

# Free Associations

## A Newsletter for the PSP Community

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

Volume 4, Number 1 – January, 2023

**NOTABLE QUOTE:** "He who angers you conquers you."

-Elizabeth Kenny, Australian nurse



A big Thank You to all who contributed to PSP's annual fundraiser!

Your support will help the Philadelphia Consultation Center train additional interns to meet the community need for affordable, high-quality counseling sessions!

### THE THERAPIST'S THESAURUS

#### *Neuropsychological Testing.*

Procedures designed to detect and measure brain damage and cognitive disability.

*Circumstantiality.* Disturbance in the associative thought and speech processes in which a patient digresses into unnecessary details and inappropriate thoughts before communicating the central idea.

*Emotional insight.* A level of understanding or awareness that one has emotional problems. It facilitates positive changes in personality and behavior when present.

### Coffee Talk

A cup of joe is good for more than just a pick-me-up: New studies from the American College of Cardiology show that drinking two to three cups of coffee a day may benefit your heart too. Plus, coffee beans contain compounds that can boost metabolism and improve insulin sensitivity.

**OUR 4<sup>TH</sup> YEAR IN PUBLICATION!**

### DISCHARGING PATIENTS: Is There Legal Liability?

*Types of Discharges: Medical, Psychiatric and Administrative*

These are really not discharges but instead are transfers. Whenever one of the first two categories is used, it implies that the patient's needs are outside our realm of expertise and the patient requires a higher or different level of care than what we can provide. We must ensure that the patient is 'handed over' to a medical or psychiatric

provider for further treatment. All administrative discharges must be offered transfer to another provider and cannot be 'discharged to the street.' We identify these types of transfers as discharges only because they are discharged from our system. Whenever the patient unilaterally terminates treatment, this is a legitimate discharge. However, the therapist should still recommend that the patient contact his/her insurance carrier for another provider or you could suggest another provider for the patient to contact.

### TECHNIQUE OF THE WEEK – *Giving Recognition*

Giving recognition is a form of attending. It means that the therapist notices what the person has done and validates dimensions that are successful, which helps to build on strengths already in place. This is different from praise, because

indiscriminate praise can backfire. Although praise may make the therapist and patient feel better temporarily, it can also leave the patient wondering about the therapist's sincerity and the reality of the person's strengths. If everything is wonderful,

perhaps nothing is wonderful. A better reply to positive change would be, "How did you feel about being able to say no and set limits on your own behalf?"

# Happy New Year

Philadelphia School of Psychoanalysis \* 313 S. 16<sup>th</sup> Street \* Philadelphia, Pennsylvania 19102 \* 215.732.8244

**A PSP VIRTUAL WORKSHOP! \*2 CE'S- \$40!**

# **SUICIDE RISK ASSESSMENT**

**Considerations for On-Site and Telehealth Practice**

**Presenter: William J. Lorman, JD, PhD, PMHNP-BC, NCPsyA**

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**January 10th, 2023**

**7pm-9pm EST**

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**This workshop will help clinicians identify:**

**-suicidality**

**-risk and protective factors**

**-warning signs indicating suicidal behavior**

**-special issues related to the practice of telehealth  
in the presence of psychiatric emergencies**

**To register visit [www.psptraining.com/workshops/](http://www.psptraining.com/workshops/)  
or email [info@psptraining.com](mailto:info@psptraining.com)**

**\*Continuing Education for Counselors and Social Workers**

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**The State Board of Social Workers, Marriage and Family Therapists and Professional Counselors has preapproved NBCC as a provider of continuing education courses and programs for Marriage and Family Therapists, Professional Counselors and Clinical Social Workers.**