

# 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:** “Resistance is the self-induced blockage of the maturing process.”

--Harry Guntrip

### CONTRIBUTORS - 2021

Thank you to the following who have provided input and information for our newsletter throughout this year:

- Lisa Correale
- Marie Hartke
- Barbara Smith

We are always looking for any suggestions, a short piece on practice or theoretical perspective, or any other news you think our community would enjoy.



### THE THERAPIST'S THESAURUS

*Adjustment.* A condition in which a person demonstrates successful coping.

*Systematized delusion.* Group of elaborate delusions related to a single event or theme.

*Grandiosity.* Exaggerated feelings of one's importance, power, knowledge, or identity. Seen in delusional disorder and manic states.

*Erythrophobia:* Abnormal fear of blushing.

### *DID YOU KNOW....*

*We are an accredited program*

While accreditation is primarily meant to provide an indicator of quality to the public, the process of accreditation is, at its core, one of continual self-evaluation, external review, and quality improvement. The regular process of self study provides an opportunity for psychoanalytic training programs to evaluate themselves against ABAP's Standards for Accreditation and to use their assessment to strengthen their training programs..

### TECHNIQUE OF THE WEEK – *Dealing with the Initial Anxiety about Joining the Group*

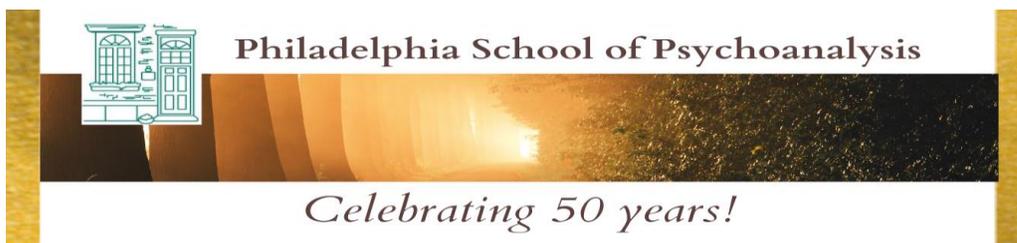
Most people are quite anxious about joining a group. The group leader should encourage the new member(s) to talk about their anxiety in group and reassure them that all individuals entering group will be sharing these feelings. Instruction should be given that it will be helpful to discuss such feelings during the initial hours of the group. Four common fears that may be stimulated by entry into a therapy group are:

1. Confidentiality of personal information
2. Rejection by the group
3. Embarrassment over revealing intimate information to other group members
4. Pathology of others

### MORE ON CULTURE – *Culturally Competent Treatment*

Cultural competence may be viewed as a continuum on which, through learning, the provider increases his or her understanding and effectiveness with different ethnic groups. The more contemporary term used is 'cultural sensitivity' since we now believe that no one can really be fully *culturally competent*.

Cultural factors that may have an impact on treatment include heritage, history and experience, beliefs, traditions, values, customs, behaviors, institutions, and ways of communicating. The patient's culture may include distinctive ways of understanding disease, which the provider needs to understand.



CONSIDER  
SUBMITTING A  
SNIPPET OR A  
CONTRIBUTION TO  
THIS  
NEWSLETTER.