaumont, MD**. I want to acknowledge them and the roles they have played in creating and expanding OPI and the PPP.

Fortunately for us, Ralph, Ann and their daughter Clara decided to drive their covered wagon from Boston to Portland in 1997. Ann founded the Psychoanalytic Psychotherapy Program (PPP), together with **Linda Miller, PhD**, **Peter Armstrong, PhD**, and **Martha Graner, LCSW**, with the first course starting in 2007. I remember Ann was a “get-er-done” sort of chair, who kept the PPP Committee focused on being a work group and deftly keeping us from derailing into the usual seductive conversations rife with hot gossip. Her case conferences were universally adored by her students and co-teachers, and her unparalleled capacity to combine practicality with analytic insight knew no rival. Ann’s generosity flowed through everything she did, for us and for psychoanalysis and psychoanalytic psychotherapy as a field. She became extremely active at APSA in promoting the presence of psychotherapists and in working on bringing the Holmes Commission’s report to fruition nationally. Her flawless gumbo and jambalaya stood as symbols for how she brought her Southern hospitality and nourishment to OPC, bringing us together as a group of learners and teachers and creating collegial, loving bonds between many of us. With her characteristic big-heartedness, Ann shared her real estate expertise to support worthy causes. Ann and Ralph’s gorgeous home, boasting breathtaking views of the river, mountains, and Portland, was a perfect setting for many events and gatherings.

Ralph became one of OPI’s stalwart founders, along with **Jerry Fogel, MD**, **David Turner, MD**, **Duane Dale, MD**, **Lee Shershow, MD**, and **Kassy Zerbe, MD**. He worked tirelessly to get OPI up and running. My understanding is that he single-handedly was the curriculum committee every year, putting together all the courses for each cohort by himself – which, for those of us who have served as curriculum committee chairs since then, is an accomplishment worthy of awe. His unstoppable intellect, wicked sense of humor, and absolute love for psychoanalysis provided a solid foundation for OPC’s growth. He, like Ann, has nourished candidates and PPP students since the inception of OPC, inviting them to present nationally and helping them develop their careers. He was at the center of both the PPP and OPI curricula; the one to teach Freud and the one to teach listening in the case conferences. His sturdy, dependable, generative, hilarious, incisive presence has truly held us together and brought us joy, teaching us essential lessons along the way.

For example, here’s a smorgasbord of comments from Ralph’s former supervisees and students:

“Supervisory wisdom: When a patient wants to go every other week, you say, sounds like you don’t want to go, but you don’t want to stay — let’s talk about this and figure out what you really want to do.”

And: “I think this patient needs to spend some time in Depressionland.”

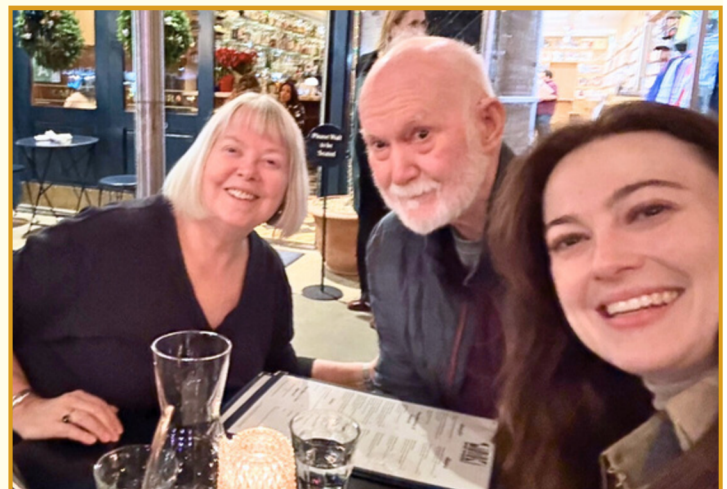
“He was not an anything-goes kind of supervisor, thank goodness. I’ll always be grateful for a supervision where he said to me, ‘Those are very interesting ideas, but I don’t see any evidence for that in what the patient is saying.’”

He introduced the word “miscreant” into the daily conversation of some OPI-affiliated couples. The proper response to an overwhelming, chaotic, troublesome situation is: “Jeez.” And of course, after any emotional or colorful statement made on the other side of a conversation, Ralph would invariably respond with his classic, “Indeed.”

When Ann and Ralph were moving out, they invited the entire OPC community to their house to pass on their enormous, gem-studded book collection. Again, their generosity was palpable — passing on what they had to the next generation. They were delighted to see many new PPP students and first-year analytic candidates make new use of their treasured volumes.

We already miss them terribly, but are excited for their new beginning and for the reunion of their nuclear family. Ann and Ralph’s significant legacy lives on at OPC, in the OPI and the PPP. We hope to carry on in the spirit of their generosity, love for psychoanalysis, and passing of the torch to new generations of psychoanalysts and psychoanalytic psychotherapists. Thank you, Ann and Ralph, from the bottom of our hearts!

Cynthia Gray, MD, OPI Director





Psychoanalytic Psychotherapy Program (PPP)

Greetings from the PPP! I want to begin by highlighting our **PPP Open House** on **Thursday, March 5th**, at 7 pm at OPC. Even though our next class starts in the Fall of 2027, it's not too early to begin learning about the program, hearing from a current student, and asking your questions. In fact, we already have our first application!

Our 2025 cohort has launched and is nearly halfway through their first year. They have been learning about Freud, Klein, and Bion and the central tenets of psychotherapy, and are about to begin studying Winnicott's brilliance. In addition, they have been sharing their clinical work for discussion in case conferences.

I want to thank our content class teachers: **Michael Weiner, LCSW, April Crofut, MD, Sara Gardiner, MD, Kelly Reams, LCSW, and Adam Rodriguez, PsyD**, as well as our case conference leaders: **Ann Dart, LCSW, Cynthia Ellis-Gray, MD, Lana Weber, MD, and Catherine Blanchard, LPC**. The class has also had three Process Group meetings facilitated by **Taryn Markee, PhD**. Each of these faculty members has graciously donated their time to foster the development of our students. THANK YOU!!

We are pleased to welcome **Josiah Laughlin, DNP**, as the Student Representative for the current first-year cohort and newest member of the PPP Committee. He joins **Tim Hansen, MD**, who is the Student Representative for the advanced PPP students, in sharing the input from the students to the committee and facilitating communication back to their respective cohorts. We also have a new faculty member, **Chelsea Wagner, LCSW**, who has relocated to Portland. She is already scheduled to teach next year. Welcome Chelsea!

Coming up, we have scheduled an initial listening meeting to hear from PPP Queer faculty and allies at OPC on Friday, February 28th, at 11 am. We already have some RSVPs – if you are on the PPP faculty and want to attend this meeting, please let me know at redmondreamsphd@gmail.com.

Finally, the PPP has committed to providing an annual training for its faculty on sociocultural aspects of teaching and supervising in a psychoanalytically-oriented training program. These will be afternoon programs in conjunction with morning trainings presented by the CE program of OPC. PPP faculty will be required to attend at least one of these trainings every other year. This is part of the PPP's ongoing initiative to bring more aspects of the sociocultural lens to bear on all parts of our training program.

Meanwhile, please enjoy the sunshine and winter walks as daylight swells. Spring is not far away!

Redmond Reams, PhD, PPP Committee Chair

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.

Thursday, March 5, 2026

7:00 – 9:00 PM

Learn more and register at
www.oregonpsychoanalytic.org

Continuing Education (CE)

As we are emerging toward Spring, I want to highlight a very special program. Due to an enormously well-received course in Fall 2025, we're extending an opportunity to learn more from **Kathryn Zerbe, MD**, on her new book **Secrets: Stories that Inform Clinical Work**. Dr. Zerbe will be presenting a didactic presentation on March 7, from 9-12pm, and a special case conference for members from 2:30-4pm – don't forget to register your spot!

This spring we're looking forward to hosting our second iteration of Frame to Frame, a course aimed at exploring psychoanalytic concepts through film. In May, **Sarah Ackerman, PhD**, who writes on everything from Freud to ethics, will be joining us for a special program. And in April, don't miss a rare opportunity to learn from the Novicks' duo, through their virtual presentation on a new model for working clinically with adolescents. You can find details on the CE page of the OPC website!

I want to thank all the members of the Continuing Education Committee for their contributions to helping staff and host our events – we are truly a group effort here and better for it! Right now, the committee is planning courses and events for next year, and if you have an idea for a topic or speaker you'd like to see OPC host, please email me at alice.huang.md@gmail.com.

Alice Huang, MD, CE Committee Chair



Recent Member Accomplishments *(in alphabetical order)*

Garrick Duckler, LMFT, PhD, held a seminar at the OHSU Adolescent and Child Psychiatry Fellowship Program for students and faculty in February 2025, using his psychoanalytically oriented short films, and will return in later this year.

Alice Huang, MD, and **Stephen Purcell, MD**, will be presenting at a scientific meeting at the Western Canada Psychoanalytic Society and Institute (WCPSI) on February 7, 2026.
<https://wcpsi.org/scientific-meeting-february-7-2026/>

Redmond Reams, PhD, has self-published his manual "Finding the Way to Home: A Child-Centered Approach to Transitioning Children from Foster to Adoptive Families". This book details an approach that is attachment-based, relationship-focused, culturally sensitive, and child-paced. This model describes step-by-step how to help the child form both a new trusting relationship with strangers, their adoptive parents, and shift their relationships with their foster parents from day-to-day caregivers to extended family. The model does not just focus on the children; it also highlights the emotional work of foster and adoptive parents, as well as others, as they experience losses and gains during the transition. The model is presented both didactically and with four scenarios in which children of varying ages are followed through the different steps of a transition. In addition to the main description of the transition of a single child, other scenarios are presented, including the adoption of sibling groups, long-distance adoptions, adoptions with conflict between foster and adoptive families, etc. You can read a sample chapter and/or order a copy at the book's website, www.findingthewaytohome.com.

Kathryn Zerbe, MD, has recently completed the following publications:

Zerbe, K. (2025). Book Review of Wachtel, P. (2023). Marking room for the disavowed: Reclaiming the self in psychotherapy. *Psychodynamic Psychiatry*, 53, 268-271.

Zerbe, K. (2025). Secrets: An Essay. *Eating Disorders Review*, 36, 1-4

Zoom Presentation to the New Orleans Psychoanalytic Center, October 2025: When Secrets Emerge: Clinical, Somatic, and Ethical Considerations.



**"It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences."
– Audre Lorde**

Announcements

The [Blackfish Gallery](#) is hosting a salon discussion entitled "The Power of Paradox in Visual Art, Psychoanalysis, and Poetry" on February 14th, 2026, at 2 pm. The event features a conversation among a visual artist, a psychoanalyst, and a writer exploring the concept of paradox. Presenters include artist **Ellen Goldschmidt**, **Ann Martini, LCSW**, and poet, playwright, and conceptual artist **Merridawn Duckler**.

Arts on the Couch Events

Oregon Psychoanalytic Center Outreach is delighted to announce our continuing 2026 collaboration with [Artists Repertory Theater](#), at 1515 SW Morrison in Portland. As in past years, an OPC member will facilitate discourse with the audience (and maybe actors and crew) with the aim of thinking aloud about what was heard and felt via the performance and also highlighting important psychoanalytic ideas such as the power of being seen, listened to, and feeling understood. Tickets are still available at www.artistsrep.org. Please join us in supporting this meaningful partnership.

On Sunday, October 5, following the matinee of [THE BED TRICK](#), **Duane Dale, MD**, led this first post-play conversation of 2025-2026. There was vibrant discourse, and OPC was warmly appreciated for its unique perspectives and insights.

Next is [RACECAR RACECAR RACECAR](#) by Kallan Dana

This is a tautly constructed, surreal story about a father and daughter on a cross-country road trip from New York to California. The play's palindromic name signifies the back-and-forth time shifts occurring throughout the unfolding story and the palpable disquiet with which the characters experience themselves and each other. Where the characters' internal and external realities conflict and coincide is made more confusing by the appearance of many interesting random others. These dreamlike and nightmarish figures stir difficult ideas about how internal and external realities may be constructs of our own minds. Many discontinuous realities can exist simultaneously where psychic trauma has occurred. Kallan Dana skillfully creates on stage a truly evocative representation of how unintegrated past experiences and memories can frighten and disorient us in countless ways unless and until courage is summoned to acknowledge and address what has been protectively "unknown" across one's life and even across generations.

OPC is honored to offer post-play discussions after each of the three Sunday 2 pm matinees. Discussants for these include:

February 8: **Scott Vignola, MSW, LCSW**

February 15: **Redmond Reams, PhD**

February 22: **Olivia Torres Sprauer, PhD**

Our final collaboration for the season will be a talk back following the 2 pm matinee performance of [APPLE HUNTERS](#) on Sunday, April 19, 2026. Please save this date and consider attending. Susan Gendein-Marshall, PhD, will be our OPC post-performance facilitator for this final play of the season. We'd love to see you, there. More information will follow soon.

Reach out to **Kelly Reams, LCSW, BCD**, kellyreamsmsw@gmail.com, or **Susan Gendein-Marshall, PhD**, susgnd@mac.com.

