DECEMBER 2019

GRATITUDE (WITH SOME NOTES ON HAPPINESS)

As 2019 draws to a close, and despite being a week or so late for the peak season of giving thanks, we want to strike a note of gratitude for all that we have in SFCP.

We begin with an acknowledgement of our superb staff. It all too easy to habituate to the fact that for every educational, professional development, and outreach initiative that we undertake as part of our mission, we count on, and in the best sense of the phrase "take for granted" the competent support of our staff for its implementation and management. The ability to take this support for granted is a measure of the confidence we have in it, and any of us who have had the experience of working under less auspicious conditions know how fortunate we are. To Marcia, Megan, Aaron, Nicole, Chris, Michael, and Dimitri, our thanks for all that you do for SFCP.

We also wish to thank everyone who serves on the Board of Trustees, on the Management Team, or on any of SFCP's many committees, or who teaches in our programs. We are a membership organization, but more emphatically a volunteer organization that is completely reliant on its members to give of their time and talent in the furtherance of our mission.

Lastly, we wish to thank everyone who has donated to SFCP's Annual Giving Campaign. It is a fact of our institutional life that we are dependent on this income to fulfill our mission, and that we are reliant upon each other to give what we can. In our tenure as co-presidents there is a modicum of wisdom that we have attained to, an element of which is that there are three obligations incumbent upon members of an organization such as ours: to pay ones dues; to volunteer of one's time and talent; and to donate financially to according to one’s means.
Received wisdom being as important as attained wisdom, we wish to remark upon a further reason for gratitude that is grounded in an appreciation for what we, and others before us, have created and sustained. In particular, it is apposite to remark upon the opportunity that being part of the SFCP community affords for us to enhance our own happiness. In an oft-quoted set of reflections, John Stuart Mill states that "Those only are happy (I thought) who have their minds fixed on some object other than their own happiness; on the happiness of others, on the improvement of mankind, even on some art or pursuit, followed not as a means, but as itself an ideal end. Aiming thus at something else, they find happiness by the way." We do well to remain cognizant of how fortunate we are to have as our vocation the "art or pursuit" for therapeutic purposes of a profound psychic contact with fellow human beings, and the opportunity to use our intellect to the fullest in understanding how to foster this contact and to make sense of what we experience.

With best wishes for the holiday season,

Mike & Walt
Since our last Board Meeting in October, we are excited to have several new Analytic Trustees join our Board: Deb Weisinger, PhD, attended her first meeting and Margaret Shirley, MD, has joined as the SFCP Candidate Representative. In addition, Cathy Witzling, PhD, LCSW, will be joining our Board as an Analytic Trustee in January 2020. We are very happy to welcome these new Board members!

Gary Grossman, PhD, Chair, Psychoanalytic Education Division (PED) attended our meeting to present a recommendation on behalf of the PED to not increase the tuition for our Analytic Training Program for the upcoming 2020-21 year. Taking into consideration one of the recommendations of the Eisold Consultation, the PED is thinking about how to make the program more accessible and affordable to a broader group of candidates. The SFCP tuition is the highest on the West Coast and within the top five in the country. The Finance Committee will review the entire dynamic of tuition increases across all programs as it builds the budget for 2020-21.

As Co-Chair of the Nomination & Governance Committee, Brett Penfil has worked diligently to update our Board Member Orientation packet, as well as implement a mentorship program, matching our new BOT members with a more senior BOT member. Each new BOT Member will receive an Orientation Session with Marcia and their BOT mentor at the beginning of their term. Many thanks to Brett for completing this necessary and informative project!

The new Facilities Committee held their first meeting to review their scope of work and responsibilities. The Committee currently consists of Chris Thompson, Amy Friedman and Marcia Hodges will staff the Committee. We are grateful several community members have offered their facility and property management expertise to the Committee. Marcia, subsequently, shared an example Chart of Work for the Committee, to guide their efforts.

Our Annual Giving Campaign for 2019-2020 is off to a positive start with over $19,602.50 received since our brochure was distributed. You can find the Donation Form online for your annual contribution.

Please see Steve Goldberg’s article in this newsletter for an update on our Nominations & Governance Committee’s search for a new President (or Co-President).
Dear SFCP Community,

We are very pleased to inform you that we have raised $19,602.50 so far.

In addition, we have received an anonymous matching gift offer of $40,000 (which is not included in the total amount listed above) from two of our fellow members. Our colleagues have offered to match donations in the amount of $1000 and above from analyst members, $500 and above from candidates and community members, and any amount of donations from community members who are graduate students, interns and agency employees.

All gifts received to date through June 30 that meet the above criteria will be matched up to a total of $40,000.

We are grateful to everyone for their contribution, no matter the amount, and hopeful that our collective effort as members will continue to help build a culture of philanthropy at SFCP.

We hope that, if at all possible, those of us who contributed last year, will consider increasing their gifts this year. Even a small amount of increase, again if possible, will make a difference.

Finally, we would like to send a heartfelt thank you to all of you who reached out to us with your feedback and encouragement. Your support and involvement means a lot to us.

We look forward to continuing to work in collaboration with our community with the hope that more members will consider participating in the Campaign this year.

Thank you for your support.

Susmita Shah, MFT  
Chair, Annual Giving Campaign Committee  
susmitashah.mft@gmail.com  
(415) 305-1493

Campaign Committee Members:  
Amy Wallerstein Friedman, LCSW  
Steve Goldberg, MD  
Marcia Hodges, MNA, CTF  
Paul Sorbo, LCSW
Are there any potential presidents or co-presidents out there? That is what is most on my mind as I write to the SFCP community to report on both progress and challenges in the work of the nominating and governance committee of the board.

This is a committee that I currently chair, and the other members are Brett Penfil, Paul Sorbo, Walt Beckman, and Michael Smith. Marcia Hodges, our excellent new administrative director, is staff to our committee. Our current work centers around recruiting and mentoring new members of the board, as well as recruiting officers of the board (treasurer, secretary) and president(s) of SFCP. Our overall responsibility is to build a robust, representative, diverse, and hard-working board so that we can exercise our responsibilities for visioning, administrative and fiscal management, and ensuring the most conducive possible environment for the study and practice of psychoanalysis and psychoanalytic psychotherapy. We are also charged with comprising a board committed to implementing the recommendations from the recent Ken Eisold organizational consultation – fostering a more welcoming, diverse, and inclusive community; reducing the cost of psychoanalytic training; and tightening up administrative laxity.

During the past year, we have stepped-up our recruitment efforts, and have been fortunate to have added three new community members of the board (Chris Thompson, Steve Larson, and Amy Wallerstein Friedman), and three new analyst members (Deb Weisinger, Cathy Witzling, Margaret Shirley). We have space for, and are in the process of recruiting, two additional analyst members, and another community member. That will bring us to our full complement of 7 analyst members and 8 community members.
Update from Nominating and Governance Committee of BOT

Steven Goldberg, MD, Chair

At this point, one of the main challenges ahead is to recruit a new president or co-presidents of SFCP. Walt Beckman and Michael Smith will be finishing their three year co-presidencies this coming June. Ideally, we would already have had a president-elect or co-presidents elect during the year before they take-on the full role of president(s). We now have a little over six months in which to find leaders to replace Mike and Walt. So far, we have not been successful in this effort, although we have been active in our search. Our concern is substantial enough that we have recommended to the full board that it begin to think seriously about how we would proceed and distribute leadership tasks in the absence of a president. While it seems conscientious to begin to think about this possibility, we remain hopeful and continue our efforts to find a qualified analyst or analysts to take-on this vital role for our Center. Our current bylaws stipulate that the president must be an analyst member of SFCP.

There is no denying that this is a time consuming and challenging role, and most likely anyone who would consider this role is already busy enough volunteering in various SFCP activities. However, the role of president offers an opportunity to provide creative leadership and direction to many aspects of our functioning as a community. This is a time when many important issues will be considered and discussed at the board, the various committees, and the community as a whole, in which the president(s) will have a prominent voice. These include, among other current and upcoming issues: implementation of the Eisold recommendations, re-visioning our mission statement, establishing and refining the various membership categories, including their privileges and responsibilities, establishing more of a footprint in the community and in community mental health, and ensuring the financial stability of the organization.
In order to minimize the more administrative aspects of the position of president, we are working with our administrative director and office staff to take-on certain responsibilities traditionally handled by the president, but which can potentially be managed by staff. Strong board leadership by Paul Sorbo as chair, as well as the work of other board trustees and subcommittees, will also lessen the administrative load of the president, hopefully leaving more time and energy to focus on the president’s leadership and visioning responsibilities.

I invite anyone potentially interested in talking about the possibility of becoming president or co-president to contact me or any member of the nominating and governance committee. We also seek ideas and suggestions regarding individual members who we may not yet have thought of contacting to discuss this role. We really need the help of the SFCP community in this effort.
SFCP Community Members Mentoring Program

SFCP offers free mentoring from Summer 2019-June 2020 to SFCP Community Members who want to discuss developing as a psychoanalytic psychotherapist, areas of theory that are of interest, or available resources and programs. Mentors meet one time per month with mentees for the academic year.

We are here to help, and hope you reach out!

“I'm new to private practice and was looking to get mentoring and support from someone with a deep knowledge of psychotherapy. During our initial meetings I was able to get several very practical and pressing questions answered and feel more confident about seeing clients in my new private practice setting. We discussed psychoanalytic approaches to working with parents and children, which helped me to move forward with my cases and also to consider aspects that I had not previously considered. I have a particular interest in mindfulness and my mentor put me in touch with a therapist who incorporates mindfulness into a psychodynamic therapy practice. In addition, I work with children and my mentor referred me to the Child Colloquium, where I met other clinicians and heard a very helpful presentation. I feel very fortunate to meet with my mentor as needs arise.”

- Matt Higgins LCSW, Community Members Mentoring Program

To apply for this program, please use this link:

http://sf-cp.org/community-members-mentoring-program

We hope to hear from you!

Holly Gordon DMH hollygordon4@hotmail.com
Sunny Kuegle PhD drsunnykuegle@sonic.net
Dear SFCP Members,

We are writing to let you know about a unique clinical study program for graduate analysts happening next Summer, 2020. Every other summer since 1970, the Center for Advanced Psychoanalytic Studies (CAPS) hosts a 10-day conference in Aspen, Colorado to discuss and explore challenging analytic cases and experiences. Our conference will be held from Thursday evening, July 16th, through and including Saturday morning, July 25th 2020. The theme of our conference is, “The Analyst's Reveries: Their Application in Clinical Practice.” In addition to participating in small clinically-oriented study groups to discuss this topic, the best of Aspen can be experienced: mountains, music, hiking, biking, white water rafting, top notch dining, breathtaking scenery, and lots more. CAPS-Aspen is truly an unbeatable experience with a wonderful summer camp-like setting. It’s a wonderful opportunity to grow professionally, meet new colleagues, and make new friends.

Participants in the program will attend all daily morning meetings beginning July 17th from 8:30 a.m.-11:30 a.m. This includes a final meeting on Saturday morning, July 25th. We ask that those attending bring clinical material, including process notes, as well as questions they would like to discuss. Confidentiality and patient privacy are very important to us, please be sure to disguise the identities of the individuals involved.

In addition to the daily morning meetings, all participants and their guests are invited to attend an opening cocktail party on Thursday, July 16th. We will also host:

- A wine and cheese reception for our participants and their guests at the Aspen Square Hotel on Sunday, July 19th, from 5:00-7:00 p.m.
- A BBQ for all participants and their guests on Thursday, July 23rd, from 5:30-7:30 p.m.
- Presentations of papers on several afternoons given by participants that have volunteered (topics to be announced). Attendance is optional.

The registration fee for the 10-day program is $450. Due to the generosity of Maxine K. Anderson, M.D., we are pleased to offer five $2000 fellowships to younger, first-time, CAPS-Aspen participants. These will be awarded by lottery. Additionally, we are delighted to award continuing education credits to M.D.’s and psychologists.

**PLEASE** distribute the enclosed invitation to all graduate analysts in your Institute/Center. For further information, please contact our Administrative Coordinator, Michelle Ladew, at caps_michelle@yahoo.com.

In summary, this is a unique analytic experience, not to be missed!

With best wishes,

Dan Jacobs, M.D. (Director of CAPS) and Daniel Brener, M.D. (CAPS-Aspen Coordinator)
Announcements

In January 2020, SFCP will be getting a new website: www.sfcp.org
Thank you to Michael Smith for his leadership on this project.

Please note that the center will be closed for the winter break on
December 21. We will reopen on January 6, 2020.
Dear Colleagues,

The Psychotherapy Institute in Berkeley, CA is seeking an experienced Clinical Director (30 hours/week) who will manage the Post Graduate Training Program and Community Clinic. The ideal candidate is skilled in psychodynamic psychotherapy as well as committed to growth in sociocultural awareness.

You can access the full job description by clicking this link:

https://www.tpi-berkeley.org/about/job-opening-clinical-director

Warm regards,

Noah Oderberg, Ph.D.
The 7th International Congress on Couple and Family Psychoanalysis

Who is the couple? Who is the family? Creating new therapeutic possibilities

February 7 - 9, 2020
San Francisco

Organized by
The Committee on Couple and Family Psychoanalysis of the IPA (COFAP)

To register, please visit: https://cofapipipa.org
Early bird registration discount ends November 30, 2019

Please check the website for the exciting, rich and diverse full conference program, and check back regularly for updates and additions.
The 7th International Congress on Couple and Family Psychoanalysis

Intercontinental Hotel - San Francisco
Pre Conference February 6, 2020
Conference February 7 - 9 2020

Conference Chairs:
Leora Benioff (US)
David Scharff (US)

Presenters Include:
Anchal Bhatnagar (India)
Rachel Cooke (US)
Chris Clulow (UK)
Fang Fang (China)
Julie Friend (US)
Ortal Kirson - Trilling (US)
Mary-Joan Gerson (US)
Rosa Jaitin (France)
Molly Ludlam (UK)
Hanni Mann-Shalvi (Israel)
Damian McCann (UK)
Mary Morgan (UK)
Susana Muszkat (Brazil)
Shelley Nathans (US)
Elizabeth Palacios (Spain)
Stan Ruskczynski (UK)
Phillippe Robert (France)
Colleen Sandor (US)
Jill Scharff (US)
Amita Sehgal (UK)
Emily Seidel (US)
Chris Vincent (UK)
Monica Vorcheimer (Argentina)
Richard Zeitner (US)

To register, please visit:
https://cofapipa.org

Co-sponsored by:
Psychoanalytic Institute of Northern California
Psychoanalytic Couple Psychotherapy Group
International Psychotherapy Institute
Tavistock Relationships
International Association for Couple and Family Psychoanalysis
PSYCHOANALYTIC GRAND ROUND AT STANFORD

A Basic Psychoanalytic Approach to Therapeutic Strategy and Intervention

Presenter: Eric Gann, MD

Friday, January 24 2019
12:15pm - 01:30pm

Stanford Psychiatry and Behavioral Sciences Building, First Floor
401 Quarry Road, Stanford, CA 94305

Program Fee: Free

Dr. Erik Gann is a Training and Supervising Analyst, faculty member and Past - President of the San Francisco Center for Psychoanalysis and maintains a private practice in San Francisco. He is also a principal in the Boswell Group, which provides psychoanalytically informed consultation to businesses and organizations on a variety of psychological matters in the workplace. In addition, he is the Chair of the Psychoanalytic Scholarship Forum in the American Psychoanalytic Association, which focuses on interdisciplinary engagements between psychoanalysis and developments and discoveries in other disciplines. He has lectured widely and written about topics ranging from psychoanalytic treatment processes, practice development, educational matters, psychological issues in business and love and hate on the tennis court. For many years he enjoyed his role as an invited lecturer in the undergraduate course at Stanford on “Sleep and Dreams.”
DIALOGUES
IN CONTEMPORARY PSYCHOANALYSIS

Saturday, January 25, 2020
09:30am - 12:30pm
DOES THE BODY HAVE A MIND? FROM FREUD TO BION
Presenter: Robert Oelsner, MD
Discussant: Holly Gordon, DMH

Saturday, April 18, 2020
09:30am - 12:30pm
FERENCZI’S “MUTUAL ANALYSIS” AND ITS RELEVANCE TO CURRENT PRACTICE
Presenter: Henry Markman, MD
Discussant: Maria Longuemare, MD, PhD

Saturday, June 6, 2020
09:30am - 12:30pm
ENACTING, DISRUPTING, AND EMERGING: THE UNOBTRUSIVE ANALYST
Presenter: Robert Grossmark, PhD
Discussant: Laurie Goldsmith, PhD

PROGRAM FEE
$ 65 General Admission    $60 SFCP Members
This program is free to all SFCP Candidates as it is covered by psychoanalytic training tuition.
Note: There are limited spaces for Pre-licensed Clinicians and students.
Please email office@sf-cp.org for registrations.

Register at: http://sf-cp.org/dialogues-in-contemporary-psychoanalysis
APsaA Fellowship: Accepting Applications!

We’re excited to announce that applications for APsaA’s 2020-2021 Fellowship Program are now available!

The fellowship is an early-career initiative for leaders, educators, and researchers interested in psychoanalysis. If you know of an early-career individual in the academic, mental health, psychiatry, psychology, social work, or multidisciplinary fields we invite you to encourage them to check out this fellowship opportunity. Please note that Psychoanalytic Candidates (clinical and academic) are not eligible for the fellowship because of their access to mentors and to scientific activities at local and national levels.

Visit our website to explore our updated eligibility information, read bios of current fellows, and download an application. Applications due Monday, January 27th, 2020.

Benefits for fellows include:

- all expenses paid to APsaA’s 2021 National Meeting and, depending upon its occurrence, the 110th Annual Meeting
- the opportunity to present clinical material at conferences
- a subscription to the Journal of the American Psychoanalytic Association
- the opportunity to form relationships with analysts and other fellows from across the country

Plus, all eligible applicants, whether or not they receive a fellowship, have the chance to be matched with an APsaA mentor to grow their understanding of the field.

Questions? I’m happy to talk. Reach me at rjohnson@apsa.org or (212) 752-0450 x 28.

Warmly,
Rosemary Johnson
Meetings and Communications Coordinator
American Psychoanalytic Association
(212) 752-0450 x 28
rjohnson@apsa.org
CHILD COLLOQUIUM SERIES
2019-2020

Language
and Other Communications

These events are offered free of charge through the generous support of SFCP and the Sophia Mirviss Fund. Continuing Education Credit is available for a fee paid to SFCP to cover administration costs.

All events will be held at SFCP, 444 Natoma Street, San Francisco.

Saturday, January 11, 2020 | 5:00pm - 7:30pm
Eight Annual Evening at the Movies “Shoplifters” - A film by Hirokazu Kore-ed
Presenter: Reyna Cowan, PsyD, LCSW

Saturday, February 1, 2020 | 10:00am - 12:00noon
Alienation and Cultural Factors: Male Immigrants Coping with Dislocation and Loss
Presenter: Robert Tyminski, DMH
Discussant: Gregory Villalba, LCSW

Saturday, April 4, 2020 | 10:00am - 12:00noon
Deep Change: The Effectiveness of Long Term Psychotherapy with Foster Kids
Presenters: Mary Haake, PhD; Lauren Phillips, PhD and Niko Whitmire, PsyD
Discussant: L. Eileen Keller, PhD

To Register or to read complete CME/CE Credits information, visit:
http://sf-cp.org/child-colloquium
Eight Annual Evening at the Movies
“Shoplifters”
a film by Hirokazu Kore-ed

Presenter: Reyna Cowan, PsyD, LCSW

Saturday, January 11, 2019 | 5:00pm - 7:00pm
SFCP, 444 Natoma Street, San Francisco
Program is free

Shoplifters, the 2018 Cannes Palme d’Or acclaimed film directed by Japanese filmmaker, Hirokazu Kore-ed, explores questions of family, protection and love. It’s the story of an impoverished family and their struggles to endure poverty and social indifference. A seemingly spontaneous (or impulsive) decision to shelter a young girl from her abusive parents has profound implications both for the functioning of the family and for Japanese society as a whole. In this quiet but profound observation of life in a hovel on the outskirts of Tokyo, Kore-ed explores the nexus of abuse, rejection, jealousy, belonging, family, and the many complex layers of love and loss.

Reyna Cowan, PsyD, LCSW is a psychoanalyst, a personal and supervising analyst at PINC, and is on faculty at both PINC and SFCP. She teaches widely throughout the Bay Area and has a private practice in Oakland, where she works with adults, couples, adolescents, and children. She has a particular interest in film.
Free Analytic Couch

Must be picked up in San Mateo
If interested, please contact:
Jeffrey Weiner
jeffwto@aol.com
650-619-9209.
Great news, we are now registered with Amazon Smile!

Every time you make a purchase from Amazon, SFCP will reap the rewards, as a percentage of your purchase will come to us. This is a small step towards big donations.

When you shop at AmazonSmile, Amazon donates 0.5% of the purchase price to San Francisco Center For Psychoanalysis. Bookmark the link http://smile.amazon.com/ch/94-1546088 and support us every time you shop.