

# Free Associations

## A Newsletter for the PSP Community

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

Volume 2, Number 4 – April, 2021

**NOTABLE QUOTE:** "I've failed over and over again in my life and that is why I succeed."

-Michael Jordan

### OUTSIDE NEWS & VIEWS

New research from Duke University shows that visual cues -- such as images of people smoking -- may promote relapse among those trying to quit. Researchers found increased brain activity in the dorsal striatum of subjects, which is responsible for automatic responses. This suggests that smoking cessation may be hampered by brain activity beyond a person's conscious control. The brain becomes more sensitive to smoking cues after a person quits smoking, which helps explain why many ex-smokers relapse, McClernon said. "Only five percent of unaided quit attempts result in successful abstinence," McClernon said. "If we're really going to help people quit, this emphasizes the need to do more than tell people to resist temptation. We also have to help them break that habitual response."

### THE THERAPIST'S THESAURUS

*Abreaction* – A process by which repressed material, particularly a painful experience or a conflict, is brought back to consciousness; in this process, the person not only recalls but relives the repressed material, which is accompanied by the appropriate affective response.

*Scapegoating* – The displacement of distress and conflict onto another family member.

*Cultural Responsiveness Hypothesis* – A theory that proposes that effective treatment depends on the ability of the therapist to respond successfully to culturally relevant information and behavior in the patient.

*Acenesthesia* – Loss of sensation of physical existence.



### ADVERSE LIFE EXPERIENCES

It is now well established that adverse life experiences are associated with a wide range of psychiatric disorders and medical problems. A seminal study of the long-term sequelae of adverse childhood

experiences (ACE) found a graded, positive relationship between ACE and significant heart disease, fractures, diabetes, obesity, unintended pregnancy, sexually transmitted diseases, depression, anxiety, sleep disorder, dissociative disorders, eating disorders, and alcoholism.

### Transcultural Psych – Some Terms Defined

*Culture* is defined as a set of meanings, norms, beliefs, values, and behavior patterns shared by a group of people. These values include social relationships, language, nonverbal expression of thoughts and emotions, moral and religious beliefs, rituals, technology, and economic beliefs and practices, among other items.

*Race* is a concept, the scientific validity of which is now considered highly questionable, by which human beings are grouped primarily by physiognomy. Its effects on individuals and groups, however, is considerable, due to its reference to physical, biological, and genetic foundations, and because of the intensely emotional meanings and responses it generates.

*Ethnicity* refers to the subjective sense of belonging to a group of people with a common national or regional origin and shared beliefs, values, and practices, including religion. It is part of every person's identity and self-image.

### CO-OCCURRING CORNER

#### *The "No Wrong Door" Policy*

This principle states that every "door" in the healthcare delivery system should be the "right" door. The healthcare delivery system, and each provider within it, has a responsibility to address the range of patient needs wherever and whenever a patient presents for care. When patients appear at a facility that is not qualified to provide some type of needed service, those patients should be carefully guided to appropriate, cooperating facilities, with follow-up by staff to ensure that patients receive proper care.