

# 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:** “We don’t see things as they are; we see them as we are.”

—Anonymous

### FROM THE DESK OF THE CHAIRMAN, PSP BOARD OF DIRECTORS

Dear PSP Community,

On behalf of our Board of Directors and Faculty, it is my privilege to welcome you *back* and welcome you *forward* to our 51<sup>st</sup> Fall opening of classes and events at PSP.

Some highlights include:

- A full and diverse slate of courses-including two that are new.
- Our new series of Webinar Lectures focused on the dynamics of distance learning in psychoanalytic education and in conducting psychoanalytic treatment remotely. Featured speakers include: Dr. Jill Scharff, Dr. Todd Essig, and Dr. Ellen Wright.

- Our new certificate program in “Organizational Dynamics, Leadership and Consulting”.
- Our revived university internship program for therapists in training.
- The introduction of our new “Low Fee Clinic” at the Philadelphia Consultation Center for meeting the complementary needs of under or uninsured therapy clients as well as our students and interns in psychoanalytic training

In 2021 our institute joined with a growing number of training institutes, psychoanalytic leaders and researchers promoting and advocating for “psychotherapies of depth, insight and relationships”, The Psychotherapy Network.

Institutes and practitioners who share a commitment to these therapies and their clients frequently feel discouraged while

swimming against the tides of our current cost-driven “behavioral and somatic” focused mental health industry. In my experience the healthiest defense against these corrosive influences is participation in a vital and hopeful learning community of like-minded and like-hearted colleagues.

So, whether you are a continuing student, trainee, intern, continuing education seeker, PSP Society or Alumni member or a life-long lover, learner and practitioner of “therapies of depth, insight and relationship”, **Welcome back and welcome forward to the Philadelphia School of Psychoanalysis!**

Wally Fletcher, D.Min., NCPsyA  
Chairman, PSP Board of Directors

**WELCOME BACK,  
STUDENTS**

### Non-psychoanalytic Snippets

#### **Study Dispels Myths on Intermittent Fasting for Weight Loss**

Study shows that intermittent fasting is generally safe and produces few gastrointestinal, neurologic, hormonal, or metabolic effects. It is on par with traditional calorie-restricted diets for weight loss.

### **TECHNIQUE OF THE WEEK** – *Assessing Ego Functioning*

The assessment of ego functioning from the perspective of ego strength, as opposed to ego deficit, is a valuable skill. The identification and assessment of ego strength help the therapist locate a patient on a developmental continuum, suggest a place to join with the patient to begin the therapeutic work, provide data

to develop therapeutic goals, and create a valid construct for psychotherapy outcome measurement. The person who gains ego strength as a result of his or her work with a therapist has made noteworthy therapeutic progress. Broadly defined, ego strength is the capacity for effective personal functioning. It

encompasses specific capacities such as adaptability, resourcefulness, self-efficacy, self-esteem, interpersonal effectiveness, life satisfaction, and the many other mental health indicators succinctly encapsulated in Freud’s well-known phrase “to love and to work.”