

Free Associations

A Newsletter for the PSP Community

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

Volume 4, Number 7 – July, 2023

NOTABLE QUOTE: “Believing in yourself is everything. If you don't believe in what you can do, it's almost impossible to achieve it.”

-Sylvie Bernier, Canadian Olympic diver

ABOUT OUR SOCIETY

The PSP Society is an important resource of PSP. Members of the PSP Society are Certified Psychoanalysts who offer training analysis and clinical supervision to PSP candidates; many have additional experience in group therapy, group supervision, teaching, publishing, and consulting. To learn more about the PSP Society members visit: <https://psptraining.com/people/psp-society-members/>

The Psychotherapy Action Network (PsiAN) has recently published a reference text and is of particular interest to our profession. You can access information at: <https://psian.org/advancing-therapy-book>
Here is some general information about this great contemporary textbook.

Advancing Psychotherapy for the Next Generation

Humanizing Mental Health Policy and Practice

Edited by **Linda L. Michaels, Tom Wooldridge, Nancy Burke** and **Janice R. Muhr**

This book brings together a global community of mental health professionals to offer an impassioned defense of relationship-based depth psychotherapy. With a distinguished international group of authors and a clear focus on determining a future direction for psychotherapy, this book is essential reading for all psychotherapists.

COMPONENTS CORNER

Core Components for Delivery of Services

Use support systems to maintain and extend treatment effectiveness – There are six core components that form the ideal delivery of services for patients. They are:

1. Providing access
2. Completing a full assessment
3. Recommending/Providing an appropriate level of care
4. Achieving integrating treatment
5. Providing comprehensive services
6. Ensuring continuity of care

MEMORIES AS A NEW STUDENT, by Dr. Barbara Smith, Past President of PSP

First Client

Fulfilling a long-awaited goal often creates indelible memories. One such memory for me was seeing my first client in therapy. I intended to use one of the two offices at the Medical Towers Building in Philadelphia, that the school had just leased for clinic work. However, when I looked at the sign-up sheet, both offices were already taken for the appointment time I needed. The only space remaining was a windowless room that looked more like a galley kitchen. It was far from the image I had of how I was going to present myself to my first client. I wanted to wrap myself in a professional environment that engendered competence, and bolstered my own shaky confidence in working with a client.

I ruminated over what my client would think when she was ushered into a kitchen: “Is this for real? Have I just walked into some strange café? How qualified is this person I agreed to see?” I then percolated my anxious feelings through the filter of my own questions: Do I know enough? Will they think that I am completely inexperienced? Will I even know what to say, or worse, will I do some kind of psychic damage?

My client arrived on time and I led her through the door to the kitchen/office. I had set up the client chair close to the doorway with my chair facing her, hoping to hide the site line of the appliances as much as possible.

The session began. She talked with little encouragement in anxious tones describing her dilemma, and crying at times. She was completely immersed in her story and clearly not perplexed, concerned, or even seemingly aware of her odd surroundings. I then began to relax and listen. I recognized to my surprise, that the interpersonal contact and her need to express emotional pain to someone she believed could help, resulted in a sink and stove in a windowless room becoming invisible.

DID YOU SEE THE HOLMES REPORT YET? WE SENT IT THROUGH OUR LISTSERV.



NATIONAL ASSOCIATION FOR THE
ADVANCEMENT OF PSYCHOANALYSIS

GRADIVA® AWARDS



2014 GRADIVA® AWARD
Presented by the NAAP to the recipient of the 2014 Gradiva Award
The National Association for the Advancement of Psychoanalysis

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NOW ACCEPTING Entries for the 29th annual GRADIVA® AWARDS

We welcome submissions from members and non-members for the best published, produced, or publicly exhibited works that advance psychoanalysis and psychotherapy.

The 2023 categories, all of which must have a psychoanalytic or mental health theme, are:

- Art
- Article
- Book
- Book (edited volume)
- Movie/TV Program/Play/Documentary
- Digital Media
- Gradiva Student Paper (unpublished)

RULES: We invite submissions from members and non-members for the best published, produced, or publicly exhibited works that promote psychoanalysis or psychotherapy. All entries must have been produced between January 1, 2022 and April 30, 2023, and must have a psychoanalytic or mental health theme.

The deadline for submissions is July 31, 2023.

Art: Art may be submitted in jpeg, pdf, or DVD format. For articles, please include a link to the relevant publication. Books may be submitted in hardcover or paperback format. For movies, etc., send a DVD, script, and/or performance date(s). Student papers should be submitted as an MS Word file.

Please note: student papers must be of journal article length; we cannot accept dissertations or final presentations.

The Gradiva Award judges are selected from qualified applicants/volunteers from the various schools of thought represented by NAAP. Nominees will be announced six weeks prior to the NAAP annual conference and Gradiva Awards ceremony. (Date to be announced.) The winners will be announced at the awards luncheon. The judges' decisions are final and the committee reserves the right not to bestow an award in any given category. To nominate: Please complete a **2023 Gradiva submission sheet** and e-mail it to the NAAP office. In addition, please mail one copy per entry to each of the following judges below:

- Nunzio Gubitosa, MPhil, MA, NCPsyA, Chair, 711 West End Ave., #4D-5, New York, NY 10025, gubfam7@aol.com
- Martin Gliserman, PhD, NCPsyA, 120 Lawrence Ave., Highland Park, NJ 08904-1849, gliserma@english.rutgers.edu
- Ronald O. Lieber, MFA, NCPsyA, 550 Grand Street, H5G, New York, NY 10002, ronaldlieber@gmail.com
- Patricia Llosa, MFA, NCPsyA, 39 Claremont Ave., #41, New York, NY 10027, llosa.patricia@gmail.com
- NAAP, 850 Seventh Ave., Ste. 800, New York, NY 10019, naap@naap.org

For questions about the nominations process and awards, contact Emily Horvath at NAAP at naap@naap.org or Nunzio Gubitosa, Gradiva Committee Chair at gubfam7@aol.com

PHILADELPHIA SCHOOL OF PSYCHOANALYSIS



FALL 2023 OPEN REGISTRATION!

Essential Papers on Transference (Monday evenings)

Human Maturation IV-Growth, Maturity and Aging
(Monday evenings)

Assessment and Diagnosis (Tuesday evenings)

Freud's Basic Writings (Saturdays)

Adaptive Leadership and Crisis (Saturdays)

Case Presentation Workshop (Saturdays)

Psychoanalytic Supervision (Saturdays)

REGISTER AT:

<https://psptraining.com/fall-2023-courses/>

\$450- 18 CE's per Course!

NBCC ACEP #6637



CLASSES START SATURDAY, SEPTEMBER 9th ON ZOOM!