

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: “When they discover the center of the universe, a lot of people will be disappointed to discover they are not it.”

--Bernard Bailey, author

OUTSIDE NEWS & VIEWS

A startling 96 percent of individuals who misused OxyContin said that they got the drug from a friend or relative with a prescription for the opiate painkiller. Researchers who surveyed 5,300 adults found that 85.2 percent of OxyContin abusers said friends or relatives gave them the drug willingly, while 9.8 percent said they took the drug from friends or relatives without their knowledge. Only 4.1 percent of those surveyed said they had bought the drug. Study co-author Erin Johnson urged residents to discard their leftover medication, but acknowledged that many people are unwilling to do so because they paid for the drugs and believe they might need to use them in the future.

THE THERAPIST’S THESAURUS

Biopsychosocial Model. A developmental model that emphasizes the interplay of biological, psychological and social variables in chemical dependency.

Akathisia. Subjective feeling of motor restlessness manifested by a compelling need to be in constant movement; may be seen as an extrapyramidal adverse effect of antipsychotic medication. May be mistaken for agitation.

Intellectual insight. Knowledge of the reality of a situation without the ability to use that knowledge successfully to effect an adaptive change in behavior or to master the situation.



We are pleased to announce the Psychoanalytic Certification of Alba Hidalgo, LCSW. Alba presented her final case on June 17, 2022. She is proud to be the first Pacific Islander in the Society of our Certified Analysts.

TECHNIQUE OF THE WEEK – *The Group Leader’s Major Tasks (Yalom)*

1. Ensure the physical survival of the group.
2. Build a group culture and establish therapeutic norms.

3. Teach and model for the group members the here and now work in the group setting.

The task of ensuring the physical survival of the group involves those efforts that go

into establishing and maintaining the group. The group leader should spend more time on preparing members for groups to ensure group survival. The tasks will be explored a little more thoroughly in future newsletters.

“The hysteric defence of substituting a body problem for a personality problem is usually easier for the therapist to detect than for the patient to relinquish.”

-Harry Guntrip, in *Schizoid Phenomena, Object Relations and the Self*.

