

THE CHICAGO INSTITUTE FOR PSYCHOANALYSIS

EDUCATION | TREATMENT | SERVICE

Winter 2014

**THE CHICAGO INSTITUTE
FOR PSYCHOANALYSIS**
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From The Director Erika Schmidt, M.S.W.

As the Institute's new Director for five months now, I have the privilege of overseeing the many educational programs and clinical services that the Chicago Institute for Psychoanalysis offers. The Institute educates mental health professionals as psychoanalysts and psychotherapists, provides psychotherapy and consultation services to underserved communities, and actively advocates for the values of psychoanalysis in the public policy and media discourse. It is difficult to measure the impact of this work because it occurs in small moments during a psychotherapy session or in the growing expertise of students and trainees. Yet we see the impact as we observe the kinds of changes people make in their lives and the

stories they tell of what they can now do. My own professional development has been indelibly shaped by my education at the Institute, first in the Child and Adolescent Psychotherapy Training Program early in my career and then later in the Psychoanalytic Education Program. I learned how to listen to the subjective meaning of emotional experiences and how to use my knowledge of psychoanalytic ideas and values to help people change. Equally important, I learned how a psychoanalytic perspective can inform work in all kinds of settings, whether schools, mental health clinics, child welfare agencies, or private practice of psychoanalysis and psychotherapy. Psychoanalysis is a form of therapeutic intervention that helps children and adults change their lives in ways that no other kind of help can do. It is also a way of seeing and understanding the world around us, an understanding that can help shape change on a social level as well. ■

Center for Child and Adolescent Psychotherapy Offers Outreach to Schools



The sign on the fence outside the Montessori School of Englewood (MSE) is one expression of the school's mission to provide a "peaceful oasis" for its students, their families, and the surrounding community. Inside, signs with the familiar butterfly and teachers' names welcome children at every classroom doorway. This unique charter school opened at the beginning of the 2012-13 school year to serve families in Englewood and West Englewood, many of whom are affected by poverty, violence, trauma and unemployment, and have limited access to resources or quality academic opportunities. Discussions between the Institute's Center for Child and

Adolescent Psychotherapy (CCAP) and MSE began during the school's first year of operation seeking ways to collaborate in addressing the emotional well-being of students and their parents, and to support the dedicated staff members who are often taxed by the stress of their day-in, day-out work with needy children. During the 2013-14 school year, Denia Barrett, M.S.W. (CCAP Director) and Kelly Frazier, M.S.W., (MSE Director of Social and Emotional Supports) have been developing a model for consultation and on-site psychotherapeutic intervention to bring mental health services where the children are, not the other way around. This program represents a new extension of the Center's outreach to Chicago area schools. In addition, The Englewood Project offers therapeutic groups to children in three CPS schools in Englewood, and The Woodlawn Vulnerable Students Initiative provides mental health consultation to a school in Grand Crossing. ■



Annual Benefit

Wednesday, May 7, 2014
Union League Club of Chicago

This year's Annual Benefit features **Stephen Grosz**, a London based psychoanalyst and author of the bestselling *The Examined Life: How We Lose and Find Ourselves*. The book presents a collection of stories distilled from Grosz' experience as a psychoanalyst, and in clear, emotionally direct and unadorned language, conveys the power of psychotherapy and psychoanalysis to help people change their lives. The funds raised will support the Institute's educational programs, clinical services and public education programs.

**For tickets and sponsorship information,
call 312-922-7474 or visit chicagoanalysis.org**

Faculty Developments



Bonnie Litowitz, Ph.D.

Bonnie Litowitz, Ph.D., Institute faculty member and a major contributor to psychoanalytic scholarship, began a five-year term as editor of the *Journal of the American Psychoanalytic Association (JAPA)* in January 2014. *JAPA* is one of the world's most respected publications in psychoanalysis, providing an important forum for the exchange of new ideas and highlighting the contribution of psychoanalytic principles in understanding social problems. Bonnie observed, "This is such an exciting time for psychoanalysis in America, when innovative ideas are informing new clinical practices. *JAPA* is the forum for the best of that scholarship, and new technologies are making access and interaction with the journal faster and easier." ■

Calendar

Friday, March 14 5:30-8:30pm

"Be Aware the Ids of March—A showing of John Huston's film 'Freud: The Secret Passion'"

This biographical film will be shown, along with a pizza dinner and discussion of the film by Tom Barrett, Ph.D. and Erika Schmidt, M.S.W., Institute faculty members. The showing is aimed at mental health trainees interested in psychoanalysis.

Saturday, March 22 1:30-4:30pm

"The Forward Edge of Self Psychology"

The Marian D. Tolpin Memorial Seminar features Joseph Lichtenberg speaking on "The Origins of the Sense of Self in Infancy and the Further Enlivening of the Self through Psychotherapy." His talk is followed by a case presentation.

Saturday, April 5 12:30-4:45pm

"Using Winnicott"

In this conference, a group of psychoanalytic scholars consider the contributions of D.W. Winnicott to clinical work and theories of human interaction. Joyce Slochower, Frank Summers, James Anderson and Kenneth Newman will each present an original paper.

Saturdays, March 29 - June 7

Barr-Harris Workshops

Barr-Harris staff will present on topics related to childhood separation and loss, including "Working in the Schools," "Incarcerated Parents," "Loss Over Time," and others.

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

Foundations Support the Barr – Harris Children's Grief Center

Thank you to the following foundations for their continued generous support of the Barr – Harris Children's Grief Center:

Efroymson Family Foundation, for a \$100,000 grant over three years to support children who are of low income and children who are exposed to violence.

The Lauri Bauer Foundation for Sudden Loss, for a \$50,000 grant to support the Center's Deerfield and Evanston locations. In these locations Barr-Harris provides clinical services as well as community outreach and education.

The Barr-Harris Children's Grief Center is a clinic for children who have suffered loss through death, divorce or abandonment. The staff offer evaluations, therapy and child guidance in offices in the city, suburbs and schools. No one is ever turned away for inability to pay. Consultations, community outreach and presentations are also provided. ■



Resources at the Institute

The Helen McLean Library, with over 10,000 volumes of psychoanalytic literature and 35 journal subscriptions, is a resource for scholars, psychoanalysts, journalists, historians and anyone interested in psychoanalysis and its many applications. The Maxwell Gitelson Library houses a film collection featuring psychoanalytic subjects, interviews with prominent psychoanalysts and recordings of talks and speeches. Materials related to the history of psychoanalysis in Chicago and nationally, including a special collection of Heinz Kohut papers, can be found in the Archives. The Library is open to the public and welcomes visitors. Contact the Librarian at 312-922-7474 for an appointment. ■

Supporting the Institute

Thank you to our many generous donors who helped us raise over \$115,000 in individual contributions through our end-of-2013-year campaign to support our various educational and clinical service programs. The funds we raise from individuals, corporations and foundations enable us to strengthen all our training programs, expand our therapeutic services and establish a stronger voice in the public sphere for the mental health needs within the community. Donations can now be made through our website at www.chicagoanalysis.org/content/support-us or by contacting Chris Susman at 312-922-7474. ■

The Institute's Education and Training Programs

The Institute offers a number of education and training programs for mental health professionals at all levels of career development and that address varied career goals.

Psychoanalytic Education Program

This program trains mental health professionals as psychoanalysts of adults and children and prepares them for the practice of psychoanalysis. The intensive training includes coursework in the theory and practice of psychoanalysis; a personal psychoanalysis; and supervised clinical analytic experience.

Adult Psychotherapy Training Program

This program is designed for licensed professionals who want to enhance their clinical skills in psychoanalytic psychotherapy with adults. Two years of coursework and supervised clinical experience lead to a certificate.

Child and Adolescent Psychoanalytic Psychotherapy Training Program

For clinicians who work as child and adolescent therapists, this four-year certificate-granting program teaches developmental theory, clinical theory related to work with children, adolescents and parents, and surveys of the symptoms and psychological problems of childhood. A one-year Introduction to Psychodynamic Child Psychotherapy is also offered.

Fellowship Program

This mentorship program is open to advanced trainees and early career professionals in psychiatry, psychology and social work or allied fields who have interest in psychoanalysis.

Distance Learning

A virtual classroom case conference conducted by Institute faculty, this program is designed for mental health professionals without access to on-site programs.

Applications for all programs are now being accepted for the 2014-15 academic year. For further information and application forms, see the Institute website chicagoanalysis.org or call 312-922-7474.

The Institute's Clinical Services

The Institute has several resources that provide psychotherapy and psychoanalysis.

Adult Psychotherapy Clinic

This clinic provides psychotherapy to adults. Services are available on a sliding scale in offices throughout the city and in suburban locations.

Center for Child and Adolescent Psychotherapy

The Center offers high quality mental health services for children, adolescents and parents regardless of a family's financial resources. Consultation, referral and therapy are available in the Loop and other locations. The Center also provides school-based services.

Barr-Harris Children's Grief Center

A specialty clinic for children who have suffered the loss of a loved one through death, divorce or abandonment, the staff offers evaluations, short or long-term therapy and parent guidance. Offices are in the city and suburban locations, with services provided on a sliding scale.

Psychoanalytic Clinic

This clinic evaluates adults for psychoanalysis and, as necessary, makes appropriate referrals. Reduced-fee psychoanalysis is available.

For information about these clinical services, call 312-922-7474.