

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 one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.”

-Helen Keller, author, activist and lecturer

OUTSIDE NEWS & VIEWS

New research indicates more than 60 percent of Americans with drinking problems do not seek help due to the stigma of alcoholism. Problem drinkers who perceived a stigma associated with alcohol abuse were less likely to seek treatment than those who did not. This was especially true among men, racial and ethnic minorities, and participants with lower income and education. The investigators reported, "Given that alcohol use disorders are one of the most prevalent psychiatric disorders in the United States, the empirical documentation of stigma as a barrier to treatment is an important public health finding." Stigma reduction should be integrated into public health efforts to promote alcohol treatment, the authors concluded.

THE THERAPIST'S THESAURUS

Hypnopompic hallucination. Hallucination occurring while awakening from sleep, ordinarily not considered pathological.

Expressive dysphasia. Difficulty in expressing verbal language; the ability to understand language is intact.

Scotoma. In psychiatry, a figurative blind spot in a person's psychological awareness.

Dysphoria. Feeling of unpleasantness or discomfort; a mood of general dissatisfaction and restlessness. Occurs in depression and anxiety.

What is ABAP Accreditation?

Accreditation by the American Board for Accreditation in Psychoanalysis (ABAP) signifies that the accredited psychoanalytic training program has been assessed by an independent jury of professional peers to meet nationally accepted training standards in psychoanalysis. It provides assurance that the program continuously reviews and seeks to improve its performance, that it has sufficient and sustainable resources, and that the program is purposeful in achieving its learning goals. Accreditation generally attests to the integrity of the statements that the institute makes about its psychoanalytic training program.

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THE DIAGNOSTIC & STATISTICAL MANUAL:

THE DSM

From its inception, the DSM has engendered controversy. A diagnosis is an extraordinarily complex concept. Few biological markers exist to substantiate a psychiatric diagnosis. The socially constructed aspects of diagnosis stem from the reality that the DSM is a sociopolitical document drafted by committee, that is, by consensus panels of experts who nevertheless

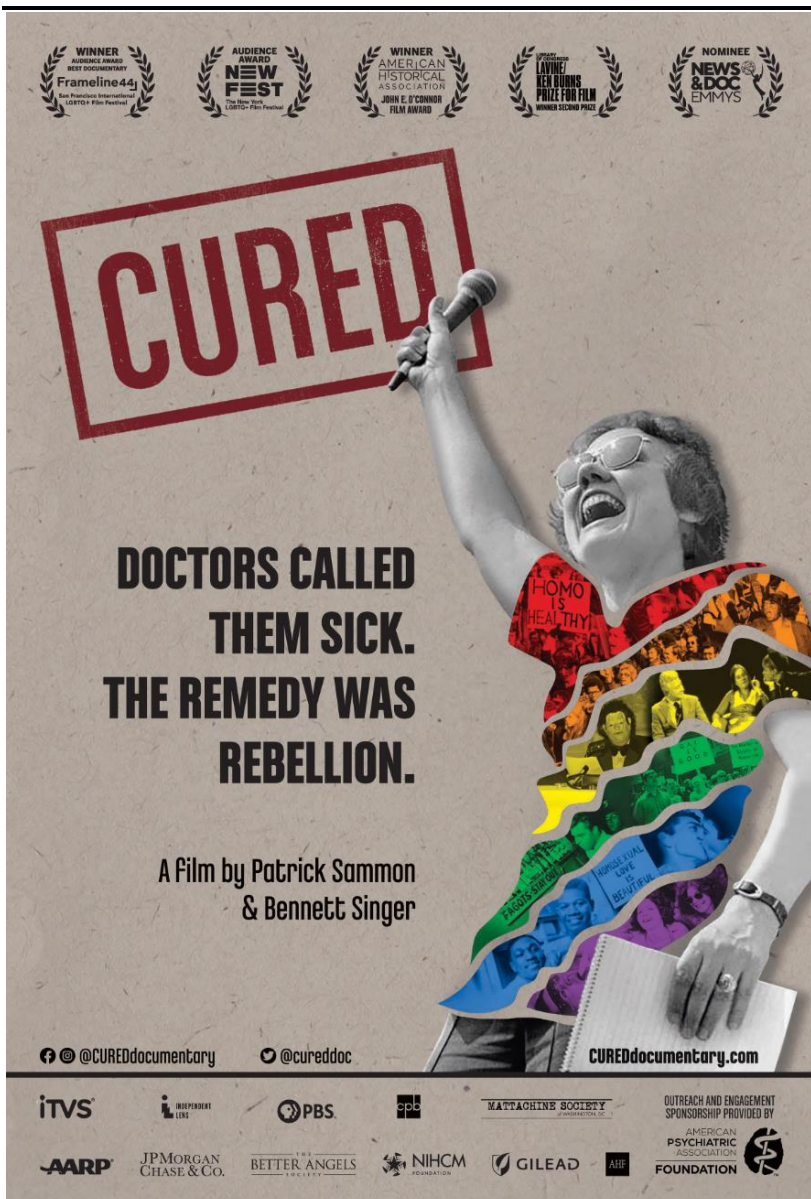
are bound to their historical, cultural, social, political, moral, and professional contexts. Because most psychiatric disorders do not yet have known physiological correlates, a diagnosis is made by matching data from clinical interview, observations of behavior and mood, and patient self-report of symptoms to lists of diagnostic criteria. Moreover, what we see as constituting a psychiatric disorder shifts as cultural conditions change, knowledge grows, and time passes.

TECHNIQUE OF THE WEEK – *Reflection*

Reflection is a form of empathic validation. It helps to provide direction, shows the patient that the therapist understands the person's

perspective, helps to develop insight into problems, and encourages the patient to continue discussion. The therapist uses the same

language as the patient but does so by paraphrasing and summarizing, not by restating what the person has said.



SAVE THE DATE!!
On Tues., May 2nd
at 7 pm EST
 PSP will host a live virtual screening of a 25-minute preview of the film "Cured", followed by a panel discussion featuring the project's co-directors and one of the activists featured in the film.

Following this event, the full film will be available to stream online from May 2-9.



CURED is an award-winning documentary that highlights a pivotal but little-known moment in LGBTQ history when activists rose up to challenge a formidable institution — and won a crucial victory in the modern movement for LGBTQ equality and dignity.

PSP is proud to partner with the producers of **CURED** to offer this free event to our community members. We'll provide more details about this event soon and hope you'll join us May 2 to watch and discuss this inspiring film!

*Visit <https://www.curreddocumentary.com/> to learn more about the film