

# 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:** “The world is full of willing people; some willing to work, the rest willing to let them.” -Robert Frost, American poet

### OUTSIDE NEWS & VIEWS

An estimated 8.3 million children—11.9% or more than one in ten—live with at least one parent (biological, step-, adoptive, or foster) who had abused or was dependent on alcohol or an illicit drug in the past year, according to a recent analysis of data from the National Survey on Drug Use and Health. Younger children were slightly more likely than older children to live with a substance-abusing or -dependent parent (14% vs. 10%). Since “substance use disorders can have a profound influence on the lives of individuals and their families, particularly their children,” the authors believe that these findings “highlight the potential breadth of needs for the whole family—from substance abuse treatment for the affected adults to prevention and supportive services for the children”

### WATCH FOR INFO ON OUR 50<sup>th</sup> ANNIVERSARY PLANS

### THE THERAPIST’S THESAURUS

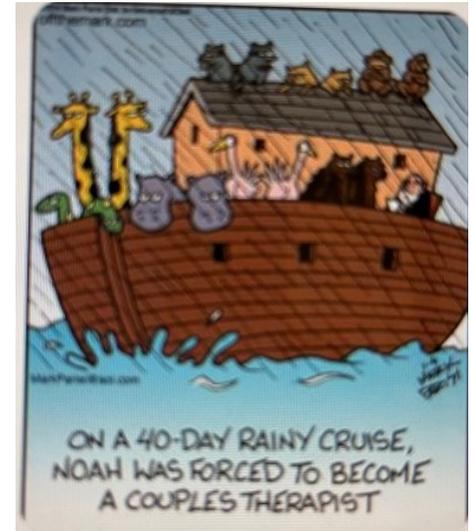
*Clarification.* An intervention to request or offer more accurate information.

*Unconditional Positive Regard.* A respectful attitude of the therapist for the patient.

*Amimia.* Lack of ability to make gestures or to comprehend those made by other

*Exploration.* The technique of searching for and discovering aspects of a patient’s mental life.

*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 also relives the repressed material, which is accompanied by the appropriate affective response.



### PATIENT MANAGEMENT - Asking the patient about his medications

Take 5 – 10 minutes every few sessions to go over these topics with your patients:

- Remind them that taking care of their mental health will help prevent relapse.
- Ask how their psychiatric medication is helpful.
- Acknowledge that taking a pill every day is a hassle.

- Acknowledge that everybody on medication misses taking it sometimes.
- Do not ask if they have missed any doses, rather ask, “How many doses have you missed?”
- Ask if they felt or acted different on days when they missed their medication.

Without judgment, ask, “What happened that you missed taking your medication.”

### CLINICAL CORNER

*What’s the Difference Between Oppositional Deviant Disorder (ODD) and Conduct Disorder (CD)*

Oppositional defiant disorder (ODD) and Conduct Disorder (CD) are among the prevalent disruptive behaviors in both children and adolescents. These disorders are under the “Disruptive, Impulse-Control, and Conduct Disorders” in the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM 5). Hence, such behaviors are characterized by self-control issues, aggression, and conflict with social norms.

Moreover, these disorders have been linked with disinhibition and negative emotionalism as well as inversely correlated with constraint personality dimensions. This makes them co-morbid with each other as well as with attention deficit hyperactivity disorder (ADHD). Regarding their distinctiveness, the main diagnostic criteria for ODD are angry or irritable mood, argumentative or defiant behavior, and vindictiveness while those for CD are aggression to people and animals, destruction of property, deceitfulness or theft, and serious violations of rules.

“Dreaming is a form of planning.” -Gloria Steinam

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