



CHICAGO PSYCHOANALYTIC INSTITUTE

SUMMER 2020

CHICAGO PSYCHOANALYTIC INSTITUTE

122 South Michigan Avenue
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Chicago, IL 60603
www.chicagoanalysis.org

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FROM THE PRESIDENT: This Pandemic Life



Erika Schmidt

In mid-March when Governor Pritzker announced the shelter-in-place order, all Institute operations moved from our Michigan Avenue space to distance technology platforms. Classes for the education programs, therapy sessions in our Treatment

Center, committee meetings, supervision and consultation, groupwork and therapy to students in schools, community work, administrative business and support—all that the Institute does went virtual within a few days. We were able to accomplish this because of our dedicated faculty, students, therapists and staff and because we have a robust technology platform developed from our experience with global learning.

As I observed this process, I was impressed by everything the Institute does and even more aware of the support of our donors that makes it possible. The Institute relies on philanthropic contributions for all that it does. Revenue from tuition and programming provides 54% of our annual budget and 22% comes from the support of our philanthropic community, a group that understands the Institute's local and global impact. The shortfall is covered by the Institute's reserves. When we teach psychotherapists and psychoanalysts, we not only enable them to become better clinicians, we are also training the teachers, supervisors, consultants and leaders in the mental health field. When we provide fee-adjusted clinical services, we not only directly improve the lives of our patients, we also know that they will bring their newly acquired emotional skills to their family, their friends and their colleagues. To do this, we depend on philanthropic support.

A vivid example, described elsewhere in this newsletter,

is the Frontline Responders project which offers pro bono short-term therapy to essential workers who deal daily with the stresses of helping those struck with Covid-19 illness. Though the project runs on the volunteer spirit of our faculty, it also requires considerable background support of the Treatment Center staff. These are costs not immediately obvious, but costs nonetheless. Philanthropic support has made it possible for us to contribute our psychoanalytic expertise to the community in this way during the pandemic.

This year's Annual Benefit could not be held as usual due to the pandemic. We rely on sponsors, tickets and gifts from each year's Benefit to close the gap between tuition, program revenue and expenses. The generosity of sponsors and those who bought tickets to our virtual Benefit meant we raised a significant amount this year, though not what we expected from an in-person event. Perhaps ironically, the theme of this year's Benefit, "Introducing the Future to Freud," would have highlighted the scope of applications of psychoanalytic ideas to businesses and the wider world. Instead, the future looked like a pandemic.

Our philanthropic support comes from people who believe deeply in the Institute's mission, to transform lives by using psychoanalytic knowledge to help them grow and thrive. Please help us expand our philanthropic community by telling friends, family and colleagues about the way psychoanalytic knowledge can improve individual lives and the communities that we share. Thank you for all that you make possible. ■



NEW LOOK

The new and highly anticipated website has launched. Check it out and keep up on current news and upcoming events at the Institute: ChicagoAnalysis.org.



CHICAGO
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WE WANT
TO HEAR
FROM YOU!

Do you have a story about how your practice has been affected by the work of the Institute?

How has your life changed as a result of psychoanalytic therapy?

How did training at the Institute impact you?

Share your stories via email at:
ImpactStories@ChicagoAnalysis.org



**HUMAN.
BEING.**

TELETHERAPY:

Frontline Responders



On Memorial Day, May 25, 2020, the Institute launched “Frontline Responders” a program, led by faculty member Phil Lebovitz MD, that delivers pro bono short-term teletherapy sessions to workers of all kinds on the frontlines of the COVID-19 crisis in Illinois.

During the pandemic, frontline workers are experiencing an intense spike in stress caused by grief, lack of personal protection equipment, isolation from family, friends and support networks, risk of infection or passing along the infection and fear of death. This added pressure increases the risk of anxiety, depression, PTSD, substance abuse and suicidal thoughts.

The Institute’s Frontline Responders program is a pro bono service created to treat workers enduring or struggling to deal with these challenges. Illinois frontline workers who email FrontlineWork@ChicagoAnalysis.org or call 312-897-1405 will be put in touch with an appropriate clinician at no charge. Up to 8 treatment sessions will be provided through secure HIPPA compliant videoconferencing. Those who wish to continue therapy will be helped to find resources.

Approximately 45 faculty members volunteered their services for the Frontline Responders program. Calls have come from a variety of people on the frontline, ranging from ER doctors to administrators. This program showcases the Institute’s mission to transform the lives of individuals, families and communities using psychoanalytic knowledge to help them grow and thrive. ■



CLASS OF 2020:
Graduation

Saturday, June 6, President Erika Schmidt and Dean Prudence Gourceuchon presided over a virtual graduation honoring the class of 2020. Teacher of the Year was awarded to Frank Summers PhD, ABPP. Congratulations Graduates! ■

CHILD AND ADOLESCENT PSYCHOTHERAPY PROGRAM

Jodi Bean
Simone Bommarito
Jessica Johnson
Aldona Marchese

ADULT PSYCHOTHERAPY PROGRAM

Maryrose Bolgar
Mark Chapman
Indrany Datta-Barua
Lisa Karaitis
Ethan Karsen
Mike Morin
Jenna Peterson
Earl Stump
Michael Topel

CLINICAL FELLOWSHIP PROGRAM

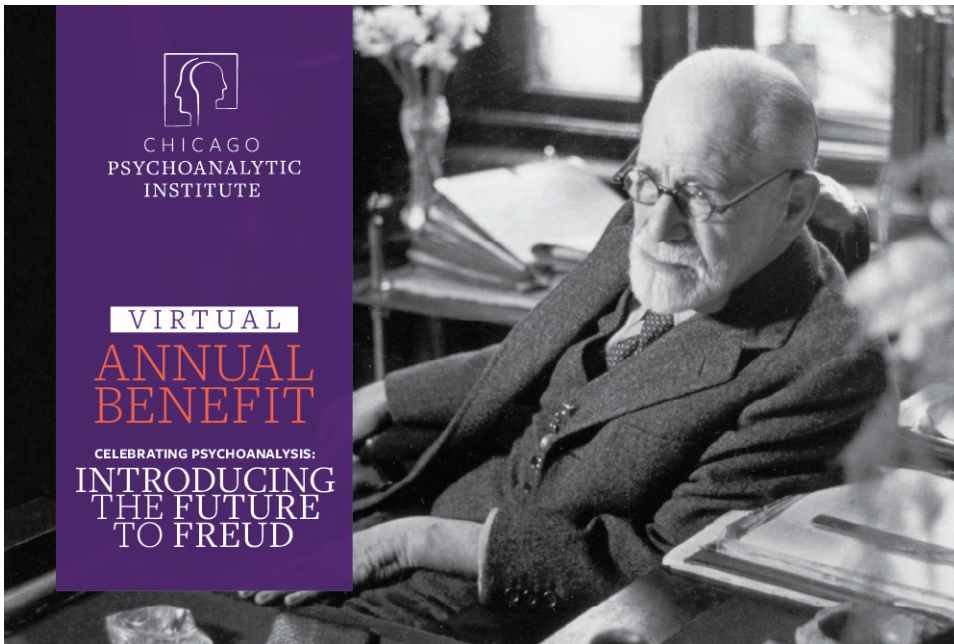
Nora Frazin
Timothy Sawyier
Maria Springer

PSYCHOANALYTIC EDUCATION PROGRAM

Noel Blackburn
Leslie Keith
Kathleen O’Connor
Gregory Rizzolo
Peter Shaft

ANNUAL BENEFIT:

Happy Birthday Freud!



The Annual Spring Benefit, scheduled for May 6, 2020 – on what would have been Freud’s 164th birthday – was successfully transformed into a virtual event. In response to the pandemic, the Institute produced a video for the community, which received rave reviews. In the 10-minute film, President Erika Schmidt reflected on the Institute’s recent past and looked ahead to the future, addressing the Institute’s plans, efforts and goals. Memories were shared with images from 2019’s Annual Spring Benefit, Fall Picnic, Classrooms and more. You can view the video online by visiting our website or using this link tinyurl.com/ChicagoAnalysisBenefit.

Special thanks to all who took part in the 2020 Annual Spring Benefit especially the sponsors and all who donated, bought tickets and raised their virtual paddles. ■

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Robert & Janet Graham

Norman Kohn

Eva Lichtenberg & Arnold Tobin

Erika Schmidt

Ruth Yanagi

ESTATE PLANNING: FRANZ ALEXANDER SOCIETY



The Institute is grateful for legacy gifts which further Franz Alexander’s vision for a premier training institution that brings psychoanalytically informed treatment to those in need of clinical

services. The Society honors those who have included the Institute in their will, trust or other planned gift. If you wish to include the Institute in your estate plans, please contact the Development Office at 312-897-1424. Sharing your plans early allows us to express our gratitude to you during your lifetime and ensures that your wishes will be honored. Legacy Society members envision the future and are determined to keep Franz Alexander’s mission, to better understand human beings and help them live fuller lives. ■

AMERICAN PSYCHOANALYTIC ASSOCIATION JUNE 19-21, 2020

APsaA JUNE 19-21, 2020

VIRTUAL

The following faculty and board members took part in APsaA’s Virtual 109th Annual Meeting:

Denia Barrett and **Tom Barrett** presented a discussion group called “Parent Work in Psychoanalysis.”

Prudence Gourguechon presented in the plenary session “Who Have We Been and What Might We Become.”

Phil Lebovitz served as co-chair for the session “Volunteer Initiatives in Boston, Chicago and San Francisco to Provide Treatment for Frontline Healthcare Workers in the Midst of the Pandemic.” Discussants for the group included **Robert Graham** and **Erika Schmidt**.

Jesse Viner was a presenter in the discussion group “Psychoanalysis and Psychotherapeutic Hospitals.”

Leo Weinstein discussed a case presented by **Jacques Gourguechon** entitled “Psychotherapist Associates Present: Who’s Your Mommy?: Exploring Parental Transference in Therapy.” ■

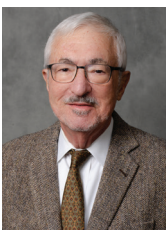
NEW FACES:

New faculty & board members



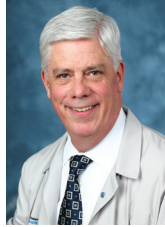
Dr. Wendy Selene PhD, LCSW was appointed Dean of the Institute and began her tenure July 1st. She was the Institute's Director of Conferences and Continuing Education where she was

responsible for the development of the Institute's public education programming. Notable conferences Wendy has organized include events on neuropsychanalysis and psychoanalytic perspectives on prison mental health, gender and politics. She is a member of the Institute's psychoanalytic education faculty and has presented to professional and community groups on a variety of subjects. Dr. Selene maintains a private practice in Evanston, IL where she offers psychoanalysis and psychoanalytic psychotherapy. Special interests include early and young adult parent loss, trauma and blocked mourning. Prior to her training in social work and psychoanalysis, she had a rich variety of professional experiences including nutritional counseling for developmentally disabled children and their families and working in the criminal justice system as a mitigation specialist in capital cases. Dr. Selene received her doctorate from the Institute for Clinical Social Work in 2020. Her dissertation was on young adult parent loss.



Thomas Homburger began his 2-year tenure as Treasurer of the Board of Trustees effective June 2020, following the expiration of S. Cody Engle's term. Thomas is a world-renowned attorney

with 50 years of experience practicing law at K&L Gates (f/k/a Bell, Boyd & Lloyd) and Sonnenschein, Nath & Rosenthal (n/k/a Dentons). He has represented US and international clients in a wide array of matters in the area of real estate financing, development and investment. Thomas writes prolifically in industry journals, speaks widely on legal and societal issues and serves as an expert witness in complex real estate litigation matters. Mr. Homburger has served on the Institute's Board of Trustees since 2012.



Michael Kelleher MD, MS was elected to the Institute's board of Trustees on June 5th. Dr. Kelleher is a nationally acclaimed physician with more than 25 years of progressive senior leadership experience

in providing care for critically ill children. Most recently, he served as Chief Medical Officer at Ann and Robert H. Lurie Children's Hospital, Chicago. Dr. Kelleher has served as faculty at Northwestern University, University of Iowa and University of Chicago. He is an accomplished writer and belongs to a number of nationally recognized medically affiliated organizations.



Tamara Gittelson LCPC and Scott Pytluk PsyD, ABPP joined the Institute faculty early this year.

Ms. Gittelson was appointed to the Psychoanalytic Faculty program. She

is a psychoanalyst and a psychoanalytic psychotherapist who offers a blend of in-depth, traditional and relational treatment. Ms. Gittelson is passionate about helping people succeed in achieving their full potential and improve their interpersonal communication. Her global experience offers insight and sensitivity to multi-cultural issues. She works with both individuals and couples. Originally from South Africa, Ms. Gittelson trained at the Chicago Psychoanalytic Institute, the London Centre for Psychotherapy and the Tavistock Clinic in London. She is fluent in Afrikaans, Hebrew, Spanish and English.



Dr. Pytluk, was appointed as adjunct faculty and also serves as a faculty member at Adler University. He practices psychotherapy and psychoanalysis and received his psychoanalytic training at

the Chicago Center for Psychoanalysis, his PhD and his MA in Counseling Psychology from the University of California, Santa Barbara and he is a graduate of Brown University. ■

NEW FACES:

Staff



Institute staff welcomed **Kayla Taylor** as the new Education Coordinator. Kayla holds

a Master's degree in Public Administration from the University of Illinois-Chicago and comes to the Institute most recently from NoStigmas, a non-profit organization with a mission to promote awareness of and erase the stigmas about suicide and mental illness. Prior to that, Kayla spent 7 years working at the University of Illinois' College of Medicine in the Admissions and Records Offices. Kayla will coordinate training programs, including student recruitment and course registrations and support Admissions, Curriculum and Evaluation Committees.



Damita Wilson has been appointed the new role of Continuing Education and

Faculty Relations Coordinator. In her new position, Damita will continue to coordinate continuing education programming as well as serve as staff support to the Faculty Appointments and TA/SA Committees, maintain faculty records and support the Exploring Psychoanalysis Program. Damita and Kayla will coordinate to ensure comprehensive coverage for both students and faculty. ■

PUBLICATIONS:

Kudos to our Authors

FACULTY RESEARCH, PUBLICATIONS AND HONORS FROM FEB 1 – JUNE 30, 2020

Thomas Barrett was elected President of the Association for Child Analysis, and will serve from 2020-2022.

On February 14, 2020, **Celia Brickman** presented a paper at New York University's Postdoctoral Program in Psychotherapy and Psychoanalysis on "The Racial Inheritance of Psychoanalysis."

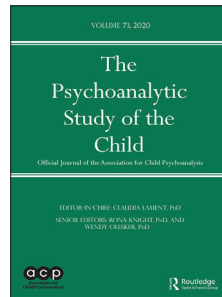


On May 10, the International Psychoanalytic Association's *On and Off the Couch* podcast series hosted

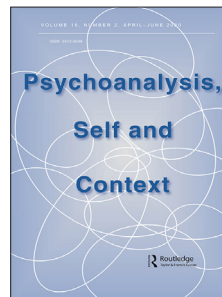
Linda Emanuel on the topic "COVID-19 and Treatment: Moments of Existential Maturation." An online version of the paper "Fostering Existential Maturity to Manage Terror in a Pandemic" by Linda Emanuel, Sheldon Solomon, George Fitchett, Harvey Chochinov, George Handzo, Tasha Schoppee, Diana Wilkie was featured in *Journal of Palliative Medicine* on June 17. And, on June 18, the first of the case collection project that is funded by the Smart Family Foundation and the IPA called "The Existential Maturity Project" began – moderated by **Robert Galatzer-Levy**, recorded by **Phil Lebovitz** and presented by Dr. Emanuel.

David Garfield, Lucy Freund, Thetis Cromie and **R. Dennis Shelby**, all of whom were supervised by Marian Tolpin, were panelists and discussants on "Sexuality and the Self" a paper by Dr. Tolpin on May 26.

On May 2, **Dale Gody** presented a paper entitled "Gender and Sexuality in the Consulting Room: A Feminist Psychoanalytic Perspective" to the International Psychotherapy Institute in Salt Lake City, UT.



published by *The Psychoanalytic Study of the Child*, Volume 73, Issue 1, pp 1-9.



Paul Holinger's article "The Problem of Physical Punishment and its Persistence: The Potential Roles of Psychoanalysis" can be found online and was published by *The Psychoanalytic Study of the Child*, Volume 73, Issue 1, pp 1-9.

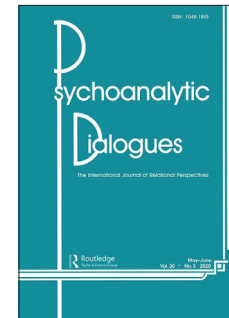
Carla Leone's article "When Couple Therapy has Started but an Affair is Continuing: Key Clinical Moments, Curative Factors and Lucky Breaks in a Self Psychological Couple Therapy and its Context" was published in *Psychoanalysis, Self and Context*, Volume 15, Issue 2, pp. 152-169. Dr. Leone also presented a paper at the 7th International Conference on Couple and Family Psychoanalysis in San Francisco, entitled "Couples and Families as Individuals in Relationships: How the Thoughtful Use of Separate Individual Sessions Can Enhance Psychoanalytic Couple and Family Therapy." On February 29, she presented a paper entitled "From Lovesick and Sexualizing to New Ways of Relating: A Self Psychology-Informed Clinical Journey." As Secretary of the International Association for Psychoanalytic Self Psychology (IAPSP) and Chair of its Online Education Committee, Carla organized online process groups for members of IAPSP to discuss their reactions to the pandemic and the sudden move to telehealth.

Art Nielsen taught a year-long course in Couple Therapy to 20 students in Tehran, Iran at the HamAva Institute for Psychoanalytic Psychotherapy Training. Additionally, Dr. Nielsen gave a number of lectures, including: "Key Psychodynamic

Concepts in Couple Therapy" with Barbara Alexander for the podcast series, *On Good Authority*, April 7, 2020, "Psychoanalytic Contributions to Couple and Family Therapy," at The Chicago School of Professional Psychology, March 13, 2020 and at Midwestern University College of Health Sciences, April 22, 2020 and "Coping with the Coronavirus Epidemic," online lecture and discussion with managers and employees of Devon Bank, Chicago, April 20, 2020.

Erika Schmidt moderated a panel presentation titled "Clinical Training in this Time of COVID and Social Change: Learning Resilience and Relationship-Building with Children and Adolescents in the Face of Training Disruption" on June 29, organized by the Psychotherapy Action Network.

"Why Can't We See It?" an article by **Neal Spira** can be found online and was published in *The Psychoanalytic Study of the Child*, Volume 73, Issue 1, pp 96-108.



Frank Summers wrote the article "From Resistance to Analytic Truth" which was published in *Psychoanalytic Dialogues*, Volume 30, Issue 1, pp 73-83.

Samaneh Ghafoori, Mahmood Dehghani, Frank Summers and Farahnaz Mohammadi Shahboulaghi's study entitled "Process of Object Relations Therapy Based on Transference and Potential Space in Patients with Major Depressive Disorders: A Grounded Theory Study" was published in *Psychoanalytic Psychology*, Volume 37, Issue 1, pp 77-81. ■



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UPDATES AND SAVE THE DATES

SAVE THE DATE:

FALL SEMESTER CLASSES START – Friday, September 11 begins the academic school year. All classes will be held online until it is safe to return to the classroom. ■

2020 VISION:

Fall 2020 classes, faculty meetings and continuing education programs will be conducted remotely. This decision will be evaluated as pandemic safety procedures unfold with plans to return to in-person teaching as soon as practical. Treatment Center services and business operations are being evaluated separately. Watch for more news on this front in the coming weeks. ■

RECORD STUDENT APPLICATIONS:

Despite the COVID-19 pandemic, applications for the education programs stayed strong. For Fall semester 2020, the Institute received a record number of applicants, locally and from across the globe. Applications came from India, Iran, Saudi Arabia and China as well as Florida, Massachusetts, Alabama, Tennessee and of course Illinois. The launch of the newly developed Integrative Psychoanalytic Couple Therapy program will be deferred until Fall 2021, but all other programs such as Fundamentals of Psychoanalytic Thought, the Psychoanalytic Education Program and the Psychodynamic Psychoanalytic Program will have full classes. The Institute is looking forward to welcoming the incoming class in September. ■

