

Greater Kansas City & Topeka Psychoanalytic Center

Looking Ahead to the New Year

The human race is a messy cohort. As our life experiences over time reveal to us, our relationships with each other and with our larger communities can be surprisingly complex. How do we develop and sustain endurance during especially challenging moments in our lives? Our Center and Institute provide us with an undergirding, or at least that is the goal, to honor truths, from deep inner truths to larger existential revelations. May we rely on our shared quest for individual and collective understanding of our humanity to propel us forward with hope and humility in the days ahead.

Susie Morris, Administrator



From the Center President

Living in the Whole

(Please note that the following was written before the insurrection at our nation's capital that highlights our need for authentic, respectful, reflective, and thoughtful discourse necessary for a functioning democracy.)

I recently spoke to a financial advisor who was embarrassed to share with his clients how well market investments are doing when so many people are suffering financial and medical hardship. Appreciating anything positive felt insensitive and even dismissive of the difficulties so many are now suffering. And yet, this is our challenge — to take in the whole of life with its pleasures and misfortune, its joys and its tragic disappointments. Without pulling together the whole of experience, we destine ourselves to dysphoric melancholy when the weight of negative experience, bereft of integrated counterbalance, overwhelms us into depressive collapse. I feel my own



struggle to write when so much feels so wrong; and yet, there remains much to appreciate and have gratitude for. I remember a pastor telling me about a transformative moment in her training when a rabbi told her class that it was a sin not to appreciate all the pleasures God has placed here for us on this Earth. Life is more than working to help uplift others. We talked about including herself in that group of people she was committing to help.

As I read on the internet with sardonic bemusement, we cannot uninstall 2020 in the hopes of reinstalling it without a virus. We can only do our best to absorb the challenges of life with a spirit of heart-felt concern as well as appreciation. I wish to share my gratitude for all of you who contribute to Center activities through your participation, your support, your leadership, and your inspiration. Some of us have the pleasure of generativity while others have the excitement of grappling with new insights and understandings for ourselves and those we love and for whom we work. Gratitude is requisite for happiness and perhaps I wish to lift myself up in uplifting you, with the hope that we will carry each other through these difficult times with both grace and endurance.

We at the Center wish all of you a Happier New Year with ongoing personal growth and the understanding that you are needed, valued, and important. As the scarring aspects of 2020 continue into the new year, please experience my gratitude for the hard work all of us are doing to better ourselves and our clients and to persevere when challenges to our morale may be most acute. This is when our good service is most desperately needed. We are needed now more than ever, with all the wisdoms that have been brought to us personally, psychoanalytically, and in our common strivings to become just a little bit better.

Bob Feuer, Center President

Director's Corner

Exploring Deeper Waters

I began my psychoanalytic training after a quarter-century of being a practicing psychologist. I was looking for something that might deepen my work and add to my skill set, especially with some longer-term clients with whom I felt I had settled into a supportive psychotherapy role, but sensed there was more that could be accomplished. Also, I was so often disappointed with CEU trainings I attended that advertised as treatment-focused, but typically spent way more time rehashing diagnostic criteria and familiar information. Initially, I was hesitant to commit to the four-year full analytic training and so I chose initially to enroll in the two-year "Psychoanalytic Psychotherapy" track.



Certainly, I already had a basic familiarity with psychodynamic concepts and I had often relied on psychodynamically-informed experts in my work

with adult survivors of severe childhood trauma. Nonetheless, I still recall my first quarter in the training program and being overwhelmed with new terminology (and a great deal of reading!). My anxiety and investment were rewarded, however, with my growing realization that psychoanalytic thought was not trapped in the Victorian era, but had in fact evolved in many exciting and vibrant directions. In my classes I was surprised to find that not everyone pursuing psychoanalytic training was a clinician and then blown away to find that some of the most valuable contributions to our discussions came from those very non-clinicians.

In addition to the coursework, rich discussions, and reading, the two-year program also required participation in psychodynamically-oriented supervision. Although I frequently consulted with colleagues about challenging cases, I had not consulted on a weekly basis with a supervisor since I had entered private practice. Supervision for me became an oasis. I felt so much less alone with my work and although we focused on only a few cases, the depth of detail we went into began to have outworking into my whole caseload. I began to understand the power of the therapy relationship in a deeper way. It wasn't just about therapeutic alliance and rapport, but an instrument of change itself in many respects. I also began to listen on a whole other level. I began to understand how even off-hand, extra-therapy comments made by my clients contained echoes of their unconscious minds and were potentially ways they were also communicating to me about their experiences with me. Those clients that had lapsed into "supportive therapy" with me began to comment on how our sessions felt different, more useful or productive.

Before my second (and final) year in the Psychoanalytic Psychotherapy track came to a close I knew that: 1- I could not leave my cohort of Psychoanalytic Candidates (people whom I had truly come to know as valued friends) who would be continuing on for two more years of coursework without me; and 2- I needed to embark further upon my own self-analytic journey and enter a personal analysis as well as learn much more of what my clients and I had begun to recognize was transforming my approach to therapy.

Fast forward and here I am today writing to you as Director of the Greater Kansas City Psychoanalytic Institute. I want to invite you (and especially those of you who are new to our community) to consider exploring some of the exciting training opportunities available. In addition to our 2- and 4-year programs for clinicians, we also have 2- and 4-year programs for non-clinicians (Academic Candidates) who want to apply psychoanalytic concepts to their professions. We have a Fellowship in Psychoanalytic Thought that meets for a few hours on Saturday mornings once a month and offers an introduction to psychodynamic perspectives. We offer a pre-training study group that meets one evening a month during the academic year that discusses readings on a variety of analytic topics. And last year we began offering the opportunity for interested individuals to take certain classes from our curriculum on an elective basis through our Guest Scholar program. This provides a way for you to get a feel for the quality of our training without initially having to commit to a full 2- or 4-year program of study (and you earn CEUs at the same time!).

We've all had to grow more comfortable with remote participation this past year due to the pandemic; therefore, not being in the immediate metro area does not need to be a barrier to any of these opportunities. So, if you find yourself longing for working on a deeper level with your clients or wanting something meatier from your CEU seminars, I encourage you to visit our webpage (gkcpsa.org) and reach out to us. We welcome you with open (albeit

Congratulations to our newest Training and Supervising Analyst: Deana Schuplin!

Despite the misery around the world caused by the pandemic, Deana Schuplin has still found reasons to be grateful.

"Thinking about all the suffering that has gone on is just so sad," Deana said. "But we're really lucky. We have each other and we have our home."

Deana, a licensed mental health counselor, and her husband, Andrew, live in Des Moines, Iowa, along with two sibling cats. Her private practice went almost entirely online or on the phone because of Covid-19.

"Making the transition in the midst of everything was kind of overwhelming, but it's all gone better than I would have expected it to," she said.

She misses seeing in person not only her clients but her GKCTPC colleagues.

"I miss seeing everybody; I miss the human contact," she said. "But life being a little bit quieter has been all right."

In her spare time, Deana enjoys abstract photography and doing household projects with her husband. Andrew retired a couple of years ago after a career as a software engineer. He just graduated with his master's degree in counseling. He's working at a women's substance use treatment program.

"He's having an encore career," Deana said. "We have a wonderful time sharing our experiences."

Deana began her clinical career in 1982. She has spent a large portion of her career working in substance use disorder field.

"It's really meaningful work, I love it," she said.

Deana started her psychoanalytic training in 2005 in Cleveland. When her husband took a job in Des Moines, they relocated to Iowa in 2006.

"I transferred my candidacy to Kansas City and commuted from Des Moines," Deana said. "I started seminars there in 2006 and graduated as a psychoanalyst in 2012 and became certified as a psychoanalyst in 2017." In November 2020, Deana became the most recent Training and Supervising Analyst at the GKCP.

Her Training Analyst Appointment Committee was made up of Dr.



Richard Zeithner and Dr. Michael Lubbers.

"Discussing my work with them was wonderful," Deana said. "Being involved in the psychoanalytic community is just essential to me and my work."

On Feb. 22. Deana will present a seminar for the Institute titled "Psychodynamic Work and Addiction: What our patients with addictions need from us and what we need to know about addiction."

Deana loves her work as a psychoanalyst.

"We're the instruments of the work, which is a creative, dynamic process between two people," she said. "The work is an art."

Getting to know our faculty: Dr. Judith Ovalle Abuabara

Dr. Judith Ovalle and her husband moved from their home country of Colombia to the United States in 2003. They first settled in Chicago.

She was trained in psychoanalysis in her home country and through the Sociedad Colombiana de Psychoanalysis she got certified by the IPA. She graduated from the Universidad Nacional De Colombia, School of Medicine in 1988 and was the director for almost nine years of a psychoanalytically oriented Pilot Mental Health Program for the treatment and prevention of Mental illness in Children and Adolescents in Bogota.

Dr. Ovalle works in Kansas City, Mo., and specializes in Adult, Child and Adolescent Psychiatry. Dr. Ovalle, who is affiliated with Truman Medical Center, has been a faculty member at the Greater Kansas City-Topeka Psychoanalytic Center since 2016.



"I was looking for opportunities to do similar things as to what I was doing in my home country, which I enjoyed so much," Dr. Ovalle said. "Psychoanalysis and understanding the mind and helping patients is what I love the most."

Dr. Ovalle used to co-teach with Dr. Alice Brand Bartlett.

"She was wonderful," Dr. Ovalle said. "I was lucky that I had the chance to teach with her. It was a real learning experience, seeing the way she conducted the seminars. She was an excellent role model to learn from."

Dr. Bartlett passed away in July 2019. Dr. Ovalle wrote a tribute to her.

"It was very, very sad," Dr. Ovalle said of Dr. Bartlett's passing. "She is very much missed."

Though the pandemic presented challenges to teaching virtually and as the Psychiatry Clerkship Director for medical students she had to switch to a partial online curriculum, Dr. Ovalle enjoys her role as a teacher.

"It's been hard for everyone, but the students are very grateful and appreciative," Dr. Ovalle said. "I enjoy being part of the Institute and being

involved with training the candidates. I love teaching."

And she is grateful for her Institute family.

"Being at the Institute and having the opportunity to share about psychoanalytic thoughts with my colleagues who I admire and feeling comforted knowing that we share the same language and very similar vision of life," Dr. Ovalle said. "I started feeling welcomed and cared by my first direct contact at the Institute, which was with Dr. Becquer Benalcazar, who was the Institute director when I started. And then our dear and unforgettable Alice who made me feel at home and cared for just with her warm eyes and open smile and who invited me to co-teach with her in 2016."

"I can't finish my gratefulness to the institute without mentioning my dear Fernando Rosso, who graduated from the same medical school and psychoanalytic institute that I graduated from in Colombia and with who I was able to share stories, thoughts and emotions from our common background; making me feel again at home. I have felt so welcomed by every member of the Institute in many different levels and ways that there won't be enough pages to describe what the support of each one in the Institute, including our dear Gail who recently retired as administrator, has meant to me. All the candidates and faculty have made me feel like I was with my psychoanalytical family back in Colombia. They have made me feel understood, welcomed, supported and encouraged to continue on my task of integrating psychoanalysis into the medical community."

Upcoming Events

Feb. 22, 2021: Seminar with Deana Schuplin, LMHC. *"Psychodynamic Work and Addiction: What our patients with addictions need from us and what we need to know about addiction."*

March 22, 2021: Seminar with Eileen Connell, RN, LPC. *"Perinatal Mental Health from a Psychodynamic Perspective."*

April 17, 2021: All-day workshop (virtual) with Jonathan Shedler, MD. *"Efficacy and Evidence for Psychoanalytic Treatments."*

Greater Kansas City Psychoanalytic Institute 2020-21 Postsecondary Training

The Greater Kansas City Psychoanalytic Institute (GKCPI) offers training in the theory and practice of psychoanalysis and psychoanalytic psychotherapy to qualified mental health professionals, interested scholars, and practitioners from other disciplines. Classes meet on Friday afternoons from September-May at 1:30pm, 3:15pm, and 5:00pm. For more information, visit our website

Third Quarter (Jan. 22-Mar. 19)

Psychoanalytic Technique – Developing a Psychoanalytic Treatment (Instructors: Richard Zeitner, PhD; Mary Frank, MD)

This course will deal with topics pertaining to developing a psychoanalytic treatment. This refers to the concept and processes of helping the patient come to recognize the need for more frequent sessions, facilitating the patient's coming to better understand him or herself within the treatment setting. We will deal with topics that frequently impede the therapy and analytic process, while coming to understand technical considerations for helping the patient resolve anxieties and inhibitions.

Continuous Case Seminar (CCS)

(Instructor: Richard Zeitner, PhD)

Psychopathology – Introduction to Psychodynamic Psychopathology

(Instructors: Larry W. Tyndall, PhD; Jeremy Burd, MD)

This course is an introduction to the psychodynamic/psychoanalytic approach to conceptualizing diagnosis and psychopathology. Candidates will learn how to recognize symptomatology indicative of psychotic, borderline, and neurotic levels of personality organization. We will explore how problems with relatedness (attachment) and problems with self-definition (identity) underlie personality development and psychopathology. Finally, we will consider psychodynamic formulations of depression and anxiety, as well as obsessive-compulsive, schizoid, and hysterical/histrionic personality disorders in particular.

Fourth Quarter (Mar. 26-May 19)

Psychoanalytic Technique – Transference Matrix

(Instructors: Bonnie Buchele, PhD; Michelle Pfeifer, LIMHP)

In this course we will examine the concept of transference from within a variety of contexts, each one differing from the previous one, because when we talk and think about transference it is always embedded within a context. After establishing a working definition of transference ala Laplace and Pontalis, we will modify the concept based on the various theoretical orientations. The different contexts/viewpoints will include dual drive theory, ego psychology, a classical perspective, an object relations point of view, a relational context, an intersubjective view and transference within the context of trauma. Core questions will be whether transference within each context requires the notion of distortion and what the role of the analyst as a trigger is in the transference.

Psychopathology – Psychoanalytic Assessment

(Instructors: Deana Schuplin, LMHC; Thomas Bartlett, PsyD)

This course is an introduction to psychoanalytic diagnosis and case formulation. It will utilize readings and writing assignments to develop a characterization of the personality of a patient, including, but not limited to, style, temperament, relationship patterns, affects, motivations and history. The goal is to be able to make sense of specific patients as a whole, from a psychoanalytic perspective. Writing assignments will be used to teach important aspects of communication of a formulated case.

Continuous Case Seminar (CCS)

(Instructor: Bonnie Buchele, PhD)

Current Candidates

First-year candidates:

Holly D. Anderson, LCMFT
Christine Rio Bistis-Nadala, MD, PhD,
MPM
Carrie M. Duncan, PhD
Paul R. Hoard, PhD, LCPC
Scott Koeneman, PsyD
Raelyn M. Koop, LPC
Jose Gary B. Nadala, MD
Marrissa Rhodes, MS, MA, LPC

Third-year candidate:

Jennifer Dembowski, MA, LCPC

Advanced candidates:

Thomas Bartlett, PsyD
Jeremy Burd, MD
Breck Mundis, LSCSW

Continuing Academic Candidate:

Lori Hoodenpyle, JD

Your officers for the year

President: Robert Feuer, MA, LCP

President-elect: Thomas Bartlett, PsyD

Past president: David Blakely, MD

Secretary: Gail Barham

Treasurer: Nancy Crawford, JD

Candidate rep: Jennifer Dembowski, LCPC

Program chair: Jessica Almond, LCPC

Institute Director: Larry W. Tyndall, PhD

Marketing & Outreach chair: Jeanne
Mosca, PhD

Ongoing Activities chair: Michael Harty,
PhD

APsaA Board of Director: Mari Hayes,
PhD

APsaA Board of Director-Alternate:
Yeshim Oz, MS

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