

# Free Associations

## A Newsletter for the PSP Community

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

Volume 2, Number 11 – November, 2021

**NOTABLE QUOTE:** “Why pay a dollar for a bookmark? Why not use the dollar for a bookmark?”

--Steven Spielberg

### **A REMINDER TO OUR PSYCHOANALYTIC COMMUNITY**

Tell us what you believe will be helpful to you as you continue your psychoanalytic practice. We realize the needs of our various communities are different. For instance, if you are in one of the following communities, tell us how and what our Institute can provide to you:

- Society members
- Senior Candidates
- Faculty
- Students
- Clinicians

### **THE THERAPIST’S THESAURUS**

*Temperament.* An individual’s basic emotional and response tendencies that are driven by heredity.

*Orientation.* State of awareness of oneself and one’s surroundings in terms of time, place, and person.

*Manipulation.* Maneuvering by patients to get their own way; characteristic of antisocial personalities.



### **CLINICAL CORNER – Mood and Anxiety Disorders.**

The mood disorders include those where the primary symptom is a disturbance in mood, where there may be inappropriate, exaggerated, or a limited range of feelings or emotions. Everyone feels “down” sometimes, and everybody experiences feelings of excitement or emotional pleasure. However, when a patient has a mood disorder, these feelings or emotions are experienced to the extreme, over a period of time, and cause some level of impairment in functioning as a result of the symptoms. As with mood disorders, anxiety is something that everyone feels now and then, but anxiety disorders

exist when anxiety symptoms reach the point of frequency and intensity that they cause significant impairment.

Some advice regarding mood and anxiety disorders:

- Differentiate between mood disorders, commonplace expressions of depression, and depression associated with more serious mental illness.
- Conduct careful and continuous assessment since mood symptoms may be the result of substance abuse and not an underlying mental disorder

### **In Memoriam- Dr. Joseph Walsh**

We are sad to announce that Joe Walsh died on October 10th, just one day shy of his 89th birthday. Joe was a PSP Society member as well as Professor Emeritus at Stockton University, and maintained a private practice in the Atlantic City area.

In lieu of flowers, please consider making a donation to The Stockton Foundation:

<https://stockton.edu/developmentfoundation/foundation/index.html>, in memory of Joseph L. Walsh.

Memories, thoughts, and prayers can be extended to the family by visiting [www.parselsfh.com](http://www.parselsfh.com).



Philadelphia School of Psychoanalysis

*Celebrating 50 years!*