

Free Associations

A Newsletter for the PSP Community

...dedicated to excellence in learning, teaching and application of psychoanalytic knowledge

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NOTABLE QUOTE: “We are what we repeatedly do. Excellence, therefore, is not an act but a habit.”

-Aristotle

CERTIFICATION NEWS

Please join us in congratulating Anna Frost, MA, MA, LPCS, NCPsyA on her psychoanalytic certification on January 22, 2021. Ms. Frost has dedicated years to her study of Modern Psychoanalysis and the modeling of our method. We welcome her to the society of our certified analysts!



PSP Student Life is now PSP Community Conversations!

In order to encourage more interaction and sharing of information within our community, our private Facebook group has been given a new name: "PSP Community Conversations". Faculty, board and society members, students, and administrators are all welcome and encouraged to contribute! You can visit our group here: www.facebook.com/groups/pspcconversations/

SOMETHING WE'RE LOOKING FORWARD TO

Following the success of last year's Summer Reading Course, Dr. Wally Fletcher is offering the opportunity to participate in a 10-week course on F Robert Rodman's work: *Winnicott: Life and Work*. Look for details coming soon.

SENIOR CANDIDATES: HOW CAN WE HELP YOUR PROGRESS TOWARD CERTIFICATION?

Psychotherapy Action Network (PSiaN) News:

PSiaN is offering the first in a series of co-sponsored CLE webinars dedicated to addressing the questions legal professionals often have around mental health, but can be afraid to ask, including:

- How do I identify quality treatment, for myself and my clients? And how do I find it?
- Can I really afford the time to invest in my mental health? Can I really afford not to?
- Why do people “self-medicate?” How can they stop?
- How can therapies of depth, insight and relationship go beyond band-aid interventions and lead to better outcomes for my clients and myself?
- What makes for optimal collaboration between legal and mental health professionals?

Friday, March 12, 2021 3-5pm EASTERN TIME

[Register here](#) (Ctrl + Click to follow link)

Zoom invitation will be sent shortly before seminar

*As a PSiaN strategic partner, PSP encourages you to join PSiaN and stay connected to their important work in educating the public about the value of therapies of depth, insight, and relationship. Their membership includes 73 strategic partners and 2,948 individual members. Visit their website here: www.psiann.org.

A STUDY ABOUT SLEEP

Sleeping fewer than seven hours per night can make people almost three times more likely to catch a cold, according to a U.S. study. People who spent less time in bed or had trouble falling asleep were more likely to catch a cold. Researchers say the study results support the idea that sleep is important to the body's immune function.

DSM HINTS TO SEVERAL NAME CHANGES IN THE NEXT REVISION ... HERE'S ONE:

Schizophrenia means ‘split personality’ and has been used inappropriately in the media and they are looking to change it. They are looking at several different possibilities such as: Salience Syndrome, Reality Distortion and Cognitive Impairment Disorder, Integration Disorder, Attunement Disorder, Dysfunction of Thought and Perception Disorder, and, although they have stated in the past that they want to eliminate theorist's names from disorders, they have added Bleuler's Syndrome to the mix.