



NORTHERN
CALIFORNIA
SOCIETY FOR
PSYCHOANALYTIC
PSYCHOLOGY

SPRING 2021
PROGRAMS
Courses & Events

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For more information and full course descriptions please visit our website:
www.ncspp.org

Due to the ongoing Coronavirus concern, NCSPP has decided to suspend all in-person courses/events through June 2021. All events will be held via Zoom or other virtual platforms. All registrants will receive an email with the corresponding links upon registration.

We will continue to make decisions about our programs at appropriate times, with the health and well-being of participants and instructors in mind, and with the guidance and restrictions put in place by state and local health officials.

COURSES, WORKSHOPS & EVENTS

COMMUNITY MENTAL HEALTH SPRING HIKE

SOCIAL

Location: Tilden Little Farm, 600 Canon Drive, Berkeley, CA 94708
Date: TBD Pending COVID-19 Guidelines
Fee: Free

Feeling cooped-up and wanting to explore the outdoors with other Community Mental Health clinicians? The NCSPP Community Mental Health committee is hosting a hike to Tilden Park in the East Bay! Join us for an accessible hike around the area, and stay to feed the farm animals. Friends, partners, and children are welcome.

SUFFERING AS A RESPONSE TO GRATIFICATION

CASE CONFERENCE

Instructor: Diane Donnelly, Ph.D.
CE: 10.5 CE Credits
Location: Virtual Event
Dates: Thursdays, February 11 - March 25, 2021
Time: 7:30 - 9:00 pm
Tuition: \$365 General Public | \$270 NCSPP Full Members
\$220 NCSPP CMH Members | \$200 NCSPP Associate Members
\$150 NCSPP Student Members | \$150 Scholarship Rate *(approval required)*

As therapists and as patients, we naturally look for what has gone wrong in our lives to explain our anxiety or depression. Yet, as Freud discovered and as can be inferred repeatedly from news reports, people struggling with severe symptoms or engaging in self-defeating behaviors often have lives that are going unexpectedly well. For therapists and patients alike, this phenomenon can be difficult to recognize because patients naturally present what is going (or has gone) badly in their lives – frustrations, disappointments, and failures.

The aim of this case conference will be to sensitize therapists to the possibility that when patients present with self-criticism, feelings of hopelessness, or self-defeating behaviors, their suffering may reflect an escape from intense anxiety triggered by heightened success. We will read three papers and follow a few clinical cases to familiarize participants with this phenomenon. We will also demonstrate ways to help patients recognize and deepen their understanding of it, so that they can better manage ongoing gratifications in their lives.

COURSES, WORKSHOPS & EVENTS

DISSOCIATIVE IDENTITY DISORDER: Neuroscience and the Use of the Body in Dissolving Dissociative Barriers

COURSE

Instructor: Kylie Svenson, ACSW
CE: 8 CE Credits
Location: Virtual Event
Dates: Mondays, March 1 - 22, 2021
Time: 7:00 - 9:00 pm
Tuition: \$280 General Public | \$200 NCSPP Full Members
\$176 NCSPP CMH Members | \$160 NCSPP Associate Members
\$120 NCSPP Student Members | \$120 Scholarship Rate (*approval required*)

Patients diagnosed with Dissociative Identity Disorder require a treatment that specifically addresses internal communication between alters and dissociation within alters. How do we identify these often invisible patients and understand the dissociation structuring their psyches, both neurobiologically and psychically? How do we structure a treatment and frame to safely contain the subjective experience of many selves? How do we help the patient dream their experience into being when their access to bodily and affective experience is fractured between many self-states, separated by powerful amnesic and sensory barriers?

We will explore the answers to these questions as we discuss what makes treatment of dissociative disorders different from standard analytic work. We will look at how to work with the terror of our most traumatized patients and help them begin to create a sense of safety within.

FACING CLASS IN THE ANALYTIC FIELD

WORKSHOP

Instructors: Amber M. Trotter, Psy.D., and Benjamin Fife, Psy.D.
CE: 3 CE Credits
Location: Virtual Event
Date: Sunday, March 7, 2021
Time: 1:00 - 4:00 pm
Tuition: \$105 General Public | \$75 NCSPP Full Members
\$66 NCSPP CMH Members | \$60 NCSPP Associate Members
\$45 NCSPP Student Members | \$45 Scholarship Rate (*approval required*)

This course explores the class position of psychotherapists. We will examine socioeconomic and historical forces structuring our profession, from who we treat to how we think. As individual therapists and professional organizations endeavor to respond to urgent calls to address issues of diversity and social justice, we will argue that only by understanding structural dimensions of inequality and oppression can we respond effectively. Clinical psychoanalysis in the contemporary United States is inextricable from neoliberal ideology and late-stage capitalism; our privilege exists in this context. Psychotherapists often perform a managerial role, helping patients regulate themselves to succeed in a profoundly unjust, white supremacist society. Interrogating this context, our privilege, power, role, and resistance to change is vital to responding to the urgency of the current moment, thinking diverse subjectivities, and treating diverse clients. A lecture will be followed by clinically focused small groups.

COURSES, WORKSHOPS & EVENTS

VIRTUAL SPRING HAPPY HOUR

SOCIAL

Location: Virtual Event
Date: Friday, March 12, 2021
Time: 6:30 – 8:30 pm
Fee: Free

The Pre-licensed Clinician Members Committee at NCSPP invites you to our Virtual Spring Happy Hour. The PLC is a group of early-career therapists and graduate students. This happy hour is a great opportunity to grab your favorite beverage, unwind after your day, meet new students and therapists, discuss career interests and internships, and learn more about psychoanalytic ideas..

USHA TUMMALA-NARRA READING GROUP

WORKSHOP

Location: Virtual Event
Date: Sunday, April 11, 2021
Time: 1:00 – 2:30 pm
Fee: Free

In preparation for the Annual Lecture with Usha Tummala-Narra, Ph.D., a reading group for community mental health clinicians will discuss selected works and consider how they apply to their work and thinking.

34th ANNUAL EVENT AND LECTURE

A DAY WITH USHA TUMMALA-NARRA, PH.D.

Instructor: Usha Tummala-Narra, Ph.D.
Discussant: TBD
CE: 6 CE credits
Date: Saturday, April 24, 2021
Time: 9:00 am – 4:00 pm
Location: Virtual Event

Details about this event will be published soon. Please visit our website for updated information.

WRITING AWARD PAPER PRESENTATION

SALON

Presenter: Tara Bredesen, ASW
Interviewer: Priscille Schwarcz-Besson, Ph.D.
Date: Friday, May 14, 2021
Time: 6:00 – 8:00 pm
Location: Virtual Event
Fee: \$15 General Public | \$12 NCSPP Members

Please join the Pre-Licensed Clinicians Committee in celebrating the work of Tara Bredesen, ASW, on her paper titled "Slipping into Self Disclosure: A Mixed-Race Negotiation with Sameness and Difference," which received *fort da's* 2019 Annual Writing Award. (The paper will be published in the Fall 2020 issue.) Tara will present her paper, and a discussion facilitated by Priscille Schwarcz-Besson, Ph.D., will follow.

DISCUSSANTS, FACULTY, PRESENTERS

Tara Bredesen, ASW, obtained her MSW from Smith College School for Social Work in 2018. She completed her internship at UCSF's Infant-Parent Program and currently works as a Birth-to-Five mental health clinician with A Better Way, Inc., in San Francisco. As a Scholar of the Multicultural Concerns Committee, she presented at the Society for Psychoanalysis and Psychoanalytic Psychology's (Division 39) Annual Spring Meeting in 2019.

Diane Donnelly, Ph.D., is a psychologist and psychoanalyst on the SFCP Faculty. She practices in San Francisco and Marin, where she sees adults and children. In 2012, she received JAPA's New Author Prize for her paper "The Function of Suffering as Portrayed in The Scarlet Letter and Reflected in Clinical Work."

Benjamin Fife, Psy.D., is a clinical psychologist with a private practice in San Francisco where he works with children, adults, couples, and families. He has also worked as a clinical supervisor at CPMC, the UCSF Infant-Parent Program, and supervised trainee therapists in community mental health settings. Dr. Fife has a strong interest in the interplay between social structures and mental health outcomes.

Priscille Schwarcz-Besson, Ph.D., works in private practice in San Francisco and San Rafael. In addition to her work as a clinical psychologist, she has experience in specialized education and small business administration. Dr. Schwarcz-Besson currently serves on the Board of NCSPP and is the past chair of the board of CAPIC.

Kylie Svenson, ACSW, a conservatory-trained musician, is interested in creativity as an important aspect of the patient's process of dreaming the self into being. She often works with artists and finds their gifts can be both a window to their trauma and a form of integration and elaboration of the traumatized self. She is also interested in dissociative disorders and specializes in working with patients with DID and OSDD. Her background includes training in specialized treatment for these patients, which integrates both psychoanalytic and family systems work, informed by structural dissociation theory.

Amber Trotter, Psy.D., is a graduate of Middlebury College, Access Institute, and the California Institute of Integral Studies, where she currently teaches. She has a background in sociology and political activism and thinks and writes about the nexus of psychoanalysis and contemporary society. She recently published a book, *Psychoanalysis as a Subversive Phenomenon* (Lexington Books, 2019) and is a founding editor at *Damage Magazine*. She has a private practice in San Francisco.

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

Andrea Chan, Psy.D.

Geetali Chitre, Psy.D.

Hoa My Nguyen, LCSW

Education Committee

Asya Grigorieva, Ph.D., Chair

Clara Brandt, Psy.D.

June Lin-Arlow

Ronna Haglili, Psy.D.

Pre-licensed Clinician Members Committee

Priscille Schwarcz-Besson, Ph.D., Chair

Kira Bartholomew, B.A.

Maya Florsheim, M.A.

Melissa Glass, B.S.

Tom Guyer, B.A.

Brian Kuennemeier, Psy.D.

Suzanne Mungalez, M.A.

Program Committee

Danni Biondini, M.A.

Geetali Chitre, Psy.D.

Heather McKibbin, Ph.D.

Kimia Monsoor, Psy. D.

Jessica Brown, LMFT

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.

LCSWs/MFTs: Courses meet the requirements for CE credit, as required by the CA Board of Behavioral Sciences, through CAMFT (Provider #57020).

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 all mental health professionals.



FACING CLASS IN THE ANALYTIC FIELD

Sunday, March 7, 2021

See page 4 for details