

January 2023

Greater Kansas City - Topeka Psychoanalytic Center

From the Center President

"What we call the beginning is often the end
And to make an end is to make a beginning.
The end is where we start from."

The Four Quartets

T. S. Eliot



I want to begin this moment with a welcome to our new candidates and members of the Psychoanalytic Center. This academic year finds the Center and Institute beginning in a way that we have not for two years, which is being able to meet in person. I think most of you will agree that it is a welcome change compared with the last two academic years. Despite the difficulties, anxiety, and separation, our Center and Institute have endured and even flourished. This has been a combined effort of the leadership and committees of both the Institute, Center, and Foundation.

Since beginning my tenure as president in July of 2022, I have been in awe of the efforts and contributions made by our committee members and chairs. But to make us aware for a moment, we are a part of a Psychoanalytic Center that offers a Psychoanalytic Institute with a four-year training program in psychoanalysis, a two-year psychotherapy program, an annual film series, clinical supervision, personal analysis and therapy, annual workshops, evening seminars, a writing program, study groups and a fellowship program along with several reading and study groups all aimed at providing an understanding of psychoanalysis. All of this is accomplished by dedicated volunteers who give their time and energy. I couldn't think of any other group or entity that can provide such a prodigious educational offering with a primarily volunteer group; it is truly inspiring. I want to thank Bob Feuer, former president, for his leadership and for single-handedly accomplishing the daunting mission of obtaining a contract with CBM for our classroom settings during the past two years for an indefinite time into the future.

Additionally, I want to recognize Institute director Larry Tyndall and Institute administrator Susie Morris for the arduous and challenging task of not only keeping the Institute up and running but obtaining high-quality tech to aid in our being able to provide a much-improved virtual learning experience for those who cannot be in person. Lastly, I want to acknowledge the current

candidates who have endured the challenges of the past two years and the new candidates just embarking on this significant life journey. You have started a major commitment in your life that requires sacrifice with time and energy and which I believe you will find valuable personally and professionally.

Thomas Bartlett, Center President

Director's Corner

It is hard to believe that this is our first newsletter of the Institute's 2022-2023 Academic year. It was exciting late last summer to meet our new First Year class of 8 Candidates and to return to in-person classes for the first time since early in the pandemic (and our first opportunity to hold in-person classes with our Third Year cohort!). In a real testimony to the passion of our Third Year cohort, despite the remote learning experience they endured for two whole years, four of our Psychoanalytic Psychotherapy Candidates elected to transfer to full Psychoanalytic Candidacy!



This fall also saw us fully embracing a hybrid model of holding classes with in-person and online attendees while utilizing new audiovisual equipment. We have had technological hiccups, yet our candidates' valuable feedback and ideas are helping us learn how to make the hybrid experience much more immediate and personal. We also had a record number of Psychiatric Residents begin attending classes and our Continuous Case Seminar, which swelled to 21 participants this year.

I am also excited to announce that in 2022 we created our first-ever Diversity and Inclusion Committee at the Institute. Michelle Pfeifer, who graciously stepped up to chair that committee, reports that they see their primary role as one of advocacy as they help us celebrate and expand our diversity and further incorporate the values of inclusivity into our Institute and curriculum.

As we begin this New Year, I invite you to consider how you might become more involved with us. Perhaps you have thought about analytic training but want an opportunity to "try before you buy?" Our Guest Scholar program is designed with precisely that in mind. It allows you to take an eight-week course at the Institute and earn 12 CEUs while getting a feel for our training without committing to a more extended program. Perhaps you are a graduate of our Institute (or another) and would be interested in sharing your wisdom and experience by teaching with us. Perhaps you might enjoy joining one of our study groups or serving on one of our committees. I invite you to visit our website (gkcpsa.org) or contact me (larry.tyndall@gmail.com) for more information and to explore how you might join us.

Larry Tyndall, Institute Director

2022-2023

Post-Graduate 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 to May at 1:30pm, 3:15pm, and 5:00pm. The next application period will be for classes beginning Fall 2024. For more information, [click here](#).

Spotlight

Third-year candidate

Christine Rio Bistis-Nadala

Dr. Christine Rio Bistis-Nadala, a Filipino psychiatrist, is a third-year GKCPI Academic Candidate and a graduate of the GKCTPC's Fellowship Program.

Though currently living in Lincoln, Neb., with her husband, Dr. Gary Nadala, she plans to return to her homeland in the Philippines someday and share what she has learned about “the riches of psychoanalytic theory.” Gary is a Filipino child psychiatrist. They both joined the Institute to deepen their knowledge and experience in psychoanalysis.



“It’s been a great experience,” Christine said of her time as a GKCPI Candidate. “We want to bring our experience back to our home country in the Philippines.”

Last June, Christine presented at the American Psychoanalytic Association annual conference in Boston. Download Dr. Nadala’s APsA presentation [here](#).

“It was nice to see so many psychoanalysts,” she said.

Though she describes herself as “a plain housewife,” she is so much more. She is co-managing their psychiatric clinic in Lincoln, Nebraska and continued her private practice and philanthropic works in the Philippines through telepsychiatry and webinar training.

Christine is a graduate of West Visayas State University College of Medicine in

2010. She became a Doctor to the Barrio (DTTB) immediately after medical school. As part of the DTTB program, she studied public management, majoring in health systems and development, at the Development Academy of the Philippines, where she initiated the first institutionalized community mental health program in the whole Western Visayas in 2013. This project inspired her to pursue psychiatry residency training at West Visayas State University Medical Center, while carrying on her Doctor in Philosophy Major in Educational Management at Central Philippines State University San Carlos City, Negros Occidental Campus. She also did a one-year post-graduate course on research and Global Mental Health: Trauma and Recovery Certification at the Harvard School of Medicine through a hybrid curriculum in 2021.

In her spare time, she enjoys archery and watching Asian TV dramas. She and her husband also enjoy collecting art.

"It's a window to our unconscious," she said. "It's the way we express ourselves."

Download Dr. Nadala's APsaA presentation [here](#).

Spotlight

Third-Year Candidate

Marrissa Rhodes

What led you to becoming a candidate?

Becoming a candidate was an intuitive experience for me. Of course, I thought through the logistics of it, but it felt like the next right step in my journey. I had just graduated with my Master of Arts in Counseling, and I knew that the type of depth work I wanted to do would require an expanded skill set--not just professionally, but intrapersonally and internally as well. This "knowing" led me to an introductory lunch at the institute, where I felt mostly certain I would begin training that year. I say mostly certain because, of course there was ambivalence around beginning an intensive training right after having completed another intensive graduate program. I can say assuredly that the certainty and the ambivalence have been along for the ride the whole time ... and I've grown more and more okay with the contradiction!



What has your experience been like so far?

My experience has been mostly positive. I often feel as though I'm learning a new language-- and I hesitate to say "a" new language because it feels like many new languages. I was given the advice by several faculty and mentors to "just let it wash over you" which is what I have done. I have allowed myself to be immersed in the material and discussion during the academic year, while letting myself rest and integrate through the summer and that has felt

important. I sometimes think I know less than when I started, and I also think that somehow that's the entire point! I am thankful to move through this with a really wonderful cohort- I think that makes all the difference.

What have been some of the highlights for you?

Returning to in person seminars has been a highlight- it has made a huge difference in feeling connected to peers, and I've enjoyed getting to know others outside of boxes on screens. Also, the personal and professional growth I have experienced is remarkable and I am filled with gratitude for that.

How would you describe your interaction with instructors, fellow candidates, mentors?

I have been met with warmth, friendliness, and professionalism on all accounts and have truly enjoyed being connected to a community of like-minded others.

How has this impacted your work life? Your personal life?

How has it NOT impacted my work and professional life is the better question! I have experienced a lot of personal and professional transformation throughout this program, and I feel as though it's just the beginning. In short form: this has brought about depth and nuance to my professional practice and my own personal reflection and self development. I think differently about a multitude of things and make room for considering a multitude of different perspectives. The uncertainty I referenced above, about knowing less and that being the entire point, I see as such a positive and freeing experience. I see that as the wisdom in life. We live in a world that craves certainty, and I would be remiss if I didn't admit that upon entering this program I was hoping for more certainty of my own, and I believe we all are and will always be to some degree. Instead, though, I feel more and more comfortable in the uncertainty and in the "not knowing" whether I am sitting across from a patient, working through something with my children, or dealing with a personal issue. There is a quote from Jung that says, "We don't so much solve our problems as we outgrow them. We add capacities and experiences that eventually make us bigger than the problems." I resonate with that and see the work I do with my patients, within myself through my own analysis, and within the institute as adding capacities and experiences toward expansion. With expansion comes the freedom to work, to love, and to play and I am feeling the fruits of that in all areas of my life.

Please share any personal information you would like to include: Family, hobbies, passions.

I have been married to my husband for 12 years, and we have three children, ages 11, 9, and 6. My favorite things are iced coffees and being in nature. I enjoy inspired writing, and love exploring ancient spiritual practices, mystical and metaphysical experiences, and working with tarot and oracle divination practices as another path to the unconscious. I am Reiki Level Two Certified and am passionate about bridging the gap of Eastern and Western traditions of understanding the mind-body-soul connection together for a more holistic approach to psychological understanding.

Mark Your Calendars

Annual Center membership drive:

May 1-June 16, 2023

Monday Night Seminars

(CME/CEU certificates available)

EVENTS CALENDAR

Current Candidates

Advanced candidates:

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

First-year candidates:

Iman Burns-Khan, LISW
Linden Dalecki, PhD
Yasaman (Yasi) Hemmat, MD
Jenny Huberman, PhD
Jeremy Kinser, PhD
Elise Sanders, LPC
Andrew Schuplin, MS
Charles West, MA

Third-year candidates:

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

Fourth-year candidate:

Jennifer Dembowski, MA, LCPC

Your Officers for the Year

President: Tom Bartlett, PsyD

President-Elect: Jessica Almond, LPC

Past President: Bob Feuer, LCP

Secretary: David Blakely, MD

Treasurer: Nancy Crawford, JD

Foundation President: Karl Menninger, II,
JD

Candidate Org. President: Holly
Anderson, LCMFT

Program Chair: Lori Hoodenpyle, JD

Institute Director: Larry Tyndall, PhD

Director-Elect: Mari Hayes, PhD

Marketing & Outreach Chair: Jeanne
Mosca, PhD

APsaA Board of Director: Yeshim Oz, LPC

APsaA Board of Director Alternate: Deana
Schuplin, LMHC

The GKCTPC newsletter is produced by Jeff Burkhead, jbukhead@bertnash.org

GKCTPC | administrator@gkcpsa.org | 816-512-7438 | www.GKCPSA.ORG