



Dear OPC Members and Friends,

Happy 2025! The year has hardly begun, and I don't believe there's a single one of us in this field who does not feel the weight of the challenges presented to our individual and collective mental health. Certainly, each of us must process these social changes in our own ways, and perhaps it's too soon to speculate on the opportunities these challenges present. However, it seems fair to say that finding greater community and camaraderie with our colleagues who face these changes alongside us can provide us with the courage and conviction to continue. That the answer may be as simple as deepening our internal and external connections might yet be oddly satisfying, given that it is both a cornerstone of psychotherapy and a hallmark of a resilient community.

To that end, the Board of Directors and those involved in the day-to-day operations of OPC are maintaining our focus on outreach, membership involvement, and keeping a sharp eye on how our programming meets the needs of our community, both within OPC and throughout Oregon. We are emboldened by a successful winter fundraiser, which raised over \$30,000. We are also happy to welcome **Rachael Berkeley, LCSW**, to the Board, appointed in recognition of her dedication to OPC as well as her position as the Chair of the Psychoanalytic Psychotherapy Program.

This winter, the Board is hard at work reviewing our governance structure and the organization's bylaws. We hope these changes allow us to better position ourselves to meet both our current challenges and those we may yet face.

I hope you find a sense of connection and feel welcomed at OPC. If you've not had occasion to, I encourage you to attend an event, a training or simply reach out to someone for that coffee you've been meaning to share. It could very well be the single act of resistance that makes that little difference in someone's day, and from there ...? Well, I don't suppose I need to describe where moments of connection can often lead.

With tenacity and compassion,

Scott Vignola, LCSW
Vice-President, OPC Board of Directors

Upcoming Events

February

- 21 – Clinical Moments
- 26 – PPP Open House

March

- 7 – Clinical Moments
- 15 – Adam Rodriguez, PsyD
& Julia Friend, LCSW
CE Special Program
- 24-28 – Spring Break Week

April

- 26 – Robert Grossmark, PhD
CE Special Program

May

- 5 – Annual Board Meeting
- 9 – Clinical Moments
- 22 – Conversations in
Contemporary Psychoanalysis
- 26 – Memorial Day - CLOSED
- 31 – Alessandra Lemma, PhD
CE Special Program

June

- 6 – Graduation Celebration

VISIT OUR WEBSITE FOR INFORMATION ON OUR PROGRAMS AND EVENTS!

Message from Oregon Psychoanalytic Institute (OPI) Director

Happy New Year to all! Fall at OPI was a sparky and productive time. If I had to pick a theme for OPI's past few months, it would be something like, let's meet in person and talk about the work we all love!

We very much look forward to welcoming a new cohort of candidates in the fall of 2025, and our Admissions Committee is busily processing applications. A psychoanalytic education is a rich, immersive, fascinating learning experience like no other, and we encourage your application. We would love to have you join our next class. Although we ask that the application be in by March 1, earlier is always better!

In an effort to embrace and appreciate being in-person as much as possible, and to thank the OPI faculty for all their hard work and devotion, **Cindi Palman, MD**, and her Faculty Appointment and Development Committee put on a smashingly successful house concert for OPI faculty and their families on January 10th. We were treated to the stunning piano talent of our former candidate and faculty member **Constance Jackson, MD**, accompanied by members of her musical trio, on violin and cello. The music was gorgeous, and about 16 faculty and family members also enjoyed shrimp, cheese, crackers, wine, fruit, and each other's company. A gigantic thank you to Cindi and her committee (**David Turner, MD, Daniel Helfet-Hilliker, MD, and Garrick Duckler, LMFT**) and of course Constance Jackson for making the event so special.

We also had our first of what I hope will be many Conversations in Contemporary Psychoanalysis. **Steve Purcell, MD**, presented his eminently digestible, provocative-in-the-best-sense, soon-to-be-published paper, *On Terminating, Ending, and Not Ending*, to a group of 30 psychoanalysts and psychoanalytic psychotherapists at the PCC Climb Center on Thursday, January 16th. We had a vibrant, rewarding, far-reaching discussion, and the tone was warm, respectful, and stimulating. We're excited to have more conversations like this so we can be together, learn what our colleagues are thinking about, read some cutting-edge literature, and clarify our own thinking about our work. The next Conversations event will be May 22, 2025, and will feature a paper by our own **Nancy Winters, MD**. Please come! Much gratitude to Steve Purcell and **Lindsey Stevens** for their generous, thoughtful, and energetic contributions to getting this program going.

We are changing our faculty meetings to have a focus on collegial discussions. Our first meeting of the year was in November and was led by **Jeanne Johnson, MD**, who skillfully enabled a conversation organized around **Sally Ackerman's** paper, *Impossible Ethics*. We started talking about tricky clinical situations we'd encountered, and appreciated the motif that kept popping up: how every clinical decision is, in its own way, an ethical decision. This was a promising and enjoyable first step to a larger, ongoing conversation about ethics in our community. Thank you, Jeanne!

On February 20th, OPI faculty members attended a discussion led by **Sara Gardiner, MD**, based on **Professor David Tuckett's** paper, *Does Anything Go? Towards a Framework for the More Transparent Assessment of Psychoanalytic Competence*, to think together about how we want to "do" Progression at OPI.

Speaking of **Professor David Tuckett**, we are beyond lucky that our CE Committee was able to bring him here from London last Saturday, February 15th. Thank you, **Alice Huang, MD**, and **Garrick Duckler, LMFT**! And, of course, **Lindsey Stevens**! This was a truly enlightening event. David spoke on "*Knowing What Psychoanalysts Think and Doing What Psychoanalysts Know: Varieties of Transference Interpretation Today*." We were treated to a talk by someone who has spent his career thinking about, among other things, how we can understand what psychoanalysis is in an age when we have so many dazzlingly different theories and conceptualizations of what we do. After his morning presentation, there was a 2-hour case conference. We look forward to repeating this dual format in the future.

Cynthia Gray, OPI Director



OPC Program Updates

Psychoanalytic Psychotherapy Program (PPP)

Hello OPC Community!

Snow-covered Mt. Hood appears in the background of the Portland cityscape and I look forward to winter. It's when I plant my daffodil bulbs in pots to watch the green shoots appear this past month, awakening little by little. I delight in the early indications of spring's arrival. This recent period has challenged many of us. I take solace in seeing the inevitability of new awakenings, of new shoots emerging.

Some of you are long-time members of this community, and some are new, but we all share an interest and passion in psychoanalytic ideas, looking at our work and lives through this lens. The Psychoanalytic Psychotherapy Program (PPP),

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Psychoanalytic Psychotherapy Program (PPP) continued ...

one of the training programs at OPC, provides opportunities for licensed mental health professionals to delve into psychoanalytic theory, technique, and practice in a 2-year program. The program consists of classes, supervised case consultations, a student process group, and one's own psychotherapy. If you'd like to explore your curiosities in our exciting program and hear what the PPP has to offer, please attend our **Open House on Wednesday, February 26th, from 7 - 9:00 PM**. Faculty and students will be there to answer questions and chat. Registration information is on the OPC website under "Upcoming Events."

Our current cohort of PPP students started their year considering Child and Adult Development and most recently have discussed Neurotic Psychopathology, including the ever-popular topic of masochism. To finish their final term, students will explore Severe Psychopathology and Termination. As always, we thank our talented faculty, who are committed to this learning endeavor and curious to see what might be created in the classroom.

Looking forward, the PPP Committee has been planning the 2025-26 curriculum for our new cohort, which begins in September 2025. We have already accepted two students! (See their bios on p.4) If you're planning to apply, the application can be found on our website and the deadline is April 1, 2025. If you have any questions about the application process, please attend the Open House next week or email the OPC Program Administrator, **Tess Keith**, at tess@oregonpsychoanalytic.org.

The PPP committee continues to enjoy and benefit from a new member of our committee, **Tim Hanson, MD**. As a current PPP student, he graciously joined our group as the Student Representative, to add his unique perspective and position to curriculum planning, policy development, and student communication. His voice prompts new considerations and perspectives, which enlivens and challenges the group. We are so grateful to Tim.

Change is often simultaneously ripe with opportunity and optimism, and the sadness of saying goodbye. In September, we are so pleased that Redmond Reams will take the reins as the committee chair. We will also say goodbye to some beloved committee members. The new committee openings create opportunities to welcome others interested in joining our fun, creative, and dynamic committee (if I do say so myself)! If interested, please let me know.

As always, your input, queries, and suggestions are encouraged and welcomed. I love talking shop with contemplative PPP students or anyone else. I can be reached at rachaberk1@gmail.com or 503-309-2368. Be well!

Rachael Berkeley, LCSW, PPP Chair

Continuing Education (CE)

Yes, it's winter, but at least it's been mostly sunny, and we have a fun, full roster here at OPC Continuing Education. We started our Winter Fundamentals and our Film and Psychoanalysis course, entitled "Frame to Frame: Film through the Lens of Psychoanalysis," in collaboration with Hollywood Theater's Movie Madness University. We're excited about our Spring courses: Lost Classics "*On Bearing Unbearable States of Mind*" by Ruth Riesenber-Malcolm, with **Garrick Duckler, LMFT**, just began on February 20th, and there's still time to sign up for Play Therapy and the Virtual Frame, with **Michael Weiner, LCSW**.

Mid-month, last weekend, we were delighted and honored to bring the esteemed **Professor David Tuckett** to Portland to speak on his new work on transference, and in mid-March, we have a rare, special program learning opportunity for couples' work with **Adam Rodriguez, PsyD**, and **Julia Friend, LCSW**, in conversation about mixed race couples.

As always, please don't hesitate to reach out to me, alice.huang.md@gmail.com, and the CE Committee if you'd like to be involved in teaching or have course ideas you'd like us to make come true.

Alice Huang, MD, CE Chair

PPP OPEN HOUSE

If you have thought about becoming a psychoanalytic therapist and are interested in deepening your knowledge and clinical skills, please join us for this open house to learn about the 2-year didactic Psychoanalytic Psychotherapy Program.

**Wednesday, February 26, 2025
7:00 - 9:00 PM**

**Learn more or register at
www.oregonpsychoanalytic.org**

Upcoming 2025 CE Special Programs

March 15th

**Adam Rodriguez, PsyD &
Julia Friend, LCSW**

"White Dominant Norms in Mixed-Race Couples"

April 26th

Robert Grossmark, PhD

"The Unobtrusive Relational Analyst:
Enactment, Trauma and Time"

May 31st

Alessandra Lemma, PhD

"Exploring Transgender Identities:
Clinical And Ethical Considerations
From A Psychoanalytic Framework"

Announcements

WE'RE EXPANDING OUR BOARD!

If you're interested in learning more,
please contact Lindsey Stevens,
Duane Dale, MD, or anyone on the Board.



Keep an eye out for a podcast
collaboration with

The Portland Opera

based on "The Shining".

Coming soon!

Newly Accepted Candidates and Students *(in alphabetical order by program)*

Aaron Garner, MSW, LCSW ~ OPI Candidate

Aaron is a clinical social worker currently in private practice in San Antonio, Texas, where he sees adolescents and adults for psychodynamic psychotherapy. This spring he will move to Portland to establish a private practice and enter the first-year class at OPI in September 2025. Though originally from Texas, Mr. Garner received his B.A. from Pacific University with a major in Political Science. He subsequently worked with emotionally troubled children and adolescents at the Albertina Kerr subacute program and then at Providence Willamette Falls Medical Center, where his interest in understanding symptomatic behavior as rooted in loss, trauma, and socio-economic history expanded and deepened, inspiring him to return to graduate school for his Master's in Social Work at Portland State University. After graduation, Mr. Garner worked as a therapist at the Providence Pathway Behavioral Health Partial Hospital/Intensive Outpatient Program working with adolescents and their families. Desiring to be closer with family during the Covid pandemic, he returned to Texas, sought out psychoanalytic supervision, and opened a private practice in San Antonio. Through his experiences in psychoanalysis, supervision, and self-study, his confidence in psychoanalytic principles strengthened and consolidated a growing desire to go further to become a psychoanalyst. In addition to his professional activities, he has practiced mixed martial arts and traveled extensively in Europe and Asia. He is eager to be part of a community with others who are interested in understanding patients from a psychoanalytic perspective. We are pleased and excited that he will be returning to the Pacific Northwest and joining our next candidate cohort. Please join the Admissions Committee in giving Aaron Garner a warm welcome to OPI!

Jessica Carlin, LICSW, LCSW ~ PPP Student

Jessica is a psychotherapist in private practice in Vancouver, WA. Originally starting her practice in Portland, Oregon in 2013, she moved to Washington in 2021. Jessica completed her master's in social work from NYU Silver School of Social Work in 2006. Before beginning her private practice, Jessica worked in community mental health and crisis response. She began to learn more about psychoanalytic ideas and theories through OPC's Fundamentals of Psychoanalytic Psychotherapy in 2014. She is intrigued to understand more about the interiority of her clients and finds that learning through a psychoanalytic lens brings more creativity, richness, and texture to their work together. She participates in twice-monthly group consultations and weekly individual consultations to help broaden her understanding of psychoanalytic theory and application. Jessica lives with her wife in Washougal, WA, and when not working, she is renovating and restoring their house and land. Together, they have two collies and twelve chickens. Jessica is excited about joining the PPP this Fall to deepen her learning and continue building her community. Please join the PPP Committee in welcoming Jessica into our community!

Molly Goddard, DNP, PMHNP ~ PPP Student

We are excited to introduce Molly Goddard, DNP, PMHNP, who will be joining the new PPP class starting this Fall, 2025. She received her bachelor's degree with a major in Italian from Arizona State and a master's degree in conflict resolution through Portland State. More recently, she did her nursing training at OHSU, where she received her PMHNP in 2017 and DNP in 2018, with a focus on child and adolescent mental health. Since becoming a psychiatric nurse practitioner, Molly has worked at various community mental health centers throughout Oregon. In 2019, she became an assistant professor in the PMHNP program at OHSU, teaching the child and adolescent curriculum. She has exposure to a variety of therapy approaches but is longing for a more "foundational" piece to her knowledge. Since attending the Fundamentals course at OPC several years ago, Molly has felt a passion for continuing her learning. Please join the PPP Committee in welcoming Molly into our community!

Recent Member Accomplishments *(in alphabetical order)*

Aisha Abbasi, MD, has some recent and upcoming presentations and publications:

- Dr. Aisha Abbasi contributed (by invitation) an article, *Politics in the Consulting Room: Navigating Hate and Meaning in Psychoanalysis*, for a special issue of *Psychoanalytic Inquiry on Politics and Hate*. Dr. Jeremy Elkins will edit this issue.
- Dr. Abbasi's chapter, "Homesickness, Nostalgia, and the Development of a Stable, Internalized Sense of Home," has been included in an upcoming book, *Attics and Basements: Encapsulating, Evocative, and Expressive Functions of Home*. Salman Akhtar, Nasir Ilahi, and Rajiv Gulati are the editors of this book.
- In May 2025, Dr. Abbasi will be the Keynote Speaker at the meetings of the AAPDPP (American Academy of Psychodynamic Psychiatry and Psychoanalysis).

Adam Rodríguez, PsyD, published a paper (and response) in *Psychoanalytic Dialogues* this year.

1. Rodríguez, A. (2024). Disallowing multiplicity: Internalized hierarchies, dissociation, and unformulated bits of self in a poor, mixed-race kid. *Psychoanalytic Dialogues*, 34(6), 716-734
2. Rodríguez, A. (2024). The 'unthought mixt subject' and destroying reality: Reply to Brewster and Corpt. *Psychoanalytic Dialogues*, 34(6), 747-754

Also, his book from 2023 won a Catalyst Award from First Gen and Juice. The book is Rodríguez, A (2023) *Know That You Are Worthy: Experiences from First Generation College Graduates*. Rowman & Littlefield.

On December 6, 2024, **Kathryn Zerbe, MD**, presented for the International Psychotherapy Institute master speakers series on "The Psychotherapy of Secrets: Hidden Stories in the Body that Inform Treatment and Countertransference Reactions."

2024 Annual Fund Drive Campaign Donors

Thank you to our generous 2024 Annual Fund Drive donors, whose financial support is integral to our work and allows OPC continue improving our programs as we grow. We couldn't do this without you!

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