

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 healing relationship occurs through the expansion of consciousness, during which a sacred space is created.”

-B. Dossey (2013)

CERTIFICATION NEWS

Please join us in congratulating Cristiane M. Irey, PsyD, NCPsyA on her psychoanalytic certification on June 19, 2020. Since her certification, Dr. Irey has joined our faculty and is currently teaching Maturation IV and is co-teaching our Diversity course. Welcome Dr. Irey!

GIVE US YOUR FEEDBACK
What would you like to see in the newsletter?

THE THERAPIST’S THESAURUS

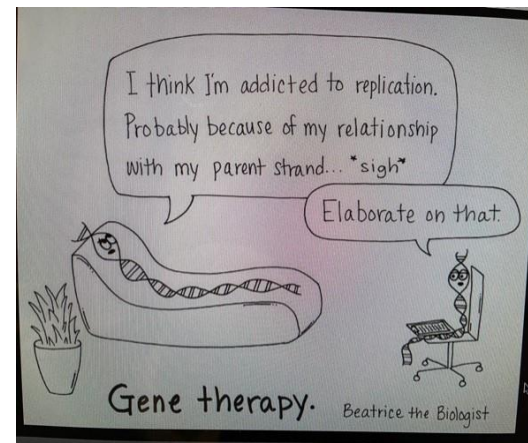
Attachment theory. A view that attributes social, emotional, and psychological functioning to interpersonal attachments formed in childhood.

Social desirability hypothesis. The notion that people are reluctant to disclose illicit drug use because of its negative social image.

Ageusia. Lack or impairment of the sense of taste. Seen in depression and neurological deficits.

Shame. Failure to live up to self-expectation; often associated with fantasy of how person will be seen by others.

(Thanks to Dr. Barbara Smith:)



POLICY OF THE MONTH: Final Case Presentation

The goal of the Final Case Presentation (FCP) is for the student analyst to demonstrate his or her competence to function effectively and communicate intelligently as an analyst, operating relatively free from countertransference interferences. The case to be presented should be one that has been in treatment for a sufficient amount of time (a minimum of two years) to demonstrate the analyst’s capacity to understand the patient, the patient’s transference, resistance to

progressive communication, and any interventions that have been required.

The purpose of the FCP is not to demonstrate all aspects of the patient’s character, but rather to demonstrate the analyst’s ability; therefore, extensive case history is not required unless it is relevant to the presentation. The analyst should follow whatever plan will best demonstrate his or her work. The written form of the FCP should be in a smooth, flowing narrative style.

TECHNIQUE OF THE WEEK

Focusing on Immediacy (‘The Here and Now’)

Therapists have found that there are all types of resistances to immediacy. These resistances are caused by the anxiety signals a person experiences in the present brought on by the danger of closeness, the danger of being swallowed, the danger of being rejected, the danger of experiencing aggression, and other forms of unacceptable responses and feelings. Many people avoid the immediate by bringing in problems. They simply present their problems and await magical answers. Another device people use to avoid immediacy is flight into time. This includes the immediate past, the recent past, and the remote past. It also includes flight into the future – into fantasy, into promises, into a description of fears. Identify whether ‘flights into time’ is the result of free association rather than a resistance to immediacy.

PRACTICE POINTERS: WORKING WITH HOMELESS PATIENTS

As a general rule, apply Maslow’s Hierarchy when providing treatment. Address the issues related to safety and security first. So, address the housing needs of the patient and, if necessary, help the patient obtain housing. This does not mean doing all the work for the patient. Instead, show the patient how to go about doing this. Also discuss with the patient how to develop skills for maintaining housing. In addition to therapy, discuss legal and pending criminal justice issues, insurance issues, issues related to children, healthcare needs, etc. Remember, we should be caring for our patients holistically – providing the treatment that we can, and making referrals for those areas outside our scope of practice.