

Free Associations

A Newsletter for the PSP Community

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

Volume 5, Number 7 – July, 2024

NOTABLE QUOTE: “No one is actually dead until the ripples they cause in the world die away.” Terry Pratchett

SPOTLIGHT AROUND PSP: APRIL GAGNE

Hello all! I wanted to take a minute to introduce myself. For those who don't know me, my name is April Gagne and I am a senior candidate at PSP. I have been at PSP/PCC for the past 12 years. I started out as a graduate intern then remained on after graduation. Over the years, I have taken on various administrative roles at PCC and I am currently the Group Practice Assistant Coordinator. I work collaboratively with Ray Gourley to run the operations at PCC. We are in an exciting phase where we are working to grow the group practice and will be hiring and onboarding a handful of new therapists,

primarily to work with patients who are on Medicaid insurance. If you know of anyone who might be interested in working at PCC and/or if you would like to become part of our referral network for private pay patients or those with private insurance, please reach out to me at aprilgagne@psptraining.com. We are always working to bridge the gap between clinicians at PCC who are not affiliated with PSP and our great PSP community and I welcome your feedback on ways to do that.

Thanks,
April

A MESSAGE FROM BILL LORMAN – IN MEMORIAM, DR. LINDA SAYERS

As you are already aware, we have lost one of our own. Dr. Linda Sayers, after a very progressive illness, passed away peacefully in the early hours of the morning OF June 5th.

I've known Linda for over thirty years and during the last six months, we spoke often about her return to PSP - the organization she has always loved and was so happy to have returned. When asked to again run for the Board position of Secretary, she very eagerly agreed and was looking forward to be of service. It is truly unfortunate that several of our board members never had the opportunity to get to know her.

It is now the time for us, the living, to begin the grieving process. I know those closest to Linda are suffering the most: family, friends, students, patients, analysts, supervisees and colleagues. In our profession we learn to create a holding environment for those most in need of it. For those who seek help through the grieving process, I'm sure we will make ourselves available to those in need in order to soothe the pain many of us are feeling.

Linda is now at peace. And we will be available to help those who also need to find resolution. I know Linda would want that.

Requiescat in pace. May she rest in peace.



Exclusive Offer for Matriculated Students!

INTRODUCTION TO MODERN GROUP PROCESS: DEVELOPING THE RESILIENCE TO DO OUR WORK

Instructor: Ellen L. Wright, Ph.D., PsyA

Course Time: Wednesdays, 12:30 pm – 2:00 pm EST

Course Meeting Dates: September 25, October 2, 9, 15, 23, 30, November 6, 13, 20 and December 4, 2024

Course Format: ZOOM

Enrollment Limited to 12

REGISTER HERE: https://register.gtrnow.com/DEVELOPING_THE_RESILIENCE_TO_DO_OUR_WORK

REGISTRATION QUESTIONS? Contact Makayla Collins, Admission and Registration Coordinator: makayla@psptraining.com

COURSE DESCRIPTION:

Working as a modern analyst calls upon the therapist to be able to experience, understand, and harness their emotional reactions so that they can be used therapeutically. This ability relies upon the capacity of the therapist to be open to and accept having all their feelings. While individual analysis provides trainees with foundational skills and insights, the here and now technique of immediacy utilized in Modern Group offers trainees a different avenue to understand themselves and develop the emotional resilience need to work effectively with their clients. In group members can observe and explore their resistances to emotional connection and gain access to important dynamics related to their first group, their family group. This additional access to one's emotional history can increase trainees' ability to understand and work with challenging countertransference reactions.

In Modern Group, the leader is not the only source of emotional nourishment or wisdom, however. Using the technique of bridging, the leader creates bonds between members, multiplying the effect of interventions used by the group leader and ultimately making the group itself an agent of change. These dual agents of change offer group members the opportunity to engage and explore their relationships not only with the group leader but also group members opening avenues to study sibling dynamics as well as issues around power and privilege.

Course Objectives:

- Develop additional avenues to observe and experience emotions evoked by the therapeutic process.
- Observe and explore common resistances to communication.
- Examine transferences towards the leader and group members.
- Increase awareness of issues of power and privilege inherent in group leadership and group membership.

Course Requirements: Attendance at all class meetings (2 excused absences permitted), reading the summer readings prior to the start of the course, a log submitted before the next class meeting for each class. Links to the class readings will be provided upon registration.

Summer Reading:

Bemak, F. & Chi-Ying Chung, R. (2019). "Race dialogues in group psychotherapy: Key issues in training and practice, International Journal of Group Psychotherapy, 69:2, 172-191, DOI: 10.1080/00207284.2018.1498743.

Kirman, Jacob. (1995). "Working with Anger In Groups: A Modern Analytic Approach," International Journal of Group Psychotherapy, Vol. 45(3), pp.303-329.

Ormont, L. (1996). "Bringing life into the group experience: The power of immediacy," Group, 20(3), pp. 207-221.

Ormont, L. (1993). "Resolving resistances to immediacy in the group setting," International Journal of Group Psychotherapy, 43(4), pp. 399-418.

Optional Readings:

Baez-Powell, N. (2023). "Decolonizing my therapeutic identity: Going beyond the surface," Psychoanalytic Culture and Society, Vol. 28, 476-486.

Black, A. (2019). "Treating insecure attachment in group therapy: Attachment theory meets modern psychoanalytic technique," International Journal of Group Psychotherapy, 69:3, 259-286, DOI: 10.1080/00207284.2019.1588073.

Kimmel, A. (2022). "Belonging: Queer theory's contribution to modern psychoanalytic group," Chapter 3 in Women, Intersectionality and Power in Group Psychotherapy Leadership, Eds. Kane, Y., Masselink, S., Weiss, A. New York: Routledge, pp. 33-51.

Levine, R. (2017) "A modern psychoanalytic perspective on group therapy," International Journal of Group Psychotherapy, 67:sup1, excerpt pp. S109-S116, DOI:10.1080/00207284.2016.1218769.

Ormont, L. (1990). "The craft of bridging," International Journal of Group Psychotherapy, 40(1), pp. 3-17.

Ormont, Louis. (1999). "Progressive emotional communication: Criteria for a well-functioning group." Group Analysis, 32, pp.139-150.

Ormont, L. (1992). "What the therapist feels," Chapter 5 in The Group Therapy Experience, New York: St. Martin's Press, pp. 51-82.

Stevens, Francis & Abernethy, Alexis (2018). "Neuroscience and racism: The power of groups for overcoming implicit bias," International Journal of Group Psychotherapy, 68:4, 561-584, DOI: 10.1080/00207284.2017.1315583