



CHICAGO PSYCHOANALYTIC INSTITUTE

SPRING 2019

CHICAGO PSYCHOANALYTIC INSTITUTE

122 South Michigan Avenue
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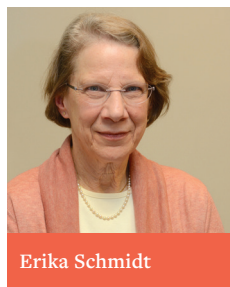
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FROM THE PRESIDENT:

Celebrating the tenth anniversary of Child and Adolescent Clinical Services



Erika Schmidt

Psychotherapy helps children acquire psychological skills that contribute to self-esteem and confidence, including the ability to regulate and reflect on feelings. Unfortunately in Chicago, many of the children with greatest need of these

skills are least able to access them due to finances and availability of services in their community.

One answer to that challenge for the past 10 years has been the Center for Child and Adolescent Psychotherapy, created thanks to the vision of Paul Holinger with support from lead donors Joan and Bill Dutton and other Institute friends and faculty.

Renamed this year as the Child and Adolescent Clinical Services Treatment Center, its mission has been to provide high quality mental health services to children, adolescents and their families regardless of financial resources. The Center provides individual therapy at several sites and school-based group and individual psychotherapy.

When we opened the doors to our clinic, we were curious to discover who would use our service and what kind of community inquiries would come to our attention. In addition to families searching for psychotherapy, we soon found our work in demand from families and public and charter schools on the

South Side, a part of the city with a great need for additional mental health services.

Early in my role of clinic director, I had an interaction at a school that taught me a profound lesson about the everyday meaning of “psychoanalytic.” I was in a meeting in which I was introduced to a school principal who was considering whether her school would benefit from our services. The community representative making the introduction explained to the principal, “I like these people. They keep coming back.”

On the surface, she meant that we would not disappear at the end of 12 weeks or a school year. But what she expressed more deeply was the recognition that continuity and an ongoing relationship built on trust and shared experience is a potent force for effective work. This is a central psychoanalytic value conveyed in everyday language.

Our experiences with Child and Adolescent Clinical Services also inform our continuing education programs that provide training to the broader community of mental health professionals. The Institute and all its supporters can be proud of the treatment and care that therapists, students, and faculty have provided since 2008.

Thanks to the continued generosity and investment of the Institute’s faculty and supporters in terms of time, treasure, and knowledge, we look forward to another decade and more of successful treatment. ■

BY THE NUMBERS: TEN YEARS OF CHILD AND ADOLESCENT CLINICAL SERVICES

6

Psychoanalysts and psychotherapists see individual clinic patients downtown and across the region

800

Hours of individual therapy provided

8

Therapists conduct group therapy at charter and public schools in Englewood and Greater Grand Crossing

1,350

Hours of school-based therapy provided in 2018

1,000+

Families reached via individual and school-based services

TASK FORCE:

Board approves organizational effectiveness recommendations

FIRST FACULTY SENATE MEMBERS ELECTED

In January, the Institute board approved governance changes that empower the Institute president, dean and a new Faculty Senate to lead the organization more effectively.

“By approving the Organizational Effectiveness Task Force’s recommendations, we have ensured our governance structure is as contemporary as the Institute’s psychoanalytic mission and practice,” said Board Chair Robert Graham.

In fall 2017, the board created the Organizational Effectiveness Task Force, led by Vice Chair Stephen Berger. Task Force and board members were most concerned to maintain educational excellence and develop collaborative plans with the faculty to enhance existing programs as well as to reorganize the governance of the Institute consistent with that goal and modern practices.

They cited as one positive example the new partnership with the Institute for Clinical Social Work to open up degree possibilities for Institute students and welcome ICSW students to Chicago Psychoanalytic Institute programs. To meet the organization’s needs they approved several changes, including:

- **PRESIDENT:** The board approved expanding the president position from half- to nearly full-time. This will allow President **Erika Schmidt** additional time to lead the activities of the Institute, including fundraising.
- **FACULTY SENATE:** The board also created a new body of seven faculty members plus the dean to consult with and advise the president, dean and board. Faculty members will serve staggered two-year terms; the dean will be a non-voting member. In an election concluded February 25, the faculty elected **Laura Esikoff, MA, Steven Flagel, MD, Charles Jaffe, MD, Ann Kaplan, PhD, Mark Levey, MD, Kate Schechter, PhD** and **Molly Witten, PhD** as the first members of the new faculty senate.
- **DEAN & ACADEMIC COMMITTEES:** The dean will be responsible for selecting faculty committee chairs, who will organize their respective committees.
- **SEARCH COMMITTEES:** The board also provided for creation of search committees, comprised jointly of both faculty and board members, to lead the search for candidates to fill future openings in the president and dean positions.

President Erika Schmidt thanked board and faculty members for their leadership: “I’m grateful to our board and faculty for the effort they invested in the Institute’s long-term viability with our re-branding and recent governance changes,” she said. “Future therapists and their patients, the Chicago region, and our discipline will all benefit from their work.” ■

HUMAN. BEING.

Robert Fajardo: Investing in a ‘hospitable and diverse institution’



The Franz Alexander Legacy Society honors individuals who have included the Chicago Psychoanalytic Institute in their will, trust or other charitable planned gift. Legacy Society members envision the future and are determined to keep Franz Alexander’s mission, to better understand human beings and help them live better lives, alive forever. This is the second in a series of profiles of Franz Alexander Society inaugural members.



Bob Fajardo appreciates the collaborative atmosphere he’s experienced at the Institute over the years.

Psychoanalysts and psychotherapists may gather in other places, but for psychiatrist **Robert Fajardo** nowhere else is quite like the Chicago Psychoanalytic Institute.

Fajardo says he joined the Franz Alexander Society as a way to invest in the “collaborating kind of atmosphere” that has sustained him since he became a student at the Institute in 1970.

Fajardo still recalls the conversation at University of California San Francisco School of Medicine in which a mentor, Norman Reider, suggested he go to Chicago for training. Reider told Fajardo he would like the Chicago Institute because, in spite of differing paradigms, varied perspectives, and divergent personalities, it was a psychoanalytic center with a fair amount of collaboration. Fajardo says Reider’s insight was a worthy one that still holds true today: “I find this to be a hospitable and diverse learning institution.”

Case in point: in the 1980s, Fajardo’s late wife Barbara was in the forefront of lobbying the Institute to allow practitioners with PhDs to train as analysts. It was different from his earlier experience; “I had been trained ‘MD, MD, MD,’” he says. But the Institute and field not only survived the controversy, they have thrived with the inclusion of differently-degreed professionals.

Members of the Institute also come together to take care of each other. When Barbara Fajardo grew sick and later passed away as a result of uterine cancer, her wariness of the analyst assistance committee at the time led him to subsequently become involved with their work. Today, he serves as chair of the Joint Psychoanalyst Assistance Committee.

Thinking about the future, Fajardo says he imagines the discipline will continue to evolve. “Psychoanalysis is not a fixed and stationary process,” he says. He anticipates the faculty will continue to develop their own many perspectives, while maintaining collaboration all the while.

Making that future a bit more assured is the reason he encourages others to join him in becoming members of the Franz Alexander Legacy Society. “Many of us often just don’t think about it,” he says. “It’s important to be respectful to our family, but also to assist the Institute that has given, and continues to give, each of us so much.” ■

FACULTY & STAFF:

Alumna Stephanie Fariss joins faculty



In December, Dean Neal Spira announced the addition of **Stephanie Fariss, JD, LCSW** to the Institute faculty. Fariss graduated from the Psychoanalytic Education Program in June 2018. She previously served as president of the Candidates' Association and candidate representative to the Institute's Education Council and Board of Trustees.

Fariss left her life as an attorney in Texas in 1992, when she moved to Chicago and began clinical work with patients with severe characterological disorders at Northwestern Memorial Hospital's Outpatient Treatment Center. She was one of the clinicians who established the Warren Wright Adolescent Program at Northwestern in 1994, where she took a special interest in the treatment of young women suffering from trauma, and later became the program's clinical coordinator. She started a private practice in 1994.

She is a graduate and faculty member of the C.G. Jung Institute of Chicago's Analyst Training Program and a board member of the Archive for Research in Archetypal Symbolism. She previously served on the Board of Trustees of Mental Health America of Illinois and participated for several years on a panel at national and international group conferences on the "social unconscious," which was later published.

Fariss has a particular interest in the integration of multiple theoretical perspectives in psychoanalytic practice and the relevance of psychoanalysis to current and historical social issues such as gender, race, politics and animal welfare. Her most recent personal project has been the rescue of over 500 companion animals from kill shelters for the last four years. She aspires to write about the value companion animals bring to the experience of being human, especially as it relates to emotional regulation and development in children and adults. ■

CLASS OF 2019:

Fundamentals Student Eugene Sampson receives APsaA support



Eugene Sampson, a student in the Fundamentals of Psychoanalytic Thought and lecturer in the German Program at DePaul University's Department of Modern Languages, has received a tuition grant from the Committee on Psychoanalysis and the Academy of the American Psychoanalytic Association.

Tuition support is available for academics in the arts and sciences (excluding the traditional clinical fields of medicine, psychology, and social work) to attend psychoanalytic training seminars at APsaA approved institutes.

Sampson's poems, reviews, and translations from the German have appeared in print and online. He was drawn to Fundamentals, the Institute's one-year foundational education in psychoanalytic thought, theory and practice, as a way to find out what psychoanalysis was like from the practitioner's perspective.

The program is already having an impact on his teaching, Sampson says, including a class on translation he's leading this term. He credits his classmates as a significant source of learning: "I've never had access before to a group of people working – by varying degrees and in varying respects – in clinical settings," he adds. "Listening to their reactions to the material presented in the program, as well as their openness to me and my questions, has felt validating and rewarding." ■



FROM THE ARCHIVES:

Benedek Lectures Available Online

Past curators of the Helen McLean Library and Franz Alexander Archives at the Chicago Psychoanalytic Institute have left behind an extensive, well-organized and well-preserved collection of archival materials. Library staff are working to digitize and share some of this material as time permits.

One of the best examples of their work is the archival collection of Therese Benedek, one of the first faculty members of the Institute, who taught and practiced here from 1936 to the early 1970s.

Benedek joined the Institute at the invitation of director Franz Alexander. During her tenure here, Benedek authored or co-authored nearly a dozen books and nearly three dozen journal articles. She is known best for her studies of the psychosexual functions of women, although she also wrote about depression and veterans issues.

In 1959, Benedek published the article, "Parenthood as a Developmental Phase – A Contribution to the Libido Theory." The article was groundbreaking in challenging the long-held notion that personality integration concludes in adolescence.

"Personality development continues beyond adolescence," Benedek wrote, "under the influence of reproductive physiology, and... parenthood utilizes the same primary processes which operate from infancy on in mental growth and development."

Benedek left the Institute more than a dozen archival boxes and loose materials. Surviving transcriptions of lectures Benedek gave in 1954 and 1955 for her course, *Evolution of Psychoanalytic Concepts*, can be found at chicagoanalysis.org ■



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ANNUAL BENEFIT

Wednesday, May 15, 2019

**A CELEBRATION OF
THE TRANSFORMATIVE
WORK OF THE CHICAGO
PSYCHOANALYTIC INSTITUTE**

The Annual Spring Benefit will be held this year on Wednesday, May 15 at the University Club. Once a year, the Institute community comes together to celebrate our mission and to recognize the impact psychoanalytic thought has on enriching the human experience. This is a time to gather and socialize, listen to a jazz trio, enjoy a glass of wine and break bread with friends and colleagues.

The evening's program includes a conversation between **Martha C. Nussbaum**, distinguished philosopher and member of our Board of Trustees, and **Steve Edwards**, WBEZ vice president and chief content officer. The current political situation is on everyone's mind these days and they will look at this through the prism of psychoanalysis in their talk, "Politics is Emotional: Finding Hope Amidst Fear."

Nussbaum is the Ernst Freund Distinguished Service Professor of Law and Ethics at the University of Chicago, a member of the American Academy of Arts and Sciences, the recipient of 62 honorary degrees and 20 distinguished awards. The most recent of her many publications is *The Monarchy of Fear: A Philosopher Looks at Our Political Culture*.

Edwards is an award-winning journalist, producer and program host who has covered everything from politics to pop culture and interviewed many leading newsmakers, politicians, artists and thought-leaders. For several years, he was executive director of the University of Chicago's Institute of Politics where he oversaw, among other things, its public event series and civic engagement programs.

We hope you will join us for what promises to be a fun and interesting evening. For further details about the program, tickets to the benefit, sponsorships or any questions you may have, go to chicagoanalysis.org or contact Director of Development Mary Mucci at mmucci@chicagoanalysis.org. ■