

Newsletter

Spring Issue

2024



Letter from the Editor

So much of what makes CAPA successful is our wonderful staff and members who work tirelessly to make sure all aspects of our work with students functions flawlessly including planning, administrating, teaching, and evaluating our programs.

This time of year we owe a great deal of appreciation to the Admissions and Progression Committee members for their work shaping the future of CAPA. This includes all of the members who support the Admissions process by interviewing the applicants for Basic Training.

We'd also like to thank Dr. Glenn Mowbray who is serving as Interim President. His efforts to make the leadership transition seamless are admirable. Thank you, Glenn, for your time, energy, and hard work for CAPA.

Before ending the academic year, I would like to mention some of the celebrations that will take place over the late spring and summer. May is a month that has several special events. For many countries around the world, including China, May 1st is Worker's Day or International Worker's Day, unlike in America when Labor Day is celebrated at the end of the summer. It is also Mother's Day on May 12th in China and the United States. Happy Mother's Day to all of the mothers in our CAPA community! In the United States May is the month when we commemorate and mourn people who have died in the armed services. This year Memorial Day will be celebrated on May 27th.

Perhaps one of this year's most special May celebrations is on May 4th: Dr Elise Snyder's 90 birthday. We all owe Elise a great deal of appreciation for all of the effort and dedication she put into making CAPA a very successful psychoanalytic collaboration between the United States and China. We all want to wish her a very Happy Birthday and a Happy Mother's Day since she is in many ways the mother of CAPA. She often has told me that many of our Chinese students and colleagues consider her to be part of their family. To help celebrate her 90th birthday, this newsletter issue includes a couple of special nods to Elise, enjoy!

On June 10th in China is the Dragon Boat Festival. This holiday commemorates Qu Yuan, a poet and beloved prime minister from the southern state of Chu during the ancient Zhou dynasty. The summer solstice is celebrated around the world on June 20th this year. July 4th is Independence Day in America, commemorating the day when the colonies officially became independent from Great Britain.

I hope everyone has a wonderful summer with friends and family members.

Karyne Messina, Ed.D.
Editor of CAPA News



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CAPA Events & Announcements

REFLECTING ON PAST EVENTS

A Celebration of Our Founder

Elise Snyder, M.D.



A special gathering on February 9th celebrated CAPA's founder, Elise Snyder, M.D. Held at the Hilton Midtown Hotel, the site of the 2024 APsA National Meeting, the night was filled with seeing old friends, meeting colleagues in person, enjoying food & drink, a backdrop of messages and photos for Elise, and heartfelt remarks from both our outgoing and incoming Presidents and friends in China. Thank you all for attending and sharing meaningful messages, which have been turned into a book for Elise to keep and enjoy.

Analytic Applicants Q&A 2024



CAPA's work to advance the future of psychoanalysis in China continues far beyond graduation from CAPA. The Analytic Applicants Program is a resource to support CAPA graduates who wish to pursue their candidacy for full psychoanalytic training. Each year CAPA helps to organize a Q&A session for those interested in future analytic training. Many thanks to the committee members, current analytic candidates, and CAPA alumni-now-analysts who served as panelists, sharing their own experiences, at this year's Q&A session on April 12, 2024.

UPCOMING EVENTS

Movie Club 2024 Continues

Watch the films independently, then join our cross-cultural Zoom discussions. The next film is **In the Heat of the Sun** and the discussion date is on **June 15, 2024 from 9:00-10:30 PM Eastern / June 16, 2024 from 09:00-10:30 in China**. 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, watch trailers and sign up to attend the discussion(s).

Special Lecture Series 2024

Title: **Using the Psychodynamic Diagnostic Manual -2 to Help Diagnose & Treat Personality Disorders**
Presenter: Robert M. Gordon Ph.D. ABPP
US Seminar Date: Friday, June 7th, 2024 at 9:00 - 11:00 AM EDT
China Seminar Date: Friday, June 7th, 2024 at 9:00 - 11:00 PM (21:00 - 23:00)
Prerequisites: Open to students, grads, members, and the general public
Course size: Open enrollment
[CLICK HERE](#) to learn more and sign up.

Announcements

ELECTIVE PROGRAMS: TIME TO APPLY

2024-25 Elective Programs for Students and Graduates

[CLICK HERE](#) to learn more and apply to CAPA's Year 5 Elective Programs for the 2024-25 academic year, including **Supervision Training, Infant Observation, and the Teacher Apprenticeship Program.**

A SPECIAL DAY

CAPA member **Robert M. Gordon, Ph.D.** and **XIE Qiuyuan** (Class M) met up at Division 39 of the American Psychological Association's 43rd Annual Spring Conference (April 3-6, 2024) in Washington, DC to celebrate Qiuyuan's receipt of her second **Scholars Program Award** of the International Relations Committee (IRC).



My trip to America has been really fascinating. I've met with my analyst, supervisors and several teachers in CAPA. They have been very welcoming and try their best to make a good trip for me, just like what Bob has done for me. I feel so fortunate to be a student in CAPA and to be surrounded by so many wonderful people. I wish I can pass on the love I've had here to others in the upcoming future.

-XIE Qiuyuan

MEMBER ACTIVITIES

Title: Finding Balance. Integrating Taoist Wisdom and Psychoanalytic Practice

Explore how Taoist imagery and allegories could provide helpful insights in understanding the psychoanalytic process.

Presenter: Luis Nagy, PsD

Date & Time: Thursday, May 16th at 9:30am NYC / 9:30pm (21:30) CHINA

EMAIL CAPA Shenzhen, CSO to register to attend

Title: Love, Transference, and the Setting

We will discuss transference love in different types and degrees of psychopathology and how it is expressed through gender. Explore the relationships between "normal" love, neurotic love, and Oedipal love.

Presenter: Luis Nagy, PsD

Date & Time: Thursday, May 30th at 9:30am NYC / 9:30pm (21:30) CHINA

EMAIL CAPA Shenzhen, CSO to register to attend

MEMBER PUBLICATIONS

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

Title: The Spirit of the Drive in Neuropsychanalysis

Author: Mark Kinet, M.D.

Published: 2024

[CLICK HERE](#) to order the book.

Title: Illness, Aging, Dying, and the Psychoanalytic Process: Bibliography

Author: Suzan Sherman, MFA, LP

Published: The Psychoanalytic Review, March 2024

[CLICK HERE](#) to access the article.

Title: An Editorial, "The Psychoanalytic Review",

Vol. 111(1), Guilford Press

Author: Aleksandra Wagner, L.P.

Published: March 2024

[CLICK HERE](#) to access the article.

Title: Intimacy in Alienation: A Psychoanalytic Study of Hindu-Muslim Relationships

Author: Ashis Roy, Ph.D.

Published: 2024

[CLICK HERE](#) to order the book.

Title: The Reversal of Helplessness with Displacement

Author: Lance Dodes, M.D.

Published: The American Psychoanalyst, April 2024

[CLICK HERE](#) to access the article.

Title: Barbie and the Great American Identity Crisis: The unfortunate reality of a nation plagued by racism, patriarchy, and stark hypocrisy

Author: Karyne Messina, Ed.D

Published: 2024

[CLICK HERE](#) to order the book.



An Important Message



May 4, 2024

Who Are We?

Catching Up With Our Members, Students and Graduates

Enjoy learning more about colleagues who make CAPA special!

Member Interview

Dr. Salvador Cisneros Arrijoa

Dr Salvador Cisneros Arrijoa has been a CAPA member since 2021. He is a Supervisor and a Treater at CAPA.



Where do you live and practice?

Mexico City.

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

Currently, I am dedicated to the psychoanalytic treatment of children, adolescents, and adults. My main interest is the psychoanalytic treatment of patients with personality disorders, both with evidence-based therapies (EFT) and standard psychoanalysis. Additionally, I supervise individual and group cases, in addition to teaching seminars, classes, and directing research at universities in my country at the bachelor's, master's, and doctoral levels.

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

My career began after receiving my bachelor's degree in psychology, with a specialty in clinical psychology, at the cardiology hospital in my country, where I performed psychoeducation in patients with dual anxiety and depressive disorders with cardiac pathology. Later, I worked in the schizophrenia clinic at a government institution while studying a master's degree in general psychotherapy at the Mexican Psychoanalytic Association. Later, I began training as a Psychoanalyst in the same Association, which is a component of the International Psychoanalytic Association, at which time I left institutional practice to dedicate myself to private practice. Later, I completed training as a Child and Adolescent Psychoanalyst, and a doctorate in Psychotherapy at the same Association, where I began research in personality disorders.

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

I have had multiple influences and guidance from different teachers and leaders over the course of my career, who have trained and guided me in my development, both teachers from my country and international leaders in the field of psychoanalysis and psychotherapy.

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

CAPA has always been of interest to me since I learned of its existence thanks to pioneering Mexican psychoanalysts who have participated. Participating in CAPA's mission is of greatest interest to me for different reasons, firstly, because of my great admiration for Chinese culture, and secondly, because I share the mission of disseminating mental health as a universal basic right, which is why I am specifically very interested in training specialists of excellence in the field of psychoanalytic psychotherapy and psychoanalysis.

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.

It only remains for me to warmly thank the CAPA directors for the opportunity to participate in their great project and encourage experts in the field to join. And congratulate all CAPA students and graduates for their brilliant work.

Student Interview

ZHANG Aiping 张爱萍

ZHANG Aiping 张爱萍 is a member of Class O and about to complete the Basic Training Program.

Where do you live and practice?

Wuhan.

Describe your current work and/or type of practice.

I am currently practicing clinically and teaching psychology courses at a college.

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

Excellent classmates and different styles of teachers are amazing.
Systematic learning arrangement.
The more you put into it, the more you get out of it.

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

High frequency personal analysis and weekly study and reading of selected literature.

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

Yes, I'm still on the CHC committee.

In what ways has CAPA surprised you?

1. Individuality is allowed here which helped me define my personal style.
2. You can spend a few minutes reading the literature, or you can spend days looking at the literature, you can go to class and not listen, or you can go to class and keep squeezing knowledge out of the teacher, it's one of those trainings where the more you put in, the more you get out! Studying at CAPA was an interesting experience .

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.

Once a year there will be a driving trip with my family, this photo is from last summer in Guizhou, I like to work and enjoy life.



Graduate Interview

ZHOU Yiwen (Even) 周嫵雯

ZHOU Yiwen (Even) 周嫵雯 began CAPA in Class K - 2018, graduated from the Advanced Program in 2020, and attended the Supervision Training Program in 2022-23.



Where do you live and practice?

I am currently residing in NYC but practicing remotely.
My usual location is in Beijing, China.

Describe your current work and/or type of practice.

Private Practice.

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

A senior colleague introduced CAPA to me. My initial impression was it was a huge challenge and wonderful opportunity, requiring extensive reading and a high level of proficiency in English. Only therapists with the greatest courage and capability could engage in and complete it. I was drawn to it but also hesitant about my own abilities.

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

A good therapist recognizes the humanity and accepts the limitations.
Trust your reverie.
Psychoanalysis can be creative.
Additionally, a group of supportive colleagues.

As a member of one of an earlier CAPA class, please describe why and how you have stayed connected with CAPA, even after graduating.

CAPA always provides substantial support and encouragement for applying to institutes and attending other lectures. I extend my sincere gratitude to CAPA for the help, and I hope to share what I have gained with more people.

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?

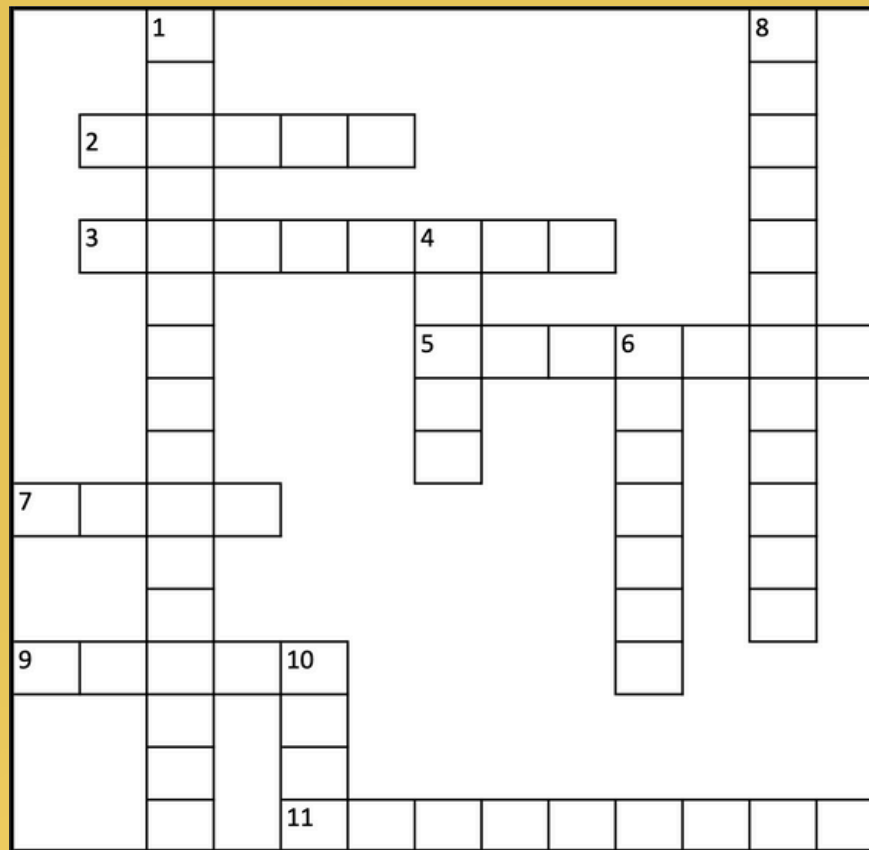
William Spencer Payne was my supervisor during the two-year Basic Training. Under his guidance, I witnessed how to practice meticulous and professional thinking in therapy, as well as the supervisor's attitude for tolerance, encouragement, and humane care towards the supervisee.

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.

CAPA has initiated a journey to me, broadening both my personal and professional paths. Along the psychoanalytic journey, I have greatly benefited and gained rich experiences, deepening my love for nature and the world, as well as my understanding

CAPA Crossword

A Nod to Elise



Across

2. Elise grew up in this New York City borough.
3. Elise received her medical degree from _____ University.
5. The greenhouse on Elise's patio and her sunny windowsills are filled with _____.
7. Included on Elise's list of interests and hobbies, is _____ from the Loire region in France.
9. When patients in China first requested analysis, they used _____, a web-based video platform to hold sessions around the world.
11. A Yiddish word meaning a small, inexpensive, yet perhaps decorative, trinket and also the name of one of Elise's beloved cats.

Down

1. Elise was 16 years old when she began her _____ (2 words).
4. Over the years, Elise has collected and sent many donated psychoanalytic _____ to China.
6. Of importance to CAPA is _____, as "...we must not forget the analytic relationship is based on a love of truth-that is, on a recognition of reality-and that it precludes any kind of sham or deceit" Sigmund Freud (1937).
8. In 2012, Elise received the American Society of Psychoanalytic Physicians: _____ Award.
10. Visiting Elise today would mean a trip to the Lower _____ Side of Manhattan.

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