



NORTHERN
CALIFORNIA
SOCIETY FOR
PSYCHOANALYTIC
PSYCHOLOGY

SPRING 2020
PROGRAMS
Courses & Events

TABLE OF CONTENTS

COURSES | WORKSHOPS | EVENTS

EAST BAY

33RD ANNUAL EVENT AND LECTURE —

RACIAL MELANCHOLIA, RACIAL DISSOCIATION:
On the Social and Psychic Lives of Asian Americans 7

BEYOND THE CONSULTING ROOM:

A Conversation with a Multiyear, Mixed-Race,
Psychoanalytic Consultation Group 6

EAST BAY SPRING HAPPY HOUR 6

FUNDAMENTAL CONCEPTS OF PSYCHOANALYTIC COUPLE THERAPY 4

SAN FRANCISCO

SCIENTIFIC MEETING — PERSONALITY DYNAMICS IN PSYCHOTHERAPY:

A Roadmap for Lasting Change 3

SPRING MOVIE MATINEE:

Leave No Trace 5

THE IMPACT OF RACE AND CULTURE

ON TRANSFERENCE AND COUNTERTRANSFERENCE:

A Course for Clinicians of Color 5

WHEN WORDS FAIL AND BODIES SPEAK:

Psychoanalytic Treatment of Eating Disorders 4

FACULTY 8

NCSPP PROGRAM PLANNING COMMITTEES 9

GENERAL INFORMATION 10

REGISTRATION 11

For more information, please visit our website: www.ncspp.org

COMMUNITY MENTAL HEALTH EVENTS

Social

Due to the frenetic pace of agency work in community mental health, finding time for self-care and building professional connections (among other things) can be hard! These social mixers intend to address both needs by providing a culturally engaging social event where folks who do similar work across different agencies can get together to build connections in a relaxing, fun way. Please stay tuned for more details!

Visit our website to see upcoming events, specific dates, times, and locations.

SCIENTIFIC MEETING

PERSONALITY DYNAMICS IN PSYCHOTHERAPY: A Roadmap for Lasting Change

Instructor: Jonathan Shedler, Ph.D.
CE: 3 CE Credits
Date: Saturday, February 29, 2019
Time: 1:00 – 4:00 pm
Location: San Francisco Center for Psychoanalysis (SFCP)
444 Natoma Street, San Francisco, CA 94103
Tuition: \$15 General Public | Free NCSPP Members
Additional \$10 fee for CE credits

The hallmark of psychodynamic treatment is a focus on psychological patterns and processes that underlie overt symptoms — in other words, personality dynamics. In his lecture, “Personality Pathways to Depression,” Dr. Shedler will discuss the personality styles and syndromes most often seen in clinical practice (narcissistic, borderline, obsessive-compulsive, etc.), describe how each personality style represents a unique pathway to “depression” that requires a distinct treatment focus, and offer clinical strategies for deepening treatment. Building on concepts from the lecture, the clinical workshop will have a practical, hands-on clinical focus. Participants will develop a deeper appreciation of contemporary psychoanalytic/psychodynamic therapy through a clinical case presentation by a workshop participant, with case discussion, “live” clinical supervision, and role-playing to demonstrate effective intervention. Dr. Shedler will emphasize personality dynamics and the constructive use of transference and countertransference.

This event will be available for live streaming; see website for details.

COURSES, WORKSHOPS & EVENTS

WHEN WORDS FAIL AND BODIES SPEAK: Psychoanalytic Treatment of Eating Disorders

Instructor: Tom Wooldridge, Psy.D., ABPP, CEDS
CE: 9 CE Credits
Date: Tuesdays, February 18 – March 24, 2020
Time: 7:15 – 9:00 pm
Location: Golden Gate University
536 Mission Street, San Francisco, CA 94105
Tuition: \$315 General Public | \$225 NCSPP Full Members
\$198 NCSPP CMH Members | \$180 NCSPP Associate Members
\$135 NCSPP Student Members | \$135 Scholarship Rate (*approval required*)

This course will examine psychoanalytic conceptualization and treatment of eating disorders. We will explore these complex and confounding syndromes through multiple lenses: as failures of thought, with unthinkable thoughts becoming stuck in the body; as complex compromise formations tied to early relational experiences; as autistic defenses against intolerable anxieties; as dissociative disorders linked to early experiences of trauma and affect dysregulation; and as disorders of desire and clandestine love affairs marked by anticipation, excitement, secrecy, and disappointment, leaving emptiness in their wake. We will attend to the importance of gender, culture, and the role of the therapist's body in the treatment situation throughout.

FUNDAMENTAL CONCEPTS OF PSYCHOANALYTIC COUPLE THERAPY

Instructor: Sheila Longerbeam, Psy.D., LMFT
CE: 4 CE Credits
Date: Sunday, February 23, 2020
Time: 9:00 am – 1:00 pm
Location: Bay Zen Center
3824 Grand Avenue, Oakland, CA 94610
Tuition: \$140 General Public | \$100 NCSPP Full Members
\$88 NCSPP CMH Members | \$80 NCSPP Associate Members
\$60 NCSPP Student Members | \$60 Scholarship Rate (*approval required*)

This class will teach the fundamental psychoanalytic concepts most useful in couple therapy. Participants will learn about developmental versus defensive couples, the use of the third, projection, and the creative couple. The instructor will utilize case examples to illustrate concepts. Additionally, there will be time to discuss typical dilemmas that couples present to therapists.

COURSES, WORKSHOPS & EVENTS

SPRING MOVIE MATINEE

Social

Film:	<i>Leave No Trace</i>
Instructor:	Reyna Cowan, Psy.D., LCSW
Date:	Sunday, March 8, 2020
Time:	12:00 – 4:00 pm
Location:	Spark Arts 4229 18th Street, San Francisco, CA 94114
Fee:	\$18 General Public \$15 NCSPP Members

Join the Pre-licensed Clinicians Committee and Dr. Cowan for a screening and discussion of *Leave No Trace*, an evocative, poignant film about the relationship between a Veteran and his newly adolescent daughter. The film explores the legacy of war trauma and the pressures this father and daughter face as they interact with Social Services, experience homelessness, and lose their protected and secluded world. Through a psychoanalytic lens, Dr. Cowan will discuss the film's themes, the emotional development of this young girl, and filmmaker Debra Granik's deep and sensitive vision.

THE IMPACT OF RACE AND CULTURE ON TRANSFERENCE AND COUNTERTRANSFERENCE: A Course for Clinicians of Color

Course

Instructor:	Rossanna Echevoyén, LCSW
CE:	8 CE Credits
Date:	Mondays, March 23 – April 13, 2020
Time:	6:30 – 8:30 pm
Location:	California Institute of Integral Studies (CIIS) 1453 Mission Street, San Francisco, CA 94103
Tuition:	\$280 General Public \$200 NCSPP Full Members \$176 NCSPP CMH Members \$160 NCSPP Associate Members \$120 NCSPP Student Members \$120 Scholarship Rate (<i>approval required</i>)

This mini-course is an overview of theories and practice in psychoanalytic work within the context of race and multicultural issues. The course specifically focuses on transference and countertransference issues that arise in racial sameness and difference in therapeutic dyads. Analytic articles will be supplemented by interdisciplinary scholarship from critical mixed-race theory and social justice perspectives.

COURSES, WORKSHOPS & EVENTS

EAST BAY SPRING HAPPY HOUR

Social

Date: Thursday, March 26, 2020
Time: 7:00 – 9:00 pm
Location: Lost & Found Beer Garden
2040 Telegraph Avenue, Oakland, CA 94612
Fee: Free

Interested in meeting like-minded colleagues and discussing career interests, training and professional experiences, and psychoanalytic ideas in a casual setting? Join us in the spacious and vibrant outdoor patio at Lost & Found Beer Garden in Oakland for beer or kombucha on tap. This is a great opportunity to unwind after your day and start the Spring with colleagues.

BEYOND THE CONSULTING ROOM:

Lani Chow, Greg Clinton, Mahima Muralidharan,
Regina Shields, and Diane Swirsky

Salon

Date: Friday, April 24, 2020
Time: 7:00 – 9:00 pm
Location: WestCoast Children's Clinic
3301 E. 12th Street, Suite 259, Oakland, CA 94601
Fee: \$18 General Public | \$15 NCSPP Members

NCSPP's Pre-licensed Clinicians Committee invites you to the 23rd in a series of conversations with senior clinicians in the field of depth psychology. Join your colleagues for a stimulating evening of food, wine, and conversation with Drs. Lani Chow, Greg Clinton, Mahima Muralidharan, Regina Shields, and Diane Swirsky about the intentionally psychoanalytic and racially diverse consultation group they have formed. We will talk about the structure of their group and how it has enriched their clinical theory, conceptualization, and practices. This group has largely focused on recognition and holding of both the grounding aspects of and deficits in psychoanalysis; reclaiming the history of psychoanalytic theory and the concurrent racialization, politicization, and economic forces that have shaped it; how it is taught; and what we don't think about in the field. Finally, this group will explore how it encourages each member to consider individually and as a discipline what needs to happen in order for changes in psychoanalytic study, training, and practice to occur.

33rd ANNUAL EVENT AND LECTURE

RACIAL MELANCHOLIA, RACIAL DISSOCIATION: On the Social and Psychic Lives of Asian Americans

Instructor:	David L. Eng, Ph.D.
Discussant:	TBD
CE:	6 CE credits
Date:	Saturday, May 9, 2020
Time:	9:00 am – 4:00 pm
Location:	David Brower Center 2150 Allston Way, Berkeley, CA 94704
Tuition:	\$210 General Public \$160 NCSPP Full Members \$140 NCSPP CMH Members \$90 NCSPP Associate Members \$40 NCSPP Student Members \$40 Scholarship Rate (<i>approval required</i>)

This lecture will focus on Dr. Eng's recently published book, *Racial Melancholia, Racial Dissociation: On the Social and Psychic Lives of Asian Americans*, co-authored with psychotherapist Shinhee Han, LCSW, Ph.D. Dr. Eng will draw on case histories from the mid-1990s to the present to explore the social and psychic predicaments of Asian American adults from Generation X to Generation Y. Combining critical race theory with several strands of psychoanalytic thought and clinical practice, he will develop the concepts of "racial melancholia" and "racial dissociation" to investigate changing processes of loss associated with immigration, displacement, diaspora, and assimilation. Case studies of first- and second-generation Asian Americans will be presented that deal with a range of difficulties, including depression, suicide, and the politics of coming out, as well as broader issues of the "model minority" stereotype, transnational adoption, parachute children, colorblind discourses in the U.S., and Asia's rise under globalization. Throughout, Dr. Eng will link psychoanalysis to larger structural and historical phenomena, illuminating how the study of psychic processes of individuals can inform investigations of race, sexuality, and immigration while creating a more sustained conversation about the social lives of Asian Americans and Asians in the diaspora.

This event will be available for live streaming; see website for details.

DISCUSSANTS FACULTY | PRESENTERS

Lani Chow, Ph.D., has been the Program Chair of the Psychology Doctoral Program since 2017 and she was the program's Director of Clinical Training from 2014-2017. She has been the Director of the Psychological Services Center since 2008. Dr. Chow is a founding member of Reflective Spaces/Material Places and is a core seminar member of the Community Psychoanalysis Project at PINC. She maintains a practice in San Francisco.

Greg Clinton, Ph.D., a past president of NCSPP, is a psychologist with a specialty in Internet porn addiction. He maintains a private practice in San Francisco, where he sees adults in individual and couples therapy.

Reyna Cowan, Psy.D., LCSW, is a psychoanalyst, a personal and supervising analyst at PINC, and is on faculty at both PINC and SFCP. She teaches widely throughout the Bay Area and has a private practice in Oakland, where she works with adults, couples, adolescents, and children.

Rossanna Echegoyén, LCSW, is Founder and Co-Chair of the Committee for Race and Ethnicity at the Manhattan Institute for Psychoanalysis. She is co-chair of the Inter-Institute Task Force for Diversity, Equity, and Inclusion in psychoanalytic training. She has led reading groups and is on faculty at two institutes in New York.

David L. Eng, Ph.D., is a Richard L. Fisher Professor of English at the University of Pennsylvania. He is an author of three books, most recently *Racial Melancholia, Racial Dissociation: On the Social and Psychic Lives of Asian Americans* (co-authored with Shinhee Han, LCSW, Ph.D.), as well as co-editor of numerous collections. Dr. Eng is an honorary member of the Institute for Psychoanalytic Training and Research (IPTAR).

Sheila Longerbeam, Psy.D., LMFT, is a psychoanalyst, licensed since 1991. She trained at The Psychoanalytic Couple Psychotherapy Group and The Couples Institute and devotes most of her practice to work with couples. Dr. Longerbeam has taught and supervised couple therapy widely in the community.

Mahima Muralidharan, Psy.D., has extensive experience providing program management, clinical supervision and training, and psychological care for underserved adults, children, and families in the U.S. and India. Dr. Muralidharan coordinated the school-based clinical training program at the Ann Martin Center, served as President of the NCSPP, and is co-founder of Cohear SF, an organizational consulting firm promoting workplace well-being. She teaches throughout in the Bay Area.

Jonathan Shedler, Ph.D., is an author, consultant, and master clinician and teacher. His article "The Efficacy of Psychodynamic Psychotherapy" won worldwide acclaim for establishing psychoanalytic therapy as an evidence-based treatment. A leading expert on personality styles and disorders and their treatment, Dr. Shedler leads professional workshops nationally and internationally and consults with clinicians, organizations, and U.S. and international government agencies.

Regina Shields, Ph.D., has a private practice in Oakland, where she works with children, adolescents, and adults. Dr. Shields has taught at the Wright Institute in Berkeley, the Access Institute for Psychological Services in San Francisco, and TPI in Berkeley and has supervised at Ann Martin Children's Center and the Women's Therapy Center. She has presented on issues pertaining to race and psychotherapy at SFCP, the Psychotherapy Institute, the International Association for Relational Psychoanalysis and Psychotherapy, and Division 39.

Diane Swirsky, Ph.D., is in private practice in Berkeley, where she sees adults and couples and provides consultation. She has taught, presented, and written on the topic of trauma, relational theory, and psychoanalysis and race. She is a past president of NCSPP and an alumni of New Directions in Psychoanalytic Writing at the Washington Baltimore Center for Psychoanalysis.

Tom Wooldridge, Psy.D., ABPP, CEDS, is a psychoanalyst, board-certified clinical psychologist, and associate professor at Golden Gate University. He has published two books: *Understanding Anorexia Nervosa in Males* and *Psychoanalytic Treatment of Eating Disorders (Relational Perspectives Book Series)*, in addition to numerous articles on a wide range of topics. He is in private practice in Berkeley.

NCSP PROGRAM PLANNING COMMITTEES

Program Division Chair Molly Russo, Psy.D.

OML Division Chair Candice Turner, Psy.D.

Community Mental Health Committee

Katherine Eng, Ph.D., Chair

Suresh Chacko, Psy.D.

Geetali Chitre, Psy.D.

David Cushman, Psy.D.

Education Committee

Asya Grigorieva, Ph.D., Chair

Clara Brandt, Psy.D.

June Lin-Arlow

Cameron Murphey, AMFT

Anna Zozulinsky, Ph.D.

Intensive Study Group Committee

Todd Rising, Psy.D., Chair

Brenda Bloomfield, LCSW

Judy Curtis, Ph.D.

Cecilia Froberg, LMFT

Ben Goldstone, Ph.D.

Johanna Murphy, Ph.D.

Pre-licensed Clinician Members Committee

Priscille Schwarcz-Besson, Ph.D., Chair

Kira Bartholomew, B.A.

Brittan Chow, M.A.

Brian Kuennemeier, Psy.D.

Ronna Milo Haglili, M.A., Psy.D. Candidate

Chloe Russell, M.S., M.S.Ed.

Kylie Svenson, ASW

Program Committee

Jeremy Mintz, Psy.D., Chair

Danni Biondini, M.A.

Geetali Chitre, Psy.D.

Justine Leichtling, Psy.D.

GENERAL INFORMATION

For full course information, course objectives, late registration, and refund policies for each of the courses|events listed within, please visit our website at www.ncspp.org.

Tuition & Registration Deadlines: All tuitions listed in this brochure are for early registration (\$40 discount, \$15 discount for NCSPP Student Members). Early registration ends two weeks prior to the event or start of a multi-week course; after this date the full tuition will be applied to all registrations. For details please see individual course|event listings on our website.

Questions: For questions related to enrollment, locations, CE credit, special needs, course availability, and other administrative issues, contact Michele McGuinness at info@ncspp.org or 415|496-9949.

Membership: To join NCSPP, please visit the NCSPP website at www.ncspp.org.

Target Audience & Instructional Level: These courses are open to all licensed mental health professionals, residents, interns, and graduate students in training, as well as members of the lay public who have an interest in psychoanalytic psychology. For specific instructional level please see individual course|event listing on our website at www.ncspp.org.

Class Size & Eligibility for Enrollment: For specific class size please see individual course|event listings on our website at www.ncspp.org. Class minimums will be 6 to 8 participants. Courses that do not fill will be cancelled and payment will be refunded. In filling courses, priority will be given to NCSPP members.

Locations & Readers: For classes where location is listed as TBA (to be announced), information on location will be updated online at www.ncspp.org. Enrollment confirmation with course location and reader information will be emailed to enrolled participants. **Tuition does not include the cost of readers.**

Cancellation: Enrollees who cancel at least SEVEN DAYS prior to the event or start of a multi-week course will receive a refund minus an administrative charge. No refunds will be allowed after this time. For details please see individual course|event listings on our website.

Returned Checks: A \$25 bank charge and an additional \$15 administrative charge will be issued on all returned checks.

Continuing Education Credits: Please see individual course|event listings for number of CE credits awarded, if applicable. Courses offering CE credit meet the requirements for CE credit for LCSWs, MFTs, and Psychologists. Upon completion of a course evaluation form, a CE certificate will be issued. This serves as documentation of attendance for all participants.

LCSW/MFTs: Courses meet the requirements for continuing education credit as required by the CA Board of Behavioral Sciences. NCSPP is approved by CAMFT (Provider Number 57020), to sponsor continuing education for LMFTs, LCSWs, LPCCS, and/or LEPs. NCSPP maintains responsibility for this program/course and its content.

Psychologists: Division 39 is approved by the American Psychological Association to sponsor continuing education for psychologists. Division 39 maintains responsibility for these programs and their content.

Scholarship Information: We have established the NCSPP Scholarship Fund to broaden community access to our events by subsidizing the greater part of our tuition costs for a limited number of attendees. For information regarding eligibility and availability, contact Michele McGuinness.

Disabilities: NCSPP, CAMFT, and Division 39 are committed to accessibility and non-discrimination in its continuing education activities. If participants have special needs, we will attempt to accommodate them. If you have concerns about handicapped accessibility, please contact Michele McGuinness.

Privacy and Confidentiality: All participants are asked to be aware of the need for privacy and confidentiality throughout all programs.

NCSPP, CAMFT, and Division 39 are committed to conducting all activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. Please address questions, concerns and any complaints to Michele McGuinness.

Participants will be informed of the utility/validity of the content/approach discussed (including the basis for the statements about validity/utility), as well as the limitations of the approach and most common (and severe) risks, if any, associated with the program's content.

Commercial Support: There is no commercial support for NCSPP programs nor are there any relationships between the CE Sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.

The Northern California Society for Psychoanalytic Psychology (NCSPP) is the local Chapter of Division 39, American Psychological Association. NCSPP is committed to the study of psychoanalytic psychology and the encouragement of its interests in the professional and general communities. It is a multidisciplinary, nonprofit educational membership organization open to

REGISTRATION

THREE WAYS TO REGISTER:

ONLINE: www.ncspp.org

FAX: (415) 457-6276

MAIL: NCSPP, 12 Hampton Avenue, San Anselmo, CA 94960

I WOULD LIKE TO JOIN NCSPP AND REGISTER AT THE DISCOUNTED NCSPP MEMBER RATE:

- \$120 FULL MEMBER** \$ _____
(All licensed mental health professionals)
- \$90 COMMUNITY MENTAL HEALTH MEMBER** \$ _____
(All licensed mental health workers who conduct at least 50% of their professional duties at a CMH agency)
- \$60 ASSOCIATE MEMBER** \$ _____
(Pre-licensed mental health professionals)
- \$30 STUDENT MEMBER — Must include copy of Student ID** \$ _____
(Enrolled in an undergraduate or graduate school in a mental health discipline)

PLEASE ENROLL ME IN THE FOLLOWING:

1. _____ \$ _____
COURSE | EVENT TITLE TUITION | FEE
2. _____ \$ _____
COURSE | EVENT TITLE TUITION | FEE
3. _____ \$ _____
COURSE | EVENT TITLE TUITION | FEE
4. _____ \$ _____
COURSE | EVENT TITLE TUITION | FEE

Tax Deductible Scholarship Fund Contribution: \$ _____

Total Amount Enclosed: \$ _____

NAME

MAILING ADDRESS

CITY

STATE

ZIP CODE

EMAIL

PHONE

PAYMENT METHOD:

Check (payable to NCSPP) Amex Visa MC

CARD #

EXPIRATION DATE

CARD SECURITY CODE

BILLING ZIP CODE

NAME AS IT APPEARS ON CARD

SIGNATURE



12 Hampton Avenue
San Anselmo, CA 94960-1702
www.ncspp.org

Non-Profit Org.
U.S. Postage
PAID
San Francisco, CA
Permit No. 83

ANNUAL LECTURE 2020



RACIAL MELANCHOLIA, RACIAL DISSOCIATION:

*On the Social and Psychic Lives
of Asian Americans*

See Page 7 for Details