

# Newsletter

Winter Issue

2026



## Letter from the Editor: In Memory of Dr. Elise Snyder (1934-2026)

Dear CAPA Community,

This month, our community carries a heavy heart as we mourn the passing of our Founder and Past President, Dr. Elise Snyder. While many of us knew this day would eventually come, the loss of her vibrant, tenacious spirit feels no less profound. Elise was not just the architect of CAPA; she was its heartbeat.

The story of CAPA is now part of psychoanalytic lore - how a simple trip to a literary conference in Beijing in 2001 sparked a vision that would eventually bridge two worlds. Elise recognized a critical disparity: a deep hunger for psychoanalytic knowledge among Chinese professionals, but a lack of structured, clinical training. Her answer was as bold as it was prescient. Long before the world pivoted to digital platforms, she pioneered a comprehensive distance-learning model that brought Western expertise directly to Mandarin-speaking clinicians.

Under her visionary leadership, CAPA flourished into a transformative force. What began as a singular mission grew into a robust alliance of over 400 volunteers training more than 500 therapists. Because of Elise, a new generation of Chinese analysts is now translating foundational texts, leading their own institutes, and evolving the field through CAPA in China (CIC).

Even after retiring as President in 2024, Elise remained a fixture on the board until her final days. She did not just build an organization; she cultivated a global family. Her belief in the power of psychoanalytic understanding to transcend borders and transform lives is a gift we all share.

As we move forward, we do so as the "living testament" she envisioned. We honor her best by continuing the work: teaching, listening, and bridging the gap between cultures with the same dedication she showed us for over two decades.

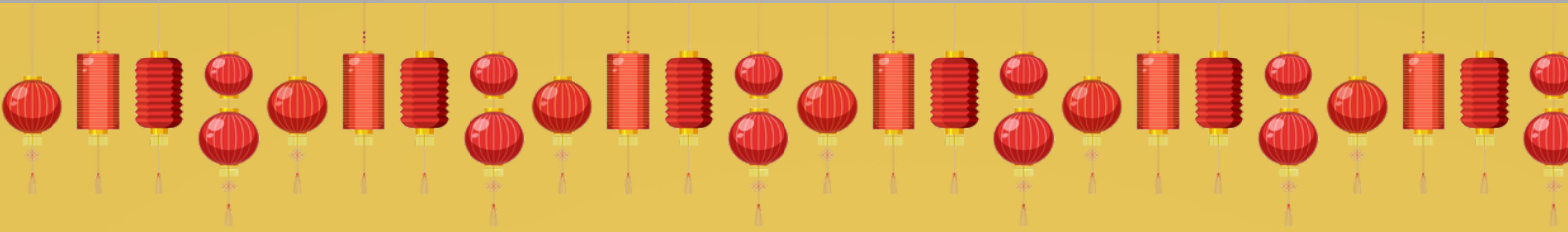


Warmly,  
Dr. Karyne E. Messina, *Editor, CAPA Newsletter*

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# Remembering Elise



Elise W. Snyder, M.D.

May 4, 1934 - January 9, 2026

"...We have received the love you sent all the way across the ocean, and we will surely pass it on to many more people."

"...You made tremendous efforts and sacrifices for us to be able to receive psychoanalytic training. You hoped that we could provide more assistance to future generations and that your efforts and achievements could continue. Please rest assured, we will keep going...."

"Grateful for all that she made possible, for the path she opened for so many of us. May Elise's spirit and memory continue to live on and inspire future generations..."



CAPA's Founder and President (2008-2024)

"...She has been like a lighthouse guiding us. Her remarkable legacy has also deeply inspired me, and I hope to become a great woman like her in the future!...."

"...My life has been profoundly shaped by her work and her legacy....  
Her wish to see psychoanalysis take root and grow in China will continue to be carried forward."

"...She had changed innumerable people's lives! She was a legacy to us. She was my only model of being a woman. My colleagues and I are carrying on what Elise brought to us. Elise is with us..."

"...In China, when a significant figure passes away, we display memorial couplets at the gathering to express our sorrow and remembrance. Below is the couplet we dedicate to Elise:

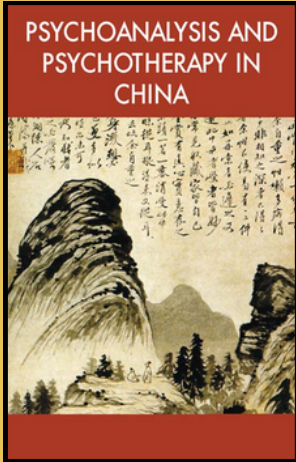
**"风范山高水长，此去星耀寰宇"**

Her legacy stands as towering mountains and flowing rivers; her star now shines across the universe..."

"...Elise was a visionary and trailblazer. She built a bridge between Chinese and American psychoanalysis with great enthusiasm and wisdom... Her humility, tenacity, and dedication to psychoanalysis have become an eternal beacon in our hearts!..."



## ACQUIRED BY CAPA



CAPA's beloved founder, Elise, was also a tireless champion of psychoanalytic scholarship and her support for CAPA's acquisition of the **Psychotherapy and Psychoanalysis in China** journal was enthusiastic. She understood that for the field to truly take root, it needed a rigorous academic voice. Her backing was instrumental as Dr. David Scharff (pictured on the right) continues in his role as editor and Dr. Karyne E. Messina steps into the role as co-editor. CAPA remains committed to ensuring the journal reflects the high standards of intellectual curiosity Elise embodied.

More information about accessing and contributing to the journal will be forthcoming.



## RECENT MEMBER PUBLICATIONS

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

**Title:** **If the Shoe Fits, Wear It? Working Through the Cinderella Complex**

**Author:** Suzan Sherman, L.P.

**Published:** The Psychoanalytic Review (112), 2025

[CLICK HERE](#) to read article.

**Title:** **Flexibly Freudian: The Collected Works of Jeffrey H. Golland, Ph.D.**

**Author:** Jeffrey Golland, Ph.D.

**Published:** IP Books, September 2025

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

**Title:** **Dream Wisdom Oracle: 46 Cards and a Guidebook**

**Author:** Greg Mahr, M.D.

**Published:** Inner Traditions Press, November 2025

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

**Title:** **The Paranoid Style of Donald J. Trump**

**Author:** Judith Hughes, Ph.D.

**Published:** Free Associations, 2025

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

**Title:** **Early maladaptive schemas from child maltreatment in depression and psychotherapeutic remediation: a predictive coding framework**

**Author:** Alan Chen, M.D.

**Published:** Frontiers in Psychiatry, April 2025

[CLICK HERE](#) to read article.

## MEMBER ACTIVITIES



**Title:** **Communicative Cure and Negative Capacity**

**Presenter:** Maria Martelli, M.A.

**Date & Time:** May 23-24, 2026 - presentation time TBD

**Location:** Birth of the Mind in Relationships - Childhood psychoanalytic psychotherapy between care and development  
International Congress - Florence, Italy

[CLICK HERE](#) to learn more (translate webpage to English).



# CAPA Events

## UPCOMING EVENTS

### Special Lecture Series 2025-26

New Special Lecture Series events are scheduled for 2025-26 and more may be added.

Keep checking the websites ([STUDENTS](#) or [MEMBERS](#)) for updates.

**Title:** [The Philosophy of Wittgenstein: Implications for Psychoanalysis](#)

**Presenter:** John Maier, M.S.W., Ph.D.

**US Seminar Date:** Fridays, June 5 and June 12, 2026 from 9:00am - 10:30am (Eastern Time)

**China Seminar Date:** Fridays, June 5 and June 12, 2026 from 9:00pm - 10:30pm (21:00 - 22:30)

**Prerequisites:** Open to CAPA Members, Students, and Graduates

**Course size:** Open Enrollment

[CLICK HERE](#) for more information and to sign up.

### Movie Club 2026

CAPA's Movie Club, chaired by Neal Spira, M.D. and Jacky Song, continues in 2026 with three movie selections. Watch the films independently and then join our cross-cultural discussions.



Members, students, and graduates are all invited to be part of Movie Club. We request that you RSVP to 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).







## Making CAPA Proud

Each year CIC (CAPA in China) groups organize graduation ceremonies and celebrations. In 2025, the graduation was held at the 2<sup>nd</sup> CAPA Academic Conference hosted by CIC in Shanghai and everyone was able to celebrate together. CAPA members from around the world also attended via Zoom

Enjoy these photos shared from the 2025 graduation!



# Who Are We?

## Catching Up With Our Members, Students and Graduates

Enjoy learning more about colleagues who make CAPA special!

### Member Interview

#### Anna Chung, Ph.D.

**Dr. Anna Chung has been a CAPA member since 2025. She is a teacher, applicant interviewer, and a CAPA Board member, serving as the Treasurer.**

*Where do you live and practice?*

I live and practice in Washington, DC, Northwest, Dupont Circle.

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

I have a full-time psychoanalytic practice. I work with a very heterogeneous, international patient population, so questions about the impact of culture on human development are central in my daily clinical work. Alongside my clinical practice, I teach and supervise in several training programs, including CAPA. In addition, I serve as a CAPA treasurer and board member, as well as a member of the Committee on Psychoanalytic Psychotherapy Training Program at the American Psychoanalytic Association (APSA).



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

By this point in time, I have lived several lives and have experienced a multitude of identities. This multifacetedness comes from the unique time and place of where, when, and how I was born and the choices that I was first forced and then eventually able to make. Because I was born in the upper northeast of the USSR under the communist regime, into an unchosen “intelligentsia” status, my early years were career-pathed for me by the Soviet rigorous and specialized training in music, mathematics, and linguistics. Benefiting from a short-lived Perestroika and the end of the Cold War, I won an academic scholarship and was “sent” to the USA, where I got my early academic degrees in Mathematics and Language Arts with the subsequent master’s and doctorate degrees in Labor Economics. My daily research work with data-driven microeconomics (individual, person-centered) involved my continuous curiosity about figuring out how to improve model analysis. This led me into questions about the models of the mind, which – not surprisingly – resulted in my growing interest in psychoanalysis. Engaging in psychoanalytic training was a logical next step in my professional progression. Teaching has always been a significant part of my personal and professional life. While teaching and tutoring made it possible for me to pay for the very expensive undergraduate education in the United States (much more expensive for me as a foreign student) in my late teens and early twenties, it has also been a source of pleasure for me, a source of gratifying interdependence and being able to give intellectually and emotionally. I continue to learn a great deal from teaching and I thoroughly enjoy this intellectual and emotional engagement.

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

Undoubtedly, there were quite a few people: people who have had extraordinary courage, curiosity, and willingness to engage in psychoanalytic work with me. And along with them, my talented students who have been eager to engage in critical thinking – students learning mathematics, economics, psychotherapy, psychoanalytic thinking and practice.

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

During these tumultuous times of division, animosity, rigid ideology, and political aggression, I feel a human responsibility to counteract destructive forces by building productive interdependence, where we can learn from one another, benefit from each other’s strengths, and support one another as much as we can. I feel a particular connection to CAPA because it creates precisely this kind of space between us – international and Chinese colleagues – allowing us to think together across cultures and to support each other in our clinical work and professional growth. As I continue to integrate my own Eurasian identity, standing between Ōuzhōu (欧洲) and Zhōngguó (中国), my work with CAPA deepens this 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.*

Alongside my commitment to the life of the mind and to emotional life, I take the body very seriously. I do not believe that mental, emotional, and physical life can be thought about separately. In one of my “previous lives” I became certified and worked as a personal trainer. I still see developing physical strength and resilience as inseparable from developing emotional capacity and analytical depth. Here, I am enjoying my mountain adventures :).

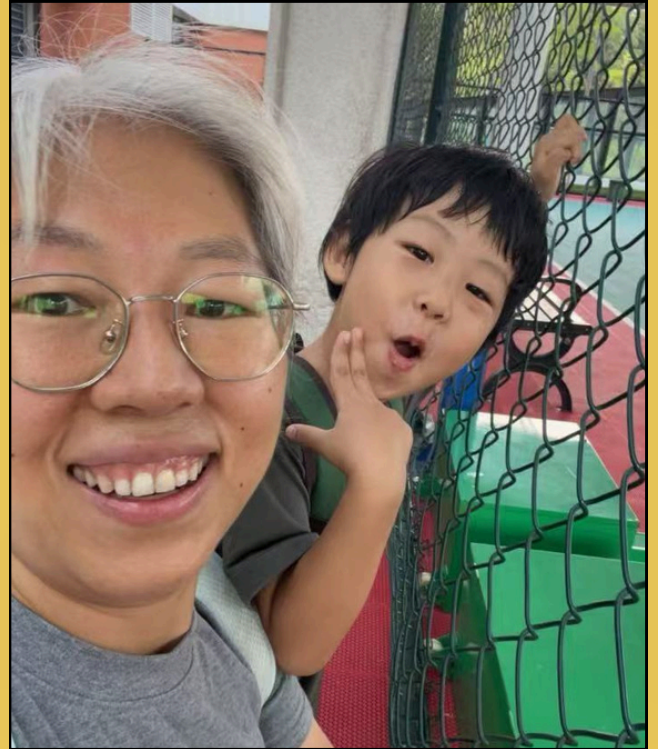


## Student Interview

### GUO Cuiping (Seven)

郭翠萍

GUO Cuiping (Seven) 郭翠萍 is a member of Class Q and is currently enrolled in Year 2 of Basic Training.



Where do you live and practice?

Changsha, Hunan Province

Describe your current work and/or type of practice.

During my training in the CAPA Basic Program, I ended my role of full-time counselor and became one full-time therapist in the Clinic Psychological Department in the mental hospital of my living area. This allows me to see more kinds of patients. I have been enjoying working with them. I met all kinds of difficulties and I work with my colleagues together to overcome.

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

**First, warmth:** My CAPA supervisor was also my interviewer. When I was being interviewed, I immediately thought, "Wow, this is exactly the supervisor I want" - so warm, holding, yet rigorous. He usually sees my own obstacles clearly, but he never rushes or pushes me. Instead, he always guides me to observe and reflect deeper, and gently says to me, "All I want to do is help you to be a better therapist." I feel so warm in my heart. I appreciate his amazing work.

**Second, being respected and seen as an independent individual:** In CAPA classes, we can ask questions without feeling guilt. Even though we are students, we are truly respected, our own ideas are met with earnest attention and sincere replies. This touches me deeply.

**Third, enjoyable:** I absolutely love the experience of meeting so many amazing teachers, each with their own unique style and personality. Some are warm, some are handsome, some are strict, some are humorous. There's one teacher who always shares rare clinical cases. Another who is an incredibly clever teacher: the way he taught is like playing an interpretation game - go deeper or go superficial - making the lessons so much fun.

And I have to mention David Iseman - he is my favorite teacher, bar none. He is so energetic and enjoyed teaching us. It's a great honor to know him, a blessing for my lifetime.

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

**First, Personal Therapy Experience:** My analyst worked with me once a week, not so high frequency, but she also made me truly know myself better. I was usually surprised that: "Ah - this is unconscious"; "Oh my god, I wanna act out again"; and so on. Sometimes I am a little frustrated in clinic and I would ask her for similar situations and gain energy to continue working.

**Second, Individual Supervision:** I have always believed that a supervisor is both a supervisor and a healer, a view that some may disagree with. But when I consider this question, I can feel the warm support from my supervisor.

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

1. I founded CAPA's Hunan Alumni Association in January 2026. I will continue to run this with three other peers in my province. I want more people to know CAPA and have the chance to make connections with other CAPA-ers.

2. I want to enter the Advanced Training Program, if not, I will try to apply the Infant Observation Program.

In what ways has CAPA surprised you?

There are all kinds of teachers. And when I chat with teachers from different cultures, I can sense myself and my cultural environment more. I can understand to what extent I was influenced by my culture. It is interesting. I also found that no matter what culture it is, true love, concern, care, and holding feelings are alike. People pursue similar things. That is the most beautiful thing.

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.

My girl was at her summer camp. When I came to pick her up, we played basketball together and had a good time. We like making funny faces.

## Graduate Interview

**LI Ning (Henry)**

李宁

**LI Ning (Henry) 李宁 began CAPA in 2018 (Class K) and graduated from the Advanced Program in 2022 and the Supervision Training Program in 2023.**



Where do you live and practice?

Hangzhou City, China Mainland

Describe your current work and/or type of practice.

I have been a full-time psychotherapist for the past 10 years. I have 20 to 25 sessions per week, totaling 7,500 sessions up to now, mainly with adults. I have my own company.

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

In 2010, when I was totally a green hand, I learned this name from my friend who admired CAPA very much. At that time, I felt that CAPA was such an incredible opportunity and honor for everyone who wants to be a psychodynamic psychotherapist.

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

During the five years I spent in CAPA, I witnessed a lot of teachers who are so different in characteristic and personality. I realized that to be a psychodynamic psychotherapist you can have so many choices and possibilities, and you have so much room to develop and explore.

Please describe why and how you have (or will) stay connected with CAPA, even after having graduated.

In 2020, when I was still in CAPA's Advanced Training Program, I was assigned a job by CIC (CAPA in China) to run a training project, from zero, all in Mandarin. For the past seven years, this training project has grown very fast. Now we have four sub-projects: Marching to 100 sessions, Marching to 1,000 sessions, Marching to 3,000 sessions, and Marching to be a supervisor. During the entire process, I had very deep cooperation with CAPA and CAPA students. It is such a big resource for my job.

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?

Of course that is my therapist, my dear Henrietta, who is from CAPA staff. She has been working with me as my therapist for the past eight years. She rebuilt me and inspired me, even saved me. In the past eight years, I experienced several crises, a lot of challenges, and every time she stood by my side and encouraged me. That helped me to survive. I feel so grateful for her.

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.

Now we are preparing a Chinese psychoanalytic institute. I strongly ask all of you to pay attention to this work, if possible. Do please come to work together with us. If lucky enough, we would begin recruiting students at the end of this year or next spring. I think the localization of psychoanalysis will be the best memorial for ELISE.



# CAPA's Mission is Thriving!

## 2nd CAPA Academic Conference Rooting, Branching, Fruiting: The Evolution of Psychoanalysis in China

Held over three days in November of 2025, the 2nd CAPA Academic Conference hosted by CIC (CAPA in China) brought past, present and future CAPA trainees and colleagues together in Shanghai, China, demonstrating significant dedication to the mental health field in China. This spotlights the continued success of CAPA's mission to train the teachers and leaders of the next generation of Chinese psychodynamic psychotherapists.

*See this next generation thrive!*





# CAPA Officers, Board of Directors and Staff

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Elise Snyder, M.D.

Founder, First President

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Rebecca Chen

### Technical Support

Suzy Pafka

## Programs and Committees

For a full list of program and committee participants.....

[CLICK HERE](#)

Interested in what we do?

TEACH

TREAT

SUPERVISE

[CLICK HERE](#) to join CAPA!



2026 Dues & Contributions

[CLICK HERE](#)

We can't thank you enough!