

oregon psychoanalytic center

The Official E-newsletter of OPC



Happy New Year from the Executive Director



Happy 2020! What's new you ask? Lots.

Fundraising News: We had another successful annual fund drive - raising almost \$30,000. In the midst of the fundraiser, Arlene Schnitzer stunned us with a \$50,000 gift in honor of OPC founder and psychoanalyst Dr. Sigfreid Berglsdorf to continue our very popular Diversity Lecture Series for another 5 years! She has now endowed this lecture series for 10 years and we are deeply grateful to her dedication and generosity. Thank you to all the new and old donors that help our organization fulfill our mission.

We would not be able to continue improving mental healthcare and "making the unconscious conscious" without your ongoing support!

Community Outreach News: Just one year ago, we were asked to think about how we might help the mental health of the homeless in our community. This January, The Emery Project is starting its first process groups at two Cascadia Behavioral Health locations! Liz Schmick, DO and Tom Veeder, MD have worked hard to create this program and will be updating us on the project in the February newsletter.

Upcoming Events: Don't forget to pay attention the Save the Dates below! We have many of events and deadlines approaching. January 15th is the deadline to apply to OPI. Our Annual Member Recognition Event is happening on February 23 and will be held in the brand-new Garlington Center at Cascadia Behavioral Health. Julie Friend, LCSW, BCD will be visiting OPC on March 14th to discuss "Working Psychoanalytically with Couples." As always, we will host a few more ARTs on the Couch and Clinical Moments before summer!

We love seeing everyone at these events and hope to begin the year with expanding our community to include many new faces.

Happy New Year!

Lindsey Stevens
Executive Director

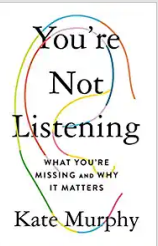
Save the Date

Jan. 15 - OPI Application Deadline | **Feb. 23** - OPC Annual Member Recognition Party
March 6 - Exploring the Clinical Moment | **Mar. 8** - ART: Indecent | **March 14** - Julie Friend, LCSW Special Program: *Working Psychoanalytically with Couples*



Kate Murphy in Conversation With Kathryn Zerbe, MD

New York Times columnist Kate Murphy will be coming to Portland to speak about her new book *You're Not Listening: What You're Missing and Why It Matters*, Feb 20, 2020 at 7 PM at Powell's Beaverton Location on Cedar Hills. It's an enlightening book about listening with one's full self and is quite friendly to psychoanalysis and psychotherapy. The author will be in conversation with OPC's Dr. Kassy Zerbe.



Application Deadlines are Approaching for Fall 2020 Classes!

Oregon Psychoanalytic Institute:

Applications are now being processed for the next class in the order they are received. Accepted applicants will join an ongoing Pre-matriculation course.

There are two tracks for analytic training:

Clinical Training Program: For clinicians who want to explore the full spectrum of psychoanalytic theory and technique and become a psychoanalyst.

Academic Training Program: For mental health and other professionals wanting to experience psychoanalysis and the training, without becoming a psychoanalyst.

Explore a variety of possibilities for psychoanalytic training by contacting Admissions Chair, Cynthia Ellis Gray.

Psychoanalytic Psychotherapy Program:

This program is distinct from training in psychoanalysis in that it focuses solely on the practice of psychodynamic psychotherapy. It is ideal for psychotherapists who want to expand their psychoanalytic knowledge, increase self-awareness, and deepen their clinical skills.

Applications are encouraged at this time. For more information visit our website and contact, PPP Committee Chair, Jolie Krechman.



Working Psychoanalytically with Couples - The Tavistock Model, Winnicott and Bollas with Julie Friend, LCSW, BCD

March 14, 2020 | 4 CMEs | [Read more & Register at www.oregonpsychoanalytic.org](http://www.oregonpsychoanalytic.org)

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Don't Forget to check out APsaA's Blog on Psychology Today: ***Psychoanalysis Unplugged***

If you are interested in writing a blog article for OPC, please contact [Ann Dart](#) or [Zoe Crawford](#)



Ways to Connect to OPC

If you are not ready training there are many other ways members can connect with our community. [Click here](#) to learn all the ways you can get involved with the OPC. Joining a committee is a good way to start!

**OPC Office Hours
are 8:30am - 4:30pm**