

Newsletter

Winter Issue

2024



Letter from the President



I have just returned from a two-week trip to China, my first trip in almost three years. Most of my visit was in Chengdu with the leaders of their psychotherapy training institutes. I gave several speeches and saw people I have known for more than twenty years. I think of Chengdu as my hometown in China. I have been invited to live there.

I then went to Shanghai and saw WEN Cuiqin (Wendy)'s new Psychotherapy Institute, whose curriculum is based on the CAPA curriculum. In Shanghai alone, there are six people who are graduates of APsA institutes and more than 40 in various cities who are candidates.

When CAPA began its work in China more than twenty years ago, we hoped, but did not really believe, our wishes could come true. What is happening in China now (with regard to psychotherapy and psychoanalysis) is more than we could have hoped for. As I think and talk about it, my eyes fill with tears.

Elise Snyder, M.D.

Letter from the Editor

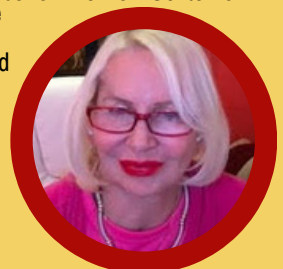
Happy New Year to All—Happy New Year to everyone in countries who celebrate New Year's Day on January 1st. For our Chinese colleagues, New Year's Eve will be celebrated on February 9th. The first day of the New Year is Feb 10, 2024. 新年快乐 This year in China it's the year of the Dragon. As I understand it, the Dragon is a complex symbol in Chinese culture, covering power, dignity, wisdom, auspiciousness, spirit, glory, and other aspects of Chinese life. I believe it is also a reflection of people's pursuit of beautiful things.

I want to thank all of the people who participated in the First CAPA National Academic Conference held in Chengdu on December 8, 9, and 10, 2023. From what I've learned from attendees, I understand the conference was very successful. It is very satisfying to know the CIC leadership is making Elise's dream come true, which was to train CAPA students so they would one day be able to take over the training function. That day has come!

Congratulations to Elise — After having a successful career as a psychiatrist and psychoanalyst, Elise Snyder dedicated the next 23 years to creating and maintaining the China American Psychoanalytic Alliance (otherwise known as CAPA.) She began fulfilling a long-standing aspiration of creating programs for psychotherapy students that would one day be led by Chinese psychotherapists and psychoanalysts. Today CIC is successfully training students from around the country. [CLICK HERE](#) to read more about CAPA and the work Elise has done founding the organization.

What an accomplishment! Thank you, Elise. We are all grateful for your dedication to CAPA and to your unwavering support of CAPA. You will be missed very much by all including the many people in China who have come to think of you as a family member; a grandmother whom they cherish.

Welcome to Glenn Mowbray, Psy.D. — Dr. Mowbray, a member of CAPA's Board of Directors since January 2022, will serve as the Interim President of CAPA. He is a psychoanalyst with a doctoral degree in Clinical Psychology as well as a licensed marriage and family therapist. He is a member of The New Center for Psychoanalysis in Los Angeles and serves as on the Faculty of the Adult Analytic and Psychotherapy Programs, he teaches psychoanalytic candidates and other mental health professionals. He also teaches psychoanalytic theory to UCLA students as well as supervises USC 4th-Year psychiatry residents. He also teaches, supervises, and conducts psychoanalysis to Chinese psychotherapists over Zoom.



Respectfully submitted by Karyne E. Messina, Ed.D.
January 2024

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CAPA Events

REFLECTING ON PAST EVENTS

2023 Movie Club Season... It's A Wrap!

After watching the 2023 film selections chosen by committee chairs Neal Spira and Jacky Song, and meeting for lively discussions about each, we send thanks to all who participated and made our new club style format a success. 2024 Movie Club selections and the sign-up information is listed below in the Upcoming CAPA Events section. We look forward to another year of Movie Club for members, students and graduates to enjoy.

1st CAPA National Academic Conference in Chengdu - December 8, 9 and 10, 2023

"Motivity, Inheritance & Future Psychoanalysis of the New Era"

What a success and congratulations to all who participated and attended! See page 4 for a more in-depth look at the conference.

UPCOMING EVENTS

Movie Club 2024

We are thrilled to continue **CAPA's Movie Club** for 2024. Watch the films independently, then join our cross-cultural discussions. Our Movie Club committee chairs, Neal Spira, M.D. & Jacky Song have selected three films for 2024.



Members, students and graduates are all invited to be part of Movie Club. We request that you RSVP for the discussion(s) in which you'd like to take part. [CLICK HERE](#) to learn more about Movie Club 2024, watch trailers and sign up to attend the discussion(s).

Special Lecture Series 2024

Title: **The Inherent Trauma of Being Human and Our Disavowed Sadism**

Presenter: Joseph Scalia III, Psy.D.

USA Dates: Fridays, March 15th & 22nd, 2024 at 9:30 - 11:00 AM EDT

China Dates: Fridays, March 15th & 22nd, 2024 at 9:30 - 11:00 PM (21:30 - 23:00)

Prerequisites: Open to all CAPA members, students, graduates, and the general public

[CLICK HERE](#) to learn more and sign up

Title: **Dreams: Neuropsychology and Traditional Chinese Medicine**

Presenter: Arseny Tarabanov, Ph.D.

USA Date: Friday, April 12th, 2024 at 9:30 - 11:00 AM EDT

China Date: Friday, April 12th, 2024 at 9:30 - 11:00 PM (21:30 - 23:00)

Prerequisites: Open to all CAPA members, students, graduates, and the general public

[CLICK HERE](#) to learn more and sign up

Announcements

We'll see you soon for the 2024 APsA National Meeting!

February 6-11, 2024
New York Hilton Midtown Hotel, New York City

Don't miss the CAPA Discussion Group at APsA

Title: Discussion Group 62: **Psychoanalysis and China: Transference and Countertransference Implications of Culturally Diverse Dyads**

Co-Chairs: Lana Prince Fishkin, MD and Elise W. Snyder, MD

Presenters: Francis D. Baudry, MD; Simone Hazan, PhD; Mark Smaller, PhD; and Aleksandra Wagner, LP

Date and Time: Thursday, February 8 from 7-9 pm at the APsA National Meeting in NYC

[CLICK HERE](#) for more details about the conference and presentations

A special celebration of **CAPA's Founder, Elise Snyder, M.D.** will take place on February 9th from 7pm-9pm at the New York Hilton Midtown Hotel during the APsA National Meeting.

[CLICK HERE](#) to RSVP

Symposium 2024 The Real Real: Virtual, Intrapsychic and Other

April 13, 2024 from 8:45am-4:30pm / Virtual and in person at Mount Sinai Medical Center, NYC

[CLICK HERE](#) for more information and to register

CONGRATULATIONS

On Friday, November 10th, CAPA member **Robin Rayford, M.A.** was honored for her contributions to the Institute, giving a speech on the theme of 'extending oneself' at the Michigan Psychoanalytic Foundation Fundraising Benefit. CAPA is proud of her work facilitating conversations about race and for being recognized for this work. CONGRATULATIONS to Robin on this important contribution!

CONGRATULATIONS to CAPA Class M student, **XIE Qiuyuan**, who will be awarded her second Scholars Program Award of the International Relations Committee (IRC) of the Society for Psychoanalysis and Psychoanalytic Psychology (Div. 39) of APA at the 43rd Annual Spring Conference (April 3-6, 2024) in Washington, DC. Be sure to say hello to Qiuyuan if you see her at the conference!

CONGRATULATIONS to the Newport Psychanalytic Institute, organized by CAPA member, **Lawrence Hedges, PhD, PsyD, ABPP** for recently receiving APsA approved status.

MEMBER ACTIVITIES

Title: **Reverie on the Animation of the Stranger**

Presenter: Diane Gartland, Psy.D.

Date & Time: May 2-4, 2024 at the 4th Asia-Pacific Conference of the International Psychoanalytic Association in Sydney, AU

[CLICK HERE](#) to learn more about the conference and presentations

MEMBER PUBLICATIONS

For a full list of member publications [CLICK HERE](#) and visit our website.

Title: **Psychotherapies in Positive Psychiatry**

Author: César Alfonso, MD

Published: 2023

[CLICK HERE](#) to access article

Title: **The Impact of Patient Suicide on Clinicians**

Author: César Alfonso, MD

Published: 2023

[CLICK HERE](#) to access article

Title: **Clinical Implications of Countertransference in the Treatment of Addictions**

Author: César Alfonso, MD

Published: 2023

[CLICK HERE](#) to access article

Title: **Measuring the Mental Functioning of Putin, Trump, and Zelensky
(Published in: A Psychoanalytic Study of Political Leadership in the United States and Russia Searching for Truth)**

Author: Robert Gordon, PhD

Published: 2024

Available for purchase soon: [CLICK HERE](#) to check availability

CAPA Magnified - A Closer Look

An Important CAPA Milestone

1st CAPA National Academic Conference

Motivity, Inheritance & Future Psychoanalysis of the New Era

Held over three days in early December of 2023, in Chengdu, China, the **1st CAPA National Academic Conference** brought past, present and future CAPA trainees together in Chengdu, China, demonstrating the significant progress of mental health overall and specifically psychoanalysis in China.



Along with presentations and workshops, the **annual CAPA graduation ceremonies** were also held at the conference. Enjoy the 2023 Yearbook of compiled thoughts, comments and messages from students, teachers and supervisors.



In-person Attendees of the 2023 Basic Training Graduation



In-person Attendees of the 2023 Advanced Training Graduation



In-person Attendees of the 2023 Supervision Training Graduation



Who Are We?

Catching Up With Our Members, Students and Graduates

Enjoy learning more about colleagues who make CAPA special!

Member Interview

Prof. Dr. Füsün Ç Çuhadaroglu

Prof. Dr. Füsün Ç Çuhadaroglu has been a CAPA member since 2022 and is a CAPA teacher.

Where do you live and practice?

Ankara, the capital of Turkey.

Describe your current work and/or type of practice, or if retired, describe the work you used to do.

Professor of child and adolescent psychiatry and psychoanalytic child therapist, I am doing psychodynamic/psychoanalytic psychotherapy especially with adolescents.

Please describe your career path, including your educational development such as additional degrees or institutes you attended as you built your career.

I had basic psychoanalytic training at Hacettepe University, Ankara, where I was also studying general psychiatry, under the supervision of two psychoanalysts, one from the Postgraduate Center in New York, and the other from Austin Riggs Center, USA. Later I went to the Young People's Unit of the Royal Edinburgh Hospital, U.K. to develop myself in the field of adolescent psychotherapies. This was a mainly family therapy-based clinic run by two psychoanalytically oriented family therapists.

Upon returning to Turkey I decided to study child and adolescent psychiatry because of the importance of early development and its relation to psychopathologies especially in childhood and adolescence, which forms the basis for psychiatric disorders in adulthood. During those three years I also attended courses at Tavistock Clinic's Infant Observation, and Adolescent Program. Tavistock is a highly Kleinian object relations-oriented clinic in London, U.K.

Then, I had further training on psychoanalytic Self Psychology in a program of the Chicago Psychoanalytic Institute, during which I had my personal analysis and also the opportunity of having supervision from Anna Ornstein who is a child and Adolescent psychiatrist and one of the founders of the Self Psychology theory with Heinz Kohut. While I was practicing as a psychotherapist, I attended the training program on 'Mentalization Based Therapies for Adolescents' at Anna Freud Center, London, U.K. where the theory of mentalization was developed by Peter Fonagy and colleagues. Thereafter, I went into academic career at the Department of Child and Adolescent Psychiatry at Hacettepe University where I established the training program on 'Psychodynamic Psychotherapy for Adolescents'.

Lately, in 2019, I had my sabbatical at the residential adolescent clinic of the Sick Kids Center for Mental Health, Toronto, Canada, which was mainly DBT (dialectic behavior therapy) oriented. During this period I attended 'the Certificate Program on Supervisory Training' by the Canadian Institute of Child and Adolescent Psychoanalytic Psychotherapies (CICAPP).

I was always keen to learn the various approaches by different schools of psychoanalysis. These trainings and experiences provided me with the ability to use psychoanalytic thinking of different schools in various synthesis with various patients. My work with children and adolescents now can be considered eclectic though more Self Psychology oriented.

Who would you say is the person that influenced your career the most, and how so?

I learned a lot from all my supervisors, but I think three of them influenced my career the most. Prof. Leyla Zileli, one of my first supervisors, was a person with great wisdom, knowledge of various theories of psychoanalytic thought, and huge experience with patients. I got my motivation to develop myself further in psychoanalytic work from her. Prof. Orhan Öztürk helped to absorb the ego psychology theory and provided my motivation to work with adolescents. Anna Ornstein impressed me a lot with her style of teaching and training, along with her energy and her enthusiasm in developing the theory and spreading knowledge of psychoanalysis. I think, my relationship with her has been the source my motivation to establish a psychodynamic psychotherapy program in my department later on.

How did you first hear of CAPA, and please describe why you feel a connection to CAPA's mission?

I got an invitation letter from Elise Snyder. I was impressed by the efforts in CAPA to provide education and training overseas.

Please add anything else about yourself that you want the people in CAPA to know about you. You can also use this space to include a description of the image you uploaded.

The photo shows me and my trainees after we completed a seminar. I am the one with the brown suit in the front row. I am more interested in teaching and treating the adolescent problems and disorders, especially developmental problems like identity issues and confusion, suicidality, nonsuicidal self-injury and eating disorders.



Who Are We? - Continued

Student Interview

QIU Min (Jed) 邱敏

QIU Min (Jed) 邱敏 is a member of Class M and currently enrolled in his final year of the Advanced Training program.

Where do you live and practice?

Shenzhen, China.

Describe your current work and/or type of practice.

Private Practice.

In three words, can you describe your experience at CAPA so far?

Insightful, Illuminating, Inspiring.

What has helped your practice the most since you began training at CAPA?

My understanding of theoretical knowledge has grown as a result of the CAPA program, as has my ability to use technique skills. These can help me better understand my patients, locate appropriate treatments, and thus deal with them more effectively. For example, in the fourth year of the technique class, five of the lessons discussed dream interpretation. Despite having studied papers on dreams in the first year of the program, I discovered that I had more in-depth perspectives about dream interpretation when I discussed it with my instructors and fellow students in the fourth year. Furthermore, talking about dreams with patients became a regular issue in my work with long-term patients. I was also able to bring challenging questions concerning dreams that I had encountered to class and discuss them with the instructor and my classmates, which gave fantastic support for my practice. It is also worth noting that the weekly work of reading literature in technical and theoretical sessions presented me with an excellent opportunity to blend theory and practice. I need to read articles on various themes and summarize their main aspects. This approach not only broadens my grasp of certain theoretical concepts, but it also allows me to reflect on my work with patients to discover what is pertinent to the topics discussed in the articles. Also, how to utilize the author's concepts to better understand my patients.

Do you envision yourself staying involved with CAPA after you graduate, and if so, how?

Yes. I would really love to stay connected with CAPA once I graduate. When I complete the Advanced Training program, I will be able to continue participating in Supervision Training and the Teacher Apprenticeship program, which will allow me to broaden my knowledge and expand my expertise. The Supervision Training program will prepare me to become a supervisor. I also hope that this program will assist me in determining whether I have the potential to become a supervisor. I will have the opportunity to learn how to teach and engage with students from experienced CAPA teachers through the Teacher Apprenticeship program. Because of the influence of these altruistic teachers, I wish to become a teacher one day and share what I have learned and realized with more people interested in psychoanalysis.

What is one thing that has surprised you about CAPA?

What surprised me the most about joining CAPA was the opportunity to place myself in an organization with such a strong psychoanalytic milieu, where I felt more at home. First and foremost, I gained access to many notable teachers in the area of psychoanalysis, some of whom knew the history of psychoanalysis like the back of their hands, and through their explanations of the evolution of various schools and theories, I was able to better appreciate the intricacies. Some have written books about a specific theory. In actuality, it is extremely impossible to speak directly with the authors of the books. Second, CAPA alumni and classmates have helped me structure my private practice in China more effectively. They were eager to share their expertise with me, which aided in the development of my career path.

Please add anything else about yourself that you want the people in CAPA to know about you. You can also use this space to include a description of the image you uploaded.

The most significant thing I want to say about CAPA is that it gave a very nice growth route for me who wanted to work in the field of psychoanalysis. Before I joined CAPA, I was still unsure what a therapist did. At the time, there were other training programs on the market, each of which appeared appealing. However, the more choices I had, the more perplexed I became. CAPA, on the other hand, is a growth model to which people interested in psychoanalysis can refer, from the most fundamental collection of theoretical knowledge and understanding of techniques to more sophisticated supervisory training. Furthermore, thanks to Elise's diligent efforts, several American psychoanalytic institutes accepted CAPA graduates and offered them distance training programs. This will provide CAPA students an even better opportunity to become psychoanalysts.



Graduate Interview

ZHOU Hong (Cissy) 周虹

ZHOU Hong (Cissy) 周虹 began CAPA in 2011 (Class D), graduated from the Advanced Program in 2015 and the Supervision Training Program in 2016. ZHOU Hong (Cissy) 周虹 is also a graduate of the Lacan School of Psychoanalysis in the San Francisco Bay Area.

Where do you live and practice?

Beijing, China.

Describe your current work and/or type of practice.

Freudian and Lacanian psychoanalysis.

Reflecting back, what was your first thought when you heard of CAPA?

CAPA is training on psychodynamics. That is one way to know more about psychoanalysis. And learning in CAPA means I can get one professional supervisor and I can have a well-experienced psychoanalyst. And in those years, the reasonable low fee is very important to me. And also gave me very strong support.

During your time as a student, describe the most useful thing that CAPA helped you with (career-wise or personally).

During the years of reading and discussions with wonderful therapists and analysts, especially many of them were professional older people who had been in their careers for over thirty years, they gave me strong models. They highlighted my passion and I know I need to know more. My personal psychoanalysis let me know what I want. Psychotherapy is not enough for me to be my career. I want to be a psychoanalyst.

As a member of one of the earlier classes at CAPA, please describe why and how you have stayed connected with CAPA, even after graduating 5 or 10 years ago.

I once took part in organizing ABC in Beijing. And I advised and interviewed the first peer supervision groups. I got those useful ideas from my own needs in those days, and serve for other members volunteer. It is a kind of effect of the beginning of CAPA. To give help to those who are in need. Chinese need professionals on psychology.

Is there a CAPA member, perhaps a teacher or supervisor, that to this day stands out in your mind to have influenced you, encouraged you or supported you in an unexpected way?

My only supervisor- Dr. Elise McCreia Fischbacher- gave me such wonderful professional help, she even helped me to know Jungian psychoanalysis. And I worked through a wonderful psychodynamic case that turned out to be psychoanalysis. And I chose to learn Lacan's theory also because she is French.

I honestly revere all those professors and teachers here in CAPA. They brightened my career.

Please add anything else about yourself that you want the people in CAPA to know about you. You can also use this space to include a description of the image you uploaded.

Thanks Elise Snyder very much. She builds the soul of CAPA. I wish I can do more to build up professional training for Chinese Freudian Lacanian Psychoanalysis in Beijing. I hope more CAPA graduates join my psychoanalysis team.

CHINESE LUNAR NEW YEAR

2024 YEAR OF THE DRAGON

A summary from Lam Museum of Anthropology, Wake Forest University, Winston-Salam, NC

Did you know....

The Chinese New Year, also known as Lunar New Year or Spring Festival, has a history of about 3,500 years. It is believed to have originated during the Shang Dynasty (1600–1046 BC), and its history is steeped in legends, stories, and myths. One of the most popular Chinese New Year legends is about the mythical beast Nian (Year), who ate livestock, crops, and even people on the eve of a new year. According to the legend, Nian was scared of loud noises and the color red. Decorative red lanterns and scrolls on doors and windows and the sound of crackling bamboo (later replaced by firecrackers) are to scare him away.



2024 is the Year of the Dragon (Lóng), known for power, wisdom, honesty, kindness, auspiciousness, and success. The Chinese zodiac has existed in Chinese culture since the Qin dynasty, more than 2,000 years ago. Along with the 12 animal signs, each year also includes one of the 5 elements: metal, water, wood, fire, and earth.

Wood: creativity, imagination **Fire:** passion, adventure **Earth:** patience, stability
Metal: persistence, ambition **Water:** agility, eloquence

2024 is the Year of the Wood Dragon and it is predicted to bring fortune and abundance and positivity and support to the development of love and family.

Lunar New Year traditions include family togetherness, fireworks, special foods all culminating at the Lantern Festival, known in China as 元宵节 (yuánxiāo jié), on the 15th day of the year.

Another tradition is for married adults to give out red envelopes (hóngbāo) filled with lucky money to children and elders.



To find your zodiac animal use the [Chinese Zodiac Calculator](#).
To learn more about Chinese Zodiac in general [CLICK HERE](#).

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