

# THE CHICAGO INSTITUTE FOR PSYCHOANALYSIS

EDUCATION | TREATMENT | SERVICE

Winter/Spring 2015



## From The Director Erika Schmidt, M.S.W.

The couch is an enduring symbol of psychoanalysis that has expanded to represent the various types of “talk therapy.” Recently, *The New York Times* started an opinion column called “On the Couch,” which collects stories by therapists and their patients of how therapy helps. The *Times* includes all forms of therapy, not just psychoanalysis, an apt indication of how psychoanalysis is embedded in the way we think about therapy, even as it is unfairly considered old-fashioned or out-of-date.

The Chicago Institute trains psychotherapists to do all forms of talk therapy. Psychoanalysis is one form, the most intensive, designed to change ingrained, self-defeating patterns of thinking, feeling and acting. But talk therapy comes in many forms, often once- or twice-a-week sessions that address problems such as reactions to stress, interpersonal relationships, or dissatisfaction with work or love.

In all types of effective talk therapy, psychoanalytic theory and values inform the treatment and help illuminate the basic nature of how our minds work—that much of what we think and feel takes place out of awareness, that we bring old ways of relating to new relationships and situations, and that understanding that comes from being listened to and responded to in a therapeutic relationship can create new ways of being and a better sense of well-being. This is the essence of psychoanalytic theory.

At the Chicago Institute for Psychoanalysis, psychoanalysts are trained in the Psychoanalytic Education Program, and psychotherapists are trained to work with adults, adolescents and children in the Adult Psychotherapy Program and the Child and Adolescent Psychotherapy Program. Our Fellowship Program introduces interested mental health professionals and others to the central ideas of psychoanalytic theory and therapy. ■

## Inside the Clinic

The Institute’s clinics are an excellent resource for people seeking help for a range of emotional difficulties. People come for many different reasons, but with a curiosity about the troubles they are experiencing and a willingness to work toward change. Sometimes people feel stuck in old, self-defeating patterns. They may be unable to move forward in relationships or with career goals. Others may find themselves in painful relationships or engaged in behaviors they cannot understand, such as infidelity. Many struggle with acute or chronic emotional states, such as depression or anxiety.

In the Adult Psychotherapy Clinic, someone seeking help begins with a consultation to determine the nature of the difficulty and the kind of help that best fits her/his needs. Psychoanalytic psychotherapy and psychoanalysis are both offered with a sliding fee scale so that people with limited financial resources can gain access to mental health services.

In both forms of treatment, the therapist or analyst engages in a collaborative effort to understand the individual on a deep emotional level, seeking to help make meaning out of experience. The therapist or analyst is a compassionate and non-judgmental listener whose goal is to help a person understand the obstacles within themselves that interfere with achieving their life goals. People can expect to gain different and new feelings about themselves as well as a nuanced understanding of their own past that enables them to move forward with love and work.

For more information or to arrange a consultation, contact Judith Newman, the Director of the Adult Clinic at 312-922-7474. ■

## CALENDAR

**FRIDAY, APRIL 10**  
12:00 – 5:30 PM

*Human Trafficking of Women and Children in the USA*

A psychoanalytically informed live conference and simultaneous webinar offering training for health care professionals. Faculty member Brenda Solomon will serve as the local discussion leader at the Institute. CEUs available.

**SUNDAY, APRIL 19**  
2:00 – 5:00 PM

*A program of the Cinema on the Couch series, bringing together cinema and psychoanalysis*

The film *Carnage* will be shown, along with a discussion led by Joshua Kellman, M.D.

**SATURDAY, MAY 16**  
1:00 – 4:00 PM

*The Forward Edge of Self Psychology*

The 7th Annual Marian D. Tolpin Memorial Seminar features Donna Orange, Ph.D., Psy.D., speaking on “Other-Wise: Nourishing and Sustaining the Inner Life of the Working Clinician.” Her talk is followed by a case presentation by Brooke K. Magers, Ph.D.

**SATURDAYS**  
9:00 AM – 12:00 PM  
APRIL 18 – MAY 30

*Barr-Harris Workshops*

Downtown and Northern Suburbs. Topics deal with loss and separation, including “Violence through the Generations,” “Loss from Suicide” and “Relatives Raising Children.”

**FIRST WEDNESDAY OF THE MONTH, 7:00 – 9:00 PM**

*The Reading Freud Seminar*

Currently reading Freud’s *Jokes and their Relation to the Unconscious*, a fascinating and controversial work that has been the subject of wide ranging scholarship. Led by Robert Galatzer-Levy.

For more information and to register for any of these programs, contact Chris Susman at 312-922-7474 or csusman@chicagoanalysis.org

## Annual Benefit

Roz Chast, The New Yorker cartoonist and author, will be the featured speaker at the 2015 Annual Benefit on May 13th. Chast is the award-winning author of *Can’t We Talk About Something More Pleasant?*, a graphic novel about family life and intergenerational relationships. In this and all her work, Chast conveys attentiveness to spoken and unspoken words and feelings with wry humor that addresses our most fundamental concerns about living. The Institute will also honor the late Steven LaVoie by presenting its Human Spirit Award to his wife, Jody. He had been a dedicated member of the Board of Trustees and a committed spokesman for the value of psychoanalysis.

The Benefit will be held at the Standard Club on Wednesday, May 13. Ticket and sponsorship information can be found on the website, [chicagoanalysis.org](http://chicagoanalysis.org). ■

**Thank you to our generous sponsors**  
(as of 3/1/15)

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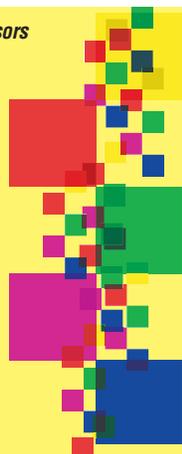
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## Institute News

**Congratulations to the following members of the Institute for their recent achievements!**

**Frank Summers**, faculty, received the 2014 Gradiva Award for his 2013 book *The Psychoanalytic Vision: The Experiencing Subject, Transcendence and the Therapeutic Process*. The award, established by the National Association for the Advancement of Psychoanalysis, honors authors and artists whose creative work advances psychoanalysis. Frank is one of psychoanalysis' strongest voices for the creative power of psychoanalysis and the psychoanalytic values that contribute to understanding social injustice and creating conditions for change.

**Jonathan Lear**, faculty, has been appointed the Roman Family Director of the Neubauer Collegium at the University of Chicago. The Collegium

supports collaborative research projects using humanities and social sciences methods to examine a range of challenging questions about contemporary society by bringing together university scholars with others from around the world. "Jonathan is a remarkable scholar and leader, and I am confident the innovative work taking place at the Neubauer Collegium will deepen and expand under his care," Martha Roth, University of Chicago.

**Pamela Adelman**, board, was honored this fall by Rush Neurobehavioral Center with the Pearl H. Rieger Award. Named for the incredible accomplishments of Pearl Rieger, a life trustee of the Institute, the award pays tribute to an individual or institution that has made a significant difference in the lives of children with neurobehavioral issues. ■

## Alumni

More than 20 alumni of the Institute's various educational programs came out on a snowy evening for the inaugural event of the newly organized Alumni group. Alums enjoyed wine and cheese and the opportunity to connect with colleagues. The group learned about current Institute activities and the future vision. They also discussed the kinds of events and continuing education programs that meet their



Institute Director, Erika Schmidt; Faculty and Alum, Laura Esikoff; Board and Alumni Committee, Eleanor Coe; Alumni Committee, Kate Surmeier

professional goals and commitment to psychoanalysis. "It's important for us to have a community, to have a professional home here at the Institute," said Laura Esikoff, alum and faculty member.

Organized by Eleanor Coe, alum and Board member, the alumni group will continue quarterly meetings with the goal of promoting their professional growth and sustaining a connection with the Institute. To be included on the alumni mailing list, please visit the website at [chicagoanalysis.org](http://chicagoanalysis.org) and complete the survey located in

About Us/Institute Alumni. ■



## Support the Institute

Your contributions are essential to continue the Institute's various educational and clinical service programs. The funds raised from individuals, corporations and foundations strengthen training programs, expand therapeutic services and help establish a stronger voice in the public sphere for the mental health needs within the community. To make a donation, please contribute online at [www.chicagoanalysis.org/content/support-us](http://www.chicagoanalysis.org/content/support-us) or by contacting Chris Susman at 312-922-7474. ■

## Welcome New Board Members!

The Institute welcomes several new members to the Board of Trustees. They each bring special skills and talents to the Board, along with a commitment to the work of the Institute. Welcome Pamela Adelman, PhD, John P. Healy, Trisha Homans and Donna Shaft!



**Pamela Adelman, PhD** – *"The focus of my career for over 40 years has been on educational programming for students with learning disabilities. I believe that my experience as a professor of education and as the founding director of a school for children with learning disabilities will bring a perspective that will help further the mission of the Institute."*

Pamela is the Executive Director Emerita for Hyde Park Day School, a school for bright children with moderate to severe learning disabilities.



**John P. Healy** – *"I was compelled to join the Institute because I consider myself to be the quintessential "grateful patient." Not only have I benefited from continued psychotherapy, but my family has as well. I'm hoping to leverage my skill set to enhance the Institute's ongoing public relations and communications efforts."*

John is the CEO of Healy Consulting & Communications Inc., a consulting firm that helps clients create a perfectly tailored and balanced portfolio of traditional and digital marketing and public relations strategies to fuel their growth and ensure their relevancy.



**Trisha Homans** – *"My expertise and understanding of the provider-side of healthcare and skills in strategy and governance are a timely addition to the Board as we engage in strategic planning for the future."*

Trisha is a healthcare consultant in strategy, business development and governance in major institutions and medical centers.



**Donna Shaft** – *"As a marketing professional, I am challenged by the Institute's need to effectively communicate the value of psychoanalytic therapy to broad and relevant audiences. As my husband completes his candidacy at the Institute, I am witnessing how his deeper psychoanalytic work with patients makes real differences in their lives."*

Donna is a consultant with nearly 30 years of professional marketing, business development and management consulting experience. ■

## Institute Legacy Donors

The Chicago Institute for Psychoanalysis is grateful to legacy donors Eleanor Price and Pauline Sackheim for their enduring commitment to the theory and practice of psychoanalysis. Their support allows the Institute to remain a leader in psychoanalytic education, scholarship and clinical services for generations to come.

**Eleanor Price** was a graduate of the Institute's Child Care Program (predecessor of the Child Therapy Program). She was a social worker and emeritus professor of education at Northern Illinois University, served as president of DeKalb County Mental Health Association, and was a founding member of the Family Service Association. Through a bequest in her will, Dr. Price contributed over \$50,000 to the Institute.

**Pauline Sackheim** was a member of the Institute for Psychoanalysis Women's Committee beginning in 1971 and a member of the Board of Trustees until 1989, when she was elected a life trustee. The Women's Committee was active in fundraising for the Institute through sponsorship of special events. Through a bequest in her will, Ms. Sackheim contributed \$25,000 to the Institute.

Legacy gifts are one way to support an organization in which you believe strongly and enable you to invest in the future of the organization without impacting your current assets. Legacy giving is accessible to all donors, irrespective of income. There are many ways to make a legacy or planned gift. These include, but are not limited to: a bequest in your will, designating a dollar amount or percentage of your estate; naming the Institute as a beneficiary on your IRA or life insurance plan; and establishing a charitable gift annuity.

For more information on making a legacy gift to the Chicago Institute for Psychoanalysis, please contact Chris Susman at 312.922.7474 x324. ■