



CHICAGO PSYCHOANALYTIC INSTITUTE

WINTER 2020

CHICAGO PSYCHOANALYTIC INSTITUTE

122 South Michigan Avenue
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www.chicagoanalysis.org

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FROM THE PRESIDENT: This Pandemic Life... Continued



Erika Schmidt

When I last wrote for this newsletter, we were a few months into this pandemic life. It was still relatively new, a crisis that we had responded to and were struggling to understand. I reported how we had successfully transitioned to conducting all our education, clinical

services and administrative operations with distance technology. But we did not yet comprehend the full dimensions of the pandemic; nor could we anticipate all the adjustments we would need to make or the toll this experience would take on all of us.

Now we are more than eight months into the pandemic life and are seeing the predicted surges in the number of COVID cases here in Chicago and elsewhere. There is no clear end date. The initial stage of the crisis has subsided—the concerns about adequate personal protective equipment have abated, medical personnel have learned a lot about management of those ill with COVID, schooling has resumed with better planning and people’s family and work lives have found their own patterns. Even so, everyone has suffered losses and the array of these losses continues to ripple through our lives. At the very least, everyone’s life has been disrupted. While different for young children, teens, young adults, those in mid-life and those in later life, we are all affected by social isolation, interruption of school or work situations, changes to family life, anxiety about economics and the uncertainty of what the future holds. We have also learned profound lessons about the nature of our society, with its systemic racism and economic, social and health

injustices that affect us all.

As psychoanalysts, we recognize that this has been a traumatic time for everyone and that trauma inevitably reminds us of earlier difficult experiences. We all have degrees of vulnerability and degrees of resilience. As psychoanalysts, we recognize that we are all mourning the loss of “normal” life and many of us are mourning the loss of family members, friends, colleagues. We are all more aware of our own mortality. The nature of our view of the world and the future has changed. As psychoanalysts, we know that it is important to acknowledge the impact on our emotional lives, that we can feel helpless and overwhelmed by the anxiety of the situation and the changes to our world. To counter this, we can work to bolster our support networks, sustain our communities and take the action we can to make a difference.

While the Institute continues to educate mental health professionals and provide affordable clinical services through the Treatment Center, we know that the effect of this pandemic life and the call to action to address social injustices will affect our work as we move forward. ■





CHICAGO
PSYCHOANALYTIC
INSTITUTE

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](mailto:ImpactStories@ChicagoAnalysis.org)



HUMAN.
BEING.

TELETHERAPY:

Frontline Responders



The Frontline Responders Project, led by **Dr. Phil Lebovitz**, provides pro bono short term therapy to essential workers in the COVID-19 pandemic. Since its launch on May 25th, 2020, the program has served more than 20 people who have been seen by volunteers from the Institute faculty.

Dr. Virginia Barry, one of the volunteer therapists explained, “Every person deals with stress in very personal ways. How they deal with stress depends upon their inner resources. Even a short-term therapy can

shore up an individual’s most effective resources as they deal with the stress of the pandemic, either as a first responder or just as individuals coping with the losses and isolation during this difficult time. Two heads are better than one, and it can be helpful to sort through one’s responses to the stress of the pandemic with a therapist.”

Those who email FrontlineWork@ChicagoAnalysis.org or call 312.897.1405 will be put in touch with a clinician. Up to eight treatment sessions will be provided at no charge through secure HIPPA compliant videoconferencing. The program will continue as long as services are needed. ■

EDUCATION:

Class is Now in Session



Friday, September 11 commenced Fall Quarter 2020. Because of the rise in COVID-19 cases, all of the Institute’s 32 Fall classes are conducted online and will continue to be taught on an all-remote basis through Winter quarter to students locally and across the globe. This year, the Institute saw record applications with over 80 new students and trainees enrolling in Programs of Study. With a total student body of 164, 40% of the

students study remotely from 13 countries including Belgium, Brazil, Bulgaria, Canada, China, Croatia, Hong Kong, India, Italy, Mexico, Saudi Arabia, and Tunisia as well as the United States.

The Institute’s Director of Distance Learning, **R. Dennis Shelby PhD** said, “There is a hunger for psychoanalysis worldwide and the Institute is stepping up to meet that need. Ultimately, the students will turn around and establish psychoanalysis in their countries.” He expressed the excitement he feels from engaging the distance students and stated, “Every week, I go around the world. It’s stunning!” Institute faculty provide psychoanalysis, psychotherapy and consultation to our global student body, learning how psychoanalysis can work in other cultures as students participate in our education programs. ■

NEW APPOINTMENTS:

President



The Institute's Board of Trustees appointed **Erika Schmidt LCSW** to an additional two-year term as the Institute's president. Following newly implemented procedures for choosing a president,

the President Search Committee recommended Ms. Schmidt's appointment which was approved by the Board.

Schmidt has served in this capacity since she was elected to the position in 2013. Some of the most significant accomplishments during her tenure include the expansion of the student body to include distance learners, the launch of the Fundamentals of Psychoanalytic Thought program, and a re-vitalization of continuing education and public programs offered to the broader mental health community and interested public. Looking ahead, Ms. Schmidt is focused on several key initiatives.

- Continuing the integration of clinical services within the Treatment Center model and hiring a director
- Building a culture of philanthropy to expand the philanthropic efforts that support the Institute's mission
- Finalizing and implementing curriculum innovations in the Psychotherapy and Psychoanalytic Education Programs

Trained as a Clinical Social Worker, Child Analyst and Adult Training and Supervising Analyst, Schmidt has been affiliated with the Chicago Psychoanalytic Institute since entering the CAPT program as an early career professional. Schmidt serves on the Institute faculty as well as the faculty at the Institute for Clinical Social Work. She is a member of the steering committee for the Psychotherapy Action Network, the Editorial Board for the *Journal of the American Psychoanalytic Association* and the founder of the Chicago Chapter of A Home Within. She has worked in child welfare, schools, a university counseling service and has been published on topics including child therapy and analysis, psychoanalytic education and the history of psychoanalysis. She has a private practice of child and adult psychotherapy and psychoanalysis.

Faculty & Board



Joann Dakota Cimo PhD was appointed to the Institute's Board of Trustees on September 21st as the new representative of the Candidates Association. Dr. Cimo received her doctorate from Pacifica

Graduate Institute in Carpinteria California where she studied clinical psychology with an emphasis in depth traditions after working in the field of organization and leadership development. As a clinician she is certified in EMDR, Sensorimotor Psychotherapy and Emotionally Focused Couples Therapy. She has consulted businesses and mental health agencies on issues related to the psychological impact of trauma, sexual orientation and gender identity. She has a growing interest in race and analysis. She is a 5th year candidate in Psychoanalysis and is in private practice in Chicago where she focuses on psychoanalytic psychotherapy and analysis. She lives with her partner near her two grown children and their families.



Gregory Rizzolo PhD, LCPC was appointed to the Institute's Psychoanalytic Education Program faculty earlier this year. He is a 2020 graduate of the Institute's Psychoanalytic Education Program and

is the Clinical Director of Depth Counseling in Chicago. He earned his PhD in Psychoanalytic Studies at the University of Essex, United Kingdom, and his Masters in Counseling from Northwestern University. In addition to his clinical work, Dr. Rizzolo serves as an Associate Editor at the *Journal of the American Psychoanalytic Association*. He has published on a range of issues from psychoanalytic ethics and epistemology to lifespan development. Most recently, he published *The Critique of Regression: A Psychoanalytic Model of Lifespan Development* (Routledge, 2019). His paper "The Specter of the Primitive" won the JAPA prize in 2017, an award given by the editors for the best paper to appear that year in the *Journal of the American Psychoanalytic Association*. ■

NEW FACES:

Staff



In August, **Annie Mullen LPC** joined the Institute as the Intake Therapist for Child Grief Services managing all referrals that come to the Loop, Evanston and Deerfield offices. As a trained therapist, Annie assesses inquiries for service and identifies the therapist most suited to meet the needs of the patient. Annie is also handling a caseload and assisting with referrals from the Child and Adolescent Services. She is a graduate of the Institute for Clinical Social Work's Masters program and did an internship at Barr Harris. Prior to coming to the Institute, Annie worked as a counselor at the Orthogenic School. ■



IN THE FIELD:

Workplace Consultation Services



Managers planning a return to the office during COVID-19 face uncertainties from the underlying psychological forces that affect decision making, leader performance, employee functioning and team success. To help people navigate these uncertainties, the Institute is offering Workplace Consultation Services. A team of Institute psychoanalysts is ready to assist leaders in understanding the complex psychological impact of the COVID pandemic on their employees and develop an effective response that minimizes employee downtime, turnover or decreased performance.

Workplace Consultation Services helps leaders understand how to mindfully plan for inevitable psychological tensions, such as confronting uncertainty, managing loss and grief while still working, differences in experience based on socioeconomic status and race, risk-taking and shaken confidence in leadership that can affect their own decision-making and their employees' ability to function at an optimal level.

To promote the services, on August 6th **Dr. Prudence Gourguechon** served as a panelist in the Crain's webcast "The Post COVID-19 Workplace: Safety and Productivity in a New Normal" which can be viewed on the Institute's website. The webcast drew nearly 500 viewers and was called "One of the most informative and interesting panels we have done." by a Crain's Representative. It led to a September 25th presentation by **Gabriel Ruiz LCPC** at Associated Colleges of Illinois entitled "Work and Life Skills Bootcamp" which was well-received by students, faculty and staff across 26 Illinois colleges and universities.

The Institute offers flexible and targeted consulting to businesses, organizations and schools. Send an email to ConsultationServices@ChicagoAnalysis.org to set up a no-charge consultation session, or visit the Institute website to learn more. ■



This holiday season, it brings us great joy to reflect on your continued support, as we all look forward to moving to 2021 together!



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. ■

ANNUAL FUND: NOW MORE THAN EVER

Annual Fund solicitation letters will soon arrive in your mailbox. Now more than ever, the Institute needs your support. Every gift, no matter the amount, helps transform the lives of individuals, their families, their workplaces and communities.

Your Annual Fund support makes the following possible:

- Support for students and faculty in all learning programs
- Continuing education programs and conferences
- Sliding scale clinical services at the Treatment Center
- Specialized therapeutic school programs in underserved communities
- Children's grief services
- Student scholarships

Mail your check to the Institute using the enclosed envelope, give a gift online at chicagoanalysis.com/donate or call 312.922.7474 to make a credit card donation. ■



PUBLICATIONS:

Kudos to Our Authors

**FACULTY RESEARCH, PUBLICATIONS AND HONORS
FROM JULY 1, 2020 – OCTOBER 31, 2020**



A photograph and two poems by **Edward Kaufman** have been selected for publication in the 2021-22 edition of *East on Central: A Journal of Arts and Letters*. Another four of

Mr. Kaufman's photographs were published in the October 2020 issue of Highland Park Poetry's online journal *The Muses* which will be in print December 2020.



Arthur Nielsen conducted an online lecture entitled, "Fighting Fair in the Time of COVID-19," to managers and employees of Devon Bank, Chicago on September 24, 2020. Additionally, Dr. Nielsen's paper "Couple Therapy Integrated: A Commentary on Couple Impasses—Three Therapeutic Approaches" was published in *Clinical Social Work Journal*, 48, 313-318.

Jorge Schneider gave one of the key papers at the Annual Conference of Spanish Speaking Psychoanalysts in Madrid, Spain. In line with the



conference theme "Interpretation" the paper was entitled: "Clinical Situations in which the Interpretation is not Indicated." Dr. Schneider's paper will

be included in a book celebrating five years of this conference, to be published by Editorial Psimática.



"Emotional Drives and Their Place in Human Development" by **Mark Solms** was the lead article in the *Yellowbrick Journal of Emerging Adulthood*, Issue VII, August 2020. The publication also included "The Science of Yellowbrick" by **Jesse Viner**. Dr. Viner was also a keynote speaker presenting "My Body, Therefore I Am" at the Annual Conference for Anorexia Nervosa and Related Disorders Association (ANAD) held virtually in September 2020.



Neurine Wiggin wrote two poems published in the 2021-22 edition of *East on Central: A Journal of Arts and Letters*. ■

SAVE THE DATE:

Calling All Alumni!

**WEDNESDAY, JANUARY 27,
7 PM CST**

Virtually return to the Institute for a complimentary event exclusive to alumni. Come together to celebrate your accomplishments, connect with friends and rediscover the Institute. Keynote speaker **Dr. Alexander Stein, PhD** will present *Psychoanalysis in the Public Sphere: A Call to Action*.

**REGISTER ONLINE
CHICAGOANALYSIS.ORG/ALUMNI**



Alexander Stein, PhD is a Principal at the Boswell Group, a psychodynamic management consulting group, and is Founder of Dolus Advisors, a consultancy that helps organizations detect, mitigate and resolve

challenging human factor disturbances, including fraud, corruption, executive misconduct and human vulnerabilities in cybersecurity. He regularly joins multidisciplinary teams as special advisor to international litigation, investigations, intelligence and cybersecurity firms to develop sophisticated 3D profiles and precision forecasts of fraudsters or other malicious actors and their network of affiliates and collaborators and also consults to global technology firms reading human-technology interface risks, and the psychological dimensions of ethical AI and autonomous decision-making agents. ■



VIRTUAL ALUMNI EVENT

Psychoanalysis in the Public Sphere: A Call to Action



CHICAGO PSYCHOANALYTIC INSTITUTE

122 South Michigan Avenue
Suite 1300
Chicago, Illinois 60603

HUMAN.
Seeking.

HUMAN.
Asking.

HUMAN.
Understanding.

HUMAN.
Learning.

HUMAN.
Growing.

HUMAN.
Thriving.

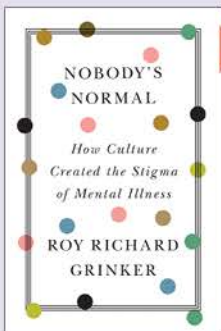
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chicagoanalysis.org | 312.922.7474 | [f@chicagoanalysis](#) | [t@chicagoanalysis](#)

SAVE THE DATE!

THURSDAY, FEBRUARY 25, 12 - 1 PM CST

Join us as **Richard Grinker PhD** and **Jonathan Lear PhD** discuss Dr. Grinker's book, *Nobody's Normal*



Normal: How Culture Created the Stigma of Mental Illness, a compassionate and eye-opening examination of evolving attitudes toward mental illness. Grinker infuses the book with the personal history

of his family's four generations of involvement in psychiatry, including his grandfather's analysis with Sigmund Freud, his own daughter's experience with autism and his research on neurodiversity. *Nobody's Normal* explains how we are transforming mental illness and offers a path to end the shadow of stigma.

Richard Grinker is a Professor of Anthropology at George Washington



University and Editor-in-Chief of *Anthropological Quarterly*. He was born and raised in Chicago where

his father, grandfather and great grandfather practiced psychoanalysis. He has conducted research on hunter-gatherers in central Africa, North Korean defectors in South Korea, and the epidemiology of autism. In 2008, his book *Unstrange Minds: Remapping the World of Autism* was the recipient of the National Alliance on Mental Illness KEN award for "outstanding contribution to the understanding of mental illness."

Jonathan Lear is the John U. Nef Distinguished Service Professor at the



Committee on Social Thought and in Philosophy at the University of Chicago and the Roman Family

Director of the Neubauer Collegium for Culture and Society. His research focuses on the conceptions of the human psyche from Socrates, Plato and Aristotle to the present. He is a trained psychoanalyst and a member of the faculty of the Chicago Psychoanalytic Institute.

This program is co-sponsored by the Institute and Bookends and Beginnings bookstore Evanston, IL. **Stay tuned for registration information.** ■