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Moving Forward in 2023

The beginning of a new year is a time we reflect, make resolutions, and endeavor to focus our energies towards nurturing a better version of ourselves in the coming year. We can see this reflected in the generous donations that helped us reach our \$30,000 annual fundraising goal. Many help us with our work and I want to express my gratitude to you all for your commitment to OPC!

Martin Luther King, Jr. said, "If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." As we recently celebrated his life and the begin of Black History month, I am considering how this quote relates to our own work and community. Psychoanalysis and psychodynamic psychotherapy are ways to move forward, whether by continuing your own education, delving deeply into your own therapy, participating in the OPC mission or volunteering.

As 2023 gains momentum, we are working on moving forward with our programs. We have graduates moving into faculty roles and a new PPP class starting in the Fall. We are now accepting applications for OPI's analytic training cohort that plans to start in 2024. While in winter life often feels slower and dormant, we are working behind the scenes to build a brighter and better future for our OPC Community, and we are excited to see what opportunities this work brings!

Lindsey Stevens, Executive Director

Diversity, Equity, and Inclusion in Psychoanalysis and Psychoanalytic Psychotherapy

In 2020, the Holmes Commission on Racial Equality in the American Psychoanalytic Association (APSA) was formed at the recommendation of Black Psychoanalysts Speak. When APSA accepted the recommendation, it formed a group of high-level psychoanalysts to examine systematic racism within psychoanalysis. Dorothy Holmes was named chair and Anton Hart, Dionne Powell, and Beverly Stoute were appointed as co-chairs of the Holmes Commission.

Enclosed with this newsletter are two articles: 1) "The Holmes Commission's Journey toward Racial Equality in American Psychoanalysis: Reflection and Hope" from The American Psychoanalyst (TAP), a magazine of APSA, which recounts the background, and 2), "The Holmes Commission on Racial Equality in American Psychoanalysis – A Bulletin of Preliminary Findings", the preliminary findings from self-examination survey on the topic of racial equity within our field.

Links to the two articles will be available on our website.



Upcoming Events

March 2023

- 2 – PPP Open House
- 11 – Peter Rudnytsky, PhD, LCSW
CE Special Program
- 17 – Clinical Moments
- 27-31 – Spring Break week

April 2023

- 15 – Francisco González, MD
CE Special Program

May 2023

- 5 – Clinical Moments
- 20 – Jeff Eaton, MA
CE Special Program

June 2023

- 16 – Graduation Day

VISIT OUR WEBSITE FOR INFO ON OUR PROGRAMS AND EVENTS

Message from PPP Committee Chair

Happy New Year! It's an enlivening and optimistic time for the Psychoanalytic Psychotherapy Program (PPP) faculty and the planning committee, as we see the current class of students complete their second and final year of coursework. These curious students piloted a new diversity course. They investigated ways that culture and its systems of power enter their therapy offices, and how treatments are impacted by their identifications, both conscious and unconscious, with specific categories and groups. Students and instructors were excited, challenged, and moved by this successful course, and we plan to include it in the PPP curriculum.

This is also the time of year that the PPP Committee is busy meeting with prospective students and preparing for our next cohort to start in September 2023. The PPP provides training for mental health professionals who want to investigate, discuss, and practice psychodynamic methods and principals in their clinical practices. In 2007, the program founders recognized the importance of this training and started the PPP at OPC. Since then, there have been 6 student cohorts and a total of 43 graduates. Please join me by acknowledging and thanking the individuals who founded the PPP. They focused a tremendous amount of time and care into creating a dynamic and rewarding program. The founders include **Ann Dart, Linda Miller, Peter Armstrong, and Martha Graner.**

The benefits of the PPP echo throughout the region as mental health professionals and their clients reap its rewards. **Jolie Krechman, PhD**, a PPP graduate in 2009, who went on to do analytic training, describes it this way:

"At a time when I was feeling somewhat isolated professionally, the PPP afforded me an opportunity to connect with a group of like-minded peers to learn together, think together, and develop professionally. The environment was warm and welcoming, and the faculty, dedicated and enthusiastic. It was an invaluable experience and one that I reflect on with both gratitude and fondness."

Sarah Schrott, LCSW, also a PPP graduate in 2009, describes her experience in the PPP:

"Going through the Psychoanalytic Psychotherapy Program was a freeing and exciting experience for me. I had had little exposure to psychoanalytic theory and technique in my graduate training so it was with some trepidation that I entered the program. I am glad I did! I came out of it with a deeper appreciation and knowledge of the complexity of the human experience and the unconscious. I learned to listen to my patients with greater depth and curiosity. I developed a way of sitting with patients that leaves room for the unknown and for the possibility of the patient's distinct individual experiences to emerge. My work deepened, my patients benefited, my private practice stabilized and I became a part of a vibrant community of clinicians from whom and with whom I continue to learn and grow. I am ever grateful to OPC and the PPP!"

Below we include biographies of students who will begin the PPP in September 2023. If you're interested in applying to the program or want to learn more about the PPP, please attend our **Open House on Thursday, March 2, 2023, 7-9 PM**, at the OPC library in-person or by Zoom. Please feel free to contact me at 503-309-2368.

Committee members who volunteer their love and energy to this program include **Kerry Opdyke, MD, Kelly Reams, LCSW, BCD, Stacey Gramann, DO, Sandra Krussel, DO, and Tess Keith.** If anyone would like to join this planning committee, please contact me.

Rachael Berkeley, LCSW, PPP Committee Chair

OPC Program Updates

The Oregon Psychoanalytic Institute (OPI) is an adult psychoanalytic training program that provides psychoanalytic training to licensed mental health professionals. Psychoanalytic training consists of four years of didactic seminars in psychopathology, development, psychoanalytic theory and technique, as well as continuous case seminars. This course work is accompanied by a personal psychoanalysis and a minimum of three supervised control cases at a frequency of four times a week on the couch. Candidacy continues post seminar until the requisite years of supervision of control cases have been completed.

This rigorous training provides the clinician with a solid foundation in psychoanalytic theory beginning with Freud and includes all of the major and current schools of thought that inform contemporary, pluralistic, psychoanalytic thinking. It is hoped that the clinician will be able to understand each of the main branches of the psychoanalytic tree and their relationship to one another and integrate this knowledge into their overall comprehension and practice of contemporary psychoanalysis.

We are pleased to welcome our four recent graduates onto the OPI faculty and look forward to their continued contributions to the Institute and to the psychoanalytic community. There are currently three first year candidates and eight advanced candidates. We will be celebrating at least one new graduation in June. We are accepting new applications for our next class to begin in 2024. If you have questions about psychoanalytic training or have interest in applying, feel free to reach out to the Admissions Chair, **Sara Gardiner, MD**, or to myself.

Kathy Reicker, LCSW, OPI Director

The interest in psychoanalytic learning is alive and well! There is still time to sign up for Ann Sola's course on borderline phenomenon taking place in April. We've also added a Winter Fundamentals section that's already underway due to high demand, and we are currently planning for next year's Fundamentals and Beyond Fundamentals offerings. If you are interested in teaching or co-teaching, please contact me at alice.huang.md@gmail.com

I am also very excited for our special programs this winter and spring. In January, the one and only **Rosemary Balsam, FRCPsych, MRCP**, spoke about the female body in psychoanalysis in a virtual/Zoom event. On March 11th, we are extremely excited to be holding our first in-person event since 2020 – **Peter Rudnytsky, PhD**, will be presenting his scholarly work on Ferenczi's foray into mutual analysis and ways this has fundamentally contributed to our view on the psychoanalytic relationship, mutuality, and change. Our very own **Jeanne Johnson, MD**, will be presenting a clinical case as a part of this program. Don't miss this rare opportunity to explore relational psychoanalysis in Portland! Later in the spring, **Tom Veeder, MD**, and **Duane Dale, MD**, will be presenting their work on psychoanalysis in community mental health with **Francisco González, MD**, as the keynote speaker, and local favorite **Jeffrey Eaton, MA, FIPA**, will be returning as well. Stay tuned to sign up!

Alice Huang, MD, CE Chair

OPC Program Updates *continued*

The Growing Community & Psychoanalysis (GCAP) program here at OPC continues to thrive, with new members joining and providing input. The GCAP group continues to meet monthly, in the evenings on the 1st Monday of each month and we welcome any interested parties.

There are a couple of upcoming events to think about attending:

On April 15th, **Francisco J. González, MD**, and the GCAP group will be spearheading a Saturday CE event about Community Psychoanalysis, graciously funded through the DEI grant at OPC. Dr. Gonzales is a well-known psychoanalyst and community psychologist who has been an integral part in the development of a community psychoanalytic training track at the Psychoanalytic Institute of Northern California (PINC). He speaks nationally and internationally on the topic of community psychoanalysis, is an engaging speaker and inspirational analyst.

We hope you can join us for this event!

Additionally, the GCAP group will be hosting another Bridging Psychoanalysis and the Community lecture series this summer – an 8-week seminar dedicated to understanding the complexities of community and psychoanalysis. For more information about any of these opportunities or if you are interested in joining GCAP, do not hesitate to contact **Tom Veeder** (veederta@gmail.com), **Duane Dale** (daled@ohsu.edu) or **Lindsey Stevens** (lindsey@oregonpsychoanalytic.org).

Tom Veeder, MD, GCAP Program Coordinator

Newly Accepted PPP Students *(in alphabetical order)*

Molly Goddard, DNP

We are excited to introduce Molly Goddard, DNP, PMHNP, who will be joining the new PPP class starting this Fall, 2023. She received her bachelor's degree with a major in Italian, from Arizona State; and a master's degree in conflict resolution through Portland State. More recently, she did her nursing training at OHSU, where she received her PMHNP and DNP in 2018, with a focus in child and adolescent mental health. Since becoming a psychiatric nurse practitioner, she has worked at community mental health centers in Tillamook and Canby. In 2019, she became a professor in the PMHNP program at OHSU, teaching the child and adolescent curriculum; she also has a private practice in Portland. She has exposure to a variety of therapy approaches, but is longing for a more "foundational" piece to her knowledge. She has been attending the Fundamentals course at OPC and has felt very passionate about what she is learning, and already has started to incorporate new approaches and ideas into her teaching. Please join the PPP committee in welcoming Molly into our community!

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 BA 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 WA 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, and she looks forward to joining the PPP class in the fall. Please join the PPP Committee in welcoming Ashley Gunderson to the PPP. Welcome Ashley!

James O'Hern LCSW, CGP

James is a psychotherapist in Portland who we're happy to introduce to you as an incoming student in our next PPP class beginning Fall, 2023. After studying Anthropology for his BA degree from State University of New York at Purchase, Jim completed his MSW in 2006 at the School of Social Work, Eastern Washington University, and obtained his Oregon LCSW in 2008. His early clinical experience includes extensive inpatient and outpatient therapy, working individually and in groups with a focus on addictions. This early work with groups inspired his long course of developing himself as an expert in analytically-informed group psychotherapy. He completed a three year program in Modern Psychoanalytic group therapy at the Center for Group Studies in New York. He continues his learning in two ongoing training groups which provide both didactics and an experiential component. Jim has a private practice in Portland where he sees adults both individually and in groups. He also works with the Department of Addiction Medicine at the Kaiser Permanente and provides a range of clinical services. His immersion in group psychotherapy has also included providing workshops, as well as facilitating training groups for therapists and postdoctoral students. Jim brings curiosity and a strong desire to deepen his understanding of analytic concepts and practice. When he is not working, he is likely trail running, backpacking or just hanging out with his wife and two children. Jim is looking forward to being in the PPP learning environment where he hopes to continue to follow his lifetime "unquenchable desire to understand myself and others better." We are thrilled to have him as a member of the PPP! Please join us in giving him a warm welcome to OPC and our Psychoanalytic Psychotherapy Program.

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 for this open house to learn about the 2-year didactic Psychoanalytic Psychotherapy Program.

Thursday, March 2, 2023
7:00 - 9:00 PM

Learn more or register at
www.oregonpsychoanalytic.org



Member Accomplishments *(in alphabetical order)*

Ann Dart, LCSW, was appointed as the Psychotherapy Editor of TAP in 2020, and in June she was appointed co-chair of the Psychotherapy Section of ApsaA's DPE (Department of Psychoanalytic Education).

Selma Duckler was awarded an honorary membership to the American Psychoanalytic Association and Society at the February meeting in NYC.

Jeffrey Eisen, MD, authored a chapter in the new *Textbook of Community Psychiatry* which was published last month. The chapter is on *Workforce Development*.

Kathryn Zerbe, MD, graduated from the Baltimore/Washington Psychoanalytic Center's Three Year Program on psychoanalytic writing.
Publications: Zerbe, K. (2022). The analyst's self-care: Further reflections on cultivating resilience and the essential role of the body-mind relationship in clinical practice. *Psychodynamic Psychiatry* 50:4, 603 - 621.
Published book review: Borgogno, F., *One Life Heals Another* (2021) International Psychoanalytic Press in *Psychodynamic Psychiatry* (2022). 50:4, 706 - 709.

If you have an accomplishment you would like to share with the community, please send it to info@oregonpsychoanalytic.org

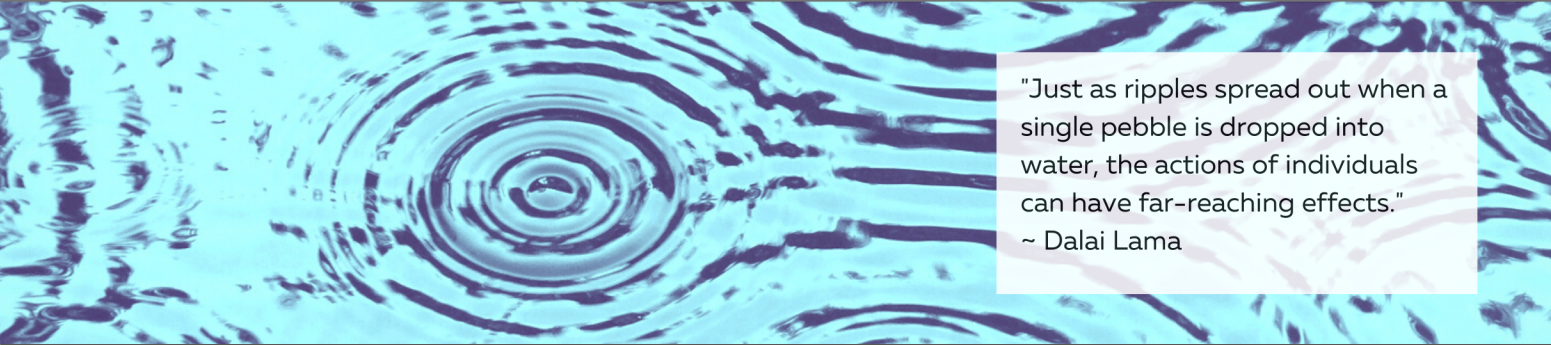
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Thank you to our generous 2022 Annual Fund Drive donors, whose financial support is integral to our work and allows OPC continue improving our programs as we grow. We couldn't do this without you!

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"Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects."
~ Dalai Lama