



NORTHERN
CALIFORNIA
SOCIETY FOR
PSYCHOANALYTIC
PSYCHOLOGY

SPRING 2024
PROGRAMS
Courses & Events

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For more information and full course descriptions please visit our website:

www.ncspp.org

WORKING RELATIONALLY IN PSYCHOANALYTIC SUPERVISION

Course

Instructor: Joan E. Sarnat, Ph.D., ABPP
 Dates: Fridays, January 19 - February 2, 2024
 Time: 1:00 - 3:00 pm
 Location: Virtual Event
 CE: 6 CE Credits
 Tuition: \$210 General Public | \$150 NCSPP Full Members
 \$132 NCSPP CMH Members | \$120 NCSPP Associate Members
 \$90 NCSPP Student Members | \$90 Scholarship Rate (*approval required*)

This course explores working relationally in psychodynamic supervision, a clinical supervision model based on relational psychoanalytic thinking. This model puts the supervisory relationship at the center of the process. Research from the psychoanalytic supervision literature, the counseling-psychology supervision literature, and from the fields of psychotherapy, education, cognitive psychology, and neuroscience provide mounting evidence for the pedagogic effectiveness of affectively rich, experiential, relationship-focused modes of teaching like this approach. Supervisors working within this model offer the benefit of their knowledge and experience and help their supervisees develop the emotional/relational skills required of an effective psychotherapist. Supervisors do this while holding a view of their authority as a supervisor that generates a safe and ethical context for emotional/relational learning. A video of actual supervision conducted by the instructor will be viewed and analyzed, and vignettes from her recent book, related work, and other published material will be discussed.

PREVENTING SCHOOL SHOOTINGS

Workshop

Instructor: Peter Langman, Ph.D.
 Dates: Wednesday, February 7, 2024
 Time: 2:00 - 4:00 pm
 Location: Virtual Event
 CE: 2 CE Credits
 Tuition: \$70 General Public | \$50 NCSPP Full Members
 \$44 NCSPP CMH Members | \$40 NCSPP Associate Members
 \$30 NCSPP Student Members | \$30 Scholarship Rate (*approval required*)

In 2023 (until the end of September), at least 54 shootings took place in schools and universities, impacting surrounding communities. Deaths by school shootings account for a small percentage of gun deaths among youth to date, but the numbers have been increasing since 2017. Such events require more accurate risk assessment training to prevent future incidents. This workshop will identify and describe three psychological types of school shooters: traumatized, psychotic, and psychopathic. Each will be illustrated through a case history. The workshop will then present an overview of threat assessment, discussing the concepts of "leakage," "attack-related behavior," and "evidence of imminence," along with examples of warning signs from actual school shootings.

(Case material will include personal writings and drawings from perpetrators, which contain explicit content some might find disturbing.)

HELPING CLIENTS RESOLVE INTERPERSONAL DIFFICULTIES USING COMBINED INDIVIDUAL AND GROUP THERAPY: A Modern Analytic and Intersectional Approach

Course

Instructor: Laura Kasper, Ph.D., CGP
 Dates: Friday, February 9, 2024
 Time: 1:00 – 4:00 pm
 Location: Virtual Event
 CE: 3 CE Credits
 Tuition: \$105 General Public | \$75 NCSPP Full Members
 \$66 NCSPP CMH Members | \$60 NCSPP Associate Members
 \$45 NCSPP Student Members | \$45 Scholarship Rate (*approval required*)

This three-hour workshop will explore how combined individual and group therapy is an effective treatment approach for clients stuck in interpersonal patterns that limit their relationship satisfaction. Group + individual helps clients shift relational dynamics that are difficult to uncover and address through individual therapy alone. It also helps them understand their emotional reactions to others more deeply and work through their fears and anxieties related to intimacy in a safe environment. Clients can practice skills in the “laboratory” of interpersonal group therapy and bring emotional reactions and material back to individual therapy for deeper exploration.

Participants will learn key elements of modern analytic and intersectional approaches to group psychotherapy. We’ll distinguish constructive and destructive aggression, the critical role modern analysis suggests aggression plays in resolving long-standing interpersonal issues, and how an intersectional approach helps members explore, know, and claim different parts of their identities.

INSIGHTS FROM GROUP ANALYSIS

Course

Instructor: Robi Friedman, Ph.D.; Earl Hopper, Ph.D.; Carla Penna, Ph.D.;
 John Schlapobersky, BA Msc CGP; Haim Weinberg, Ph.D.
 Dates: Fridays, February 9 – March 22, 2024 (no class on March 1, 2023)
 Time: 12:00 – 2:00 pm
 Location: Virtual Event
 CE: 12 CE Credits
 Tuition: \$420 General Public | \$300 NCSPP Full Members
 \$264 NCSPP CMH Members | \$240 NCSPP Associate Members
 \$180 NCSPP Student Members | \$180 Scholarship Rate (*approval required*)

This course introduces ideas and concepts at the center of the Group Analytic (GA) approach. Developed by S.H. Foulkes, GA is an established model for group therapy used in many countries around the world that focuses on relationships and interactions between group members. It explores patterns of communication, roles, power dynamics, and the influence of social and collective factors on the individual. Contrary to other group therapy approaches, GA formulates different therapeutic factors, such as resonance and mirroring, integrates the individual (personal matrix) with the group (group matrix), and examines unconscious social forces and their impact on the individual and the group (foundation matrix). Notably, GA developed the position of the Conductor (group therapist). Five distinguished group analysts from the UK, Israel, Brazil, and the U.S. will discuss the GA approach while elaborating on its main components, including the tripartite matrix, transference and countertransference, the language of the group, the Social Unconscious in GA, dreams, and the position of the group conductor.

MOSTLY DEAD IS SLIGHTLY ALIVE! Surviving Drug Addiction with your Psychoanalytic Psychotherapy Patients

Course

Instructor: Michael Wachter, M.D.
 Dates: Fridays, March 1 – April 5, 2024
 Time: 12:00 – 1:30 pm
 Location: Virtual Event
 Tuition: \$158 General Public | \$113 NCSPP Full Members
 \$99 NCSPP CMH Members | \$90 NCSPP Associate Members
 \$68 NCSPP Student Members | \$68 Scholarship Rate (*approval required*)

This six-week course offers an experiential way of learning about clinical issues pertaining to drug addiction in the context of psychoanalytically oriented psychotherapy. The course, divided into six weekly topics, offers readings and materials associated to psychic aliveness, its risks and relation to isolation, omnipotence, embodiment and dissociation.

We will use music, poetry, film, and clinical case material to feel our way into each week’s topic, providing a more embodied experience than the usual didactic approach to this material.

STARTING A PRIVATE PRACTICE: Frame Considerations & Professional Identity in a New Era

Workshop

Instructor: Clara Brandt, Psy.D.
 Dates: Mondays, March 11 – 25, 2024
 Time: 7:00 – 8:30 pm
 Location: Private Office, Oakland
 Tuition: \$158 General Public | \$113 NCSPP Full Members
 \$99 NCSPP CMH Members | \$90 NCSPP Associate Members
 \$68 NCSPP Student Members | \$68 Scholarship Rate (*approval required*)

For new therapists transitioning into private practice, this can be an exciting moment to carve out a space of one’s own. The last few years have shaken up many traditional ways of thinking, and the field of psychoanalysis seems to be shifting, grappling, and expanding with the changing tides.

But the transition to private practice – even in the least turbulent times – is often a solitary endeavor. Many important questions are left to one’s own best judgment without sufficient space for exploration. How do we set fees, screen patients, create policies? How do we think about in-person and remote therapeutic work? How do we think about our strengths and limitations, our professional boundaries and needs? How can we create a solid, alive, thoughtful frame?

This small, in-person seminar offers a much-needed space to talk through some of the questions that arise in starting a private practice, particularly in this challenging time.

COMMUNITY MENTAL HEALTH SPRING HIKE

Course

Date: Saturday, March 23, 2024
 Time: 10:00 am – 12:00 pm
 Location: Lake Temescal Loop; 6502 Broadway Terrace, Oakland, CA 94618
 Fee: Free

Calling all Community Mental Health clinicians and staff! Looking for a space to connect with others that work in community settings while enjoying the outdoors? Join us for the Spring CMH hike, where you will have the opportunity to enjoy the natural beauty of Lake Temescal while meeting others.

YOGA WITH COMMUNITY MENTAL HEALTH

Social

Instructor: Yael Haar
 Date: Saturday, May 4, 2024
 Time: 10:00 – 11:00 am
 Location: Flowhouse
 2036 Livingston Street, Oakland, CA 94606
 Fee: Free – \$20 CMH General Public | Free – \$20 NCSPP CMH Members

Kundalini Yoga is known as the “yoga of awareness.” In this practice, we work our breath, body, and mind to synchronize our inner state. Each class we practice different *kriyas* (physical yoga sets) along with *pranayama* (breathwork) or *mantra* (chanting). Kundalini yoga works through circulating breath, stimulating the glandular system, and clearing stuck energy from the body. This practice connects us deeper to our inner essence and the infinite energy of life. All levels are welcome!

DREAMING AS AN EXPRESSION OF THE SPIRITUAL PSYCHE

Course

Instructor: Willow Pearson Trimbach, Psy.D., LMFT, MT-BC
 Date: Saturday, May 25 & Sunday, May 26, 2024
 Time: 10:00 am – 1:00 pm
 Location: Virtual Event
 CE: 6 CE Credits
 Tuition: \$210 General Public | \$150 NCSPP Full Members
 \$132 NCSPP CMH Members | \$120 NCSPP Associate Members
 \$90 NCSPP Student Members | \$90 Scholarship Rate (*approval required*)

Through the presentation of dreaming as an expression of the spiritual psyche, a felt sense of the spiritual psyche in clinical practice and in everyday life will emerge. Participants’ relationship to their own dream life will be catalyzed through reflective engagement and discussion. Dreaming – not only at night but also in waking life – will be related to as a continuous mode of awareness and relationality that fosters vitality, imaginative interplay, and connection to our world and the cosmos.

Clara Brandt, Psy.D., is a psychologist in private practice in Oakland, where she works with adult individuals and couples. She teaches and supervises at Access Institute and is the former chair of the Education Committee at NCSPP.

Robi Friedman, Ph.D., is a clinical psychologist and group analyst based in Israel. Dr. Friedman is the former president of the International Group Analytic Society and co-founder of the Israeli Institute of Group Analysis.

Earl Hopper, Ph.D., is a psychoanalyst, group analyst, and organizational consultant in private practice in London. He is a Fellow of the British Psychoanalytical Society, an Honorary Member of the Institute of Group Analysis and the Group Analytic Society International, and a Distinguished Fellow of the American Group Psychotherapy Association. Dr. Hopper is the author and editor of numerous books and articles.

Laura Kasper, Ph.D., CGP, is a licensed psychologist in San Francisco. She has led trainings at group therapy conferences (AGPA, NCGPS, COGPS, MAGPS) is Adjunct Clinical Faculty at Stanford Medical School, where she teaches residents group therapy and is a group facilitator for Stanford Business School’s Interpersonal Dynamics course.

Peter Langman, Ph.D., is a known expert in the psychology of school shooters. His trainings identify warning signs of potential perpetrators of violence before it occurs and how school leadership can effectively utilize threat assessment across their communities. This includes analyzing homework assignments, understanding motivations and justifications for violence, and exploring pathways to violence.

Carla Penna, Ph.D., is a psychoanalyst and group analyst in Rio de Janeiro, Brazil, where she is the former president of the Brazilian Association of Group Psychotherapy and Society of Group Analytic Psychotherapy.

Joan Sarnat, Ph.D., ABPP, is a supervising analyst and member of the faculty at PINC. She has published two books and numerous papers elaborating a relational model of psychoanalytic supervision. Dr. Sarnat is in consultative and supervisory practice in Berkeley.

John Schlapobersky, BA Msc CGP, is a training analyst, supervisor, and teacher in the Institute of Group Analysis, London, and research fellow, Birbeck, University of London. He is in private practice at the Bloomsbury Psychotherapy Practice and works with individuals, couples, and groups. He has trained generations of group analysts, teaches internationally, and has published widely.

Willow Pearson Trimbach, Psy.D., LMFT, MT-BC, is Associate Professor and Director of Clinical Training, Clinical Psychology Department, CIIS. A licensed clinical psychologist, licensed marriage and family therapist, and nationally board certified music therapist, Dr. Pearson has a private practice in Oakland, where she sees adults and provides supervision. Dr. Pearson is co-editor and contributing author of *The Spiritual Psyche in Psychotherapy: Mysticism, Intersubjectivity, and Psychoanalysis*, published by Routledge (2021).

Michael Wachter, M.D., is a psychiatrist in private practice in San Francisco. He is interested in the use of Narrative Medicine in psychotherapy to enhance embodiment in the clinical setting. Dr. Wachter has taught about addiction in psychoanalytic psychotherapy from this perspective and is board certified in Addiction Medicine.

Haim Weinberg, Ph.D., is a licensed psychologist in Israel and California, a group analyst, and certified group psychotherapist in private practice in Sacramento, California. He is the past president of the Israeli Association of Group Psychotherapy and of the Northern California Group Psychotherapy Society. To date, Dr. Weinberg has published 10 books, 24 book chapters, and 55 articles.

GENERAL INFORMATION

NCSPP

For full course information, course objectives, late registration, and refund policies for each of the courses/events listed within, please visit our website at www.ncspp.org.

Tuition & Registration Deadlines: All tuitions listed in this brochure are for early registration (\$40 discount, \$15 discount for NCSPP Student Members). Early registration ends two weeks prior to the event or start of a multi-week course; after this date the full tuition will be applied to all registrations. For details please see individual course/event listings on our website.

Questions: For questions related to enrollment, locations, CE credit, special needs, course availability, and other administrative issues, contact Michele McGuinness at info@ncspp.org or 415|496-9949.

Membership: To join NCSPP, please visit the NCSPP website at www.ncspp.org.

Target Audience & Instructional Level: These courses are open to all licensed mental health professionals, residents, interns, and graduate students in training, as well as members of the lay public who have an interest in psychoanalytic psychology. For specific instructional level please see individual course/event listing on our website at www.ncspp.org.

Class Size & Eligibility for Enrollment: For specific class size please see individual course/event listings on our website at www.ncspp.org. Class minimums will be 6 to 8 participants. Courses that do not fill will be cancelled and payment will be refunded. In filling courses, priority will be given to NCSPP members.

Locations & Readers: For classes where location is listed as TBA (to be announced), information on location will be updated online at www.ncspp.org. Enrollment confirmation with course location and reader information will be emailed to enrolled participants. **Tuition does not include the cost of readers.**

Cancellation: Enrollees who cancel at least SEVEN DAYS prior to the event or start of a multi-week course will receive a refund minus an administrative charge. No refunds will be allowed after this time. For details please see individual course/event listings on our website.

Returned Checks: A \$25 bank charge and an additional \$15 administrative charge will be issued on all returned checks.

Continuing Education Credits: Please see individual course/event listings for number of CE credits awarded, if applicable. Courses offering CE credit meet the requirements for CE credit for LCSWs, MFTs, and Psychologists. Upon completion of a course evaluation form, a CE certificate will be issued. This serves as documentation of attendance for all participants.

LCSWs/MFTs: Courses meet the requirements for CE credit, as required by the CA Board of Behavioral Sciences, through CAMFT (Provider #57020).

Psychologists: Division 39 is approved by the American Psychological Association to sponsor continuing education for psychologists. Division 39 maintains responsibility for these programs and their content.

Scholarship Information: We have established the NCSPP Scholarship Fund to broaden community access to our events by subsidizing the greater part of our tuition costs for a limited number of attendees. For information regarding eligibility and availability, contact Michele McGuinness.

Disabilities: NCSPP, CAMFT, and Division 39 are committed to accessibility and non-discrimination in its continuing education activities. If participants have special needs, we will attempt to accommodate them. If you have concerns about handicapped accessibility, please contact Michele McGuinness.

Privacy and Confidentiality: All participants are asked to be aware of the need for privacy and confidentiality throughout all programs.

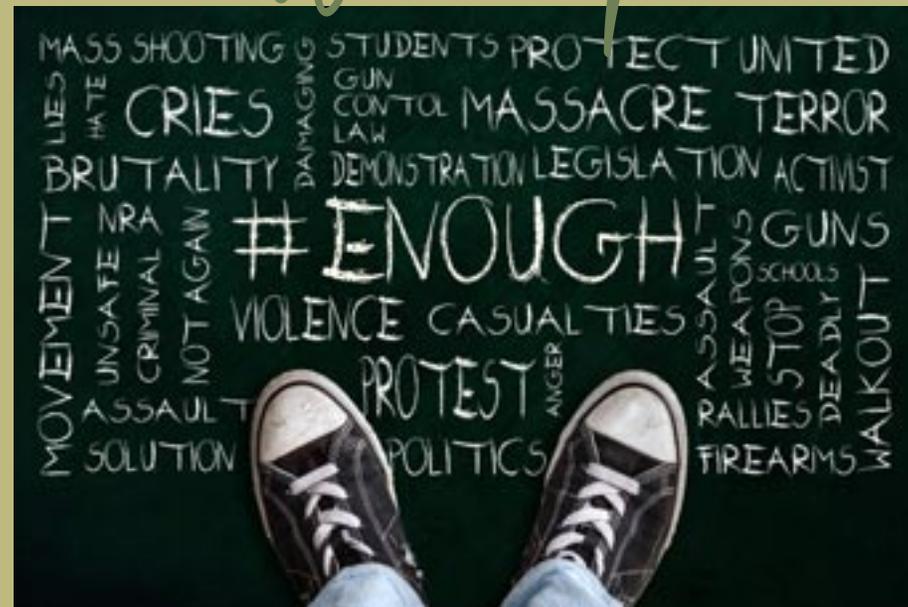
NCSPP, CAMFT, and Division 39 are committed to conducting all activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. Please address questions, concerns and any complaints to Michele McGuinness.

Participants will be informed of the utility/validity of the content/approach discussed (including the basis for the statements about validity/utility), as well as the limitations of the approach and most common (and severe) risks, if any, associated with the program's content.

Commercial Support: There is no commercial support for NCSPP programs nor are there any relationships between the CE Sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.

The Northern California Society for Psychoanalytic Psychology (NCSPP) is the local Chapter of Division 39, American Psychological Association. NCSPP is committed to the study of psychoanalytic psychology and the encouragement of its interests in the professional and general communities. It is a multidisciplinary, nonprofit educational membership organization open to all mental health professionals.

Workshop



PREVENTING SCHOOL SHOOTINGS

February 7, 2024

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