

# 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:** “The difference between school and life? In school, you’re taught a lesson and then given a test. In life, you’re given a test that teaches you a lesson.”

--Tom Bodett, American author and humorist

### A Message from Board President Wally Fletcher, and Executive Director Lisa Correale:

Thank you to everyone who participated in our Visioning Exercise! We received many thoughtful recommendations and inspirational ideas which the Board will use in developing the strategic goals for PSP for the next three years! We will share the 2024 strategic plan once it is finalized in the Spring. Stay tuned!

### THE THERAPIST’S THESAURUS

*Acathexis.* Lack of feeling associated with an ordinarily emotionally charged subject.

*Hyperalgesia.* Excessive sensitivity to pain.

*Glossolalia.* Unintelligible jargon that has meaning to the speaker but not to the listener.

*Anankasm.* Repetitious or stereotyped behavior or thought usually used as a tension-relieving device; used as a synonym for obsession and seen in obsessive-compulsive (anakastic) personality.

*Simultanagnosia.* Impairment in the perception or integration of visual stimuli appearing simultaneously.

**Our 5th Year!**

### STANDARDS FOR ACCREDITATION: Standard 1-7

*The authority, responsibilities, and relationships among the governing board, program administration, program faculty, and staff are clearly described in the institution’s bylaws, or an equivalent document, and in a table of organization that displays the working order of the institution.*

The bylaws, in Article II, which defines the purposes of the organization, each of the above relationships are duly identified

### ADHD Prescriptions

Nonmedical use of ADHD drugs by teenagers is increasing. Researchers analyzed calls to the National Poison Data System (NPDS) about ADHD medications in children ages 13 to 19 years. ADHD drug calls to the NPDS increased by 76%, statistically similar to the 86% increase in prescriptions of these drugs to adolescents (ages 10–19) during the same period. Forty percent of calls concerned girls (whereas ADHD is diagnosed at a 3:1 ratio in boys and girls).

**Comment:** These data underscore the need for parental education about the progressively increasing risks for misuse of ADHD medications. Clinicians can encourage parents to become the dispenser in the home, especially because these drugs are now formulated as long-acting preparations that can be given in the morning before school. Observing the teenager swallow the medication and keeping the ADHD drugs in home lock-boxes might also be useful.

### RENFREW CENTER PRESENTATION:

On Wednesday, January 10th at 12:00 PM (EST) The Renfrew Center will offer an hour-long presentation on current trends in the treatment of eating disorders and an overview of the services they provide. Anyone in our PSP community is welcome to

attend. The time and Zoom Meeting link are below:

Topic: ED101 - Philadelphia School of Psychoanalysis/Philadelphia Consultation Center

Time: Jan 10, 2024 12:00 PM Eastern Time (US and Canada)

Join Zoom Meeting  
<https://zoom.us/j/92868091485>

Meeting ID: 928 6809