

Newsletter

Spring Issue

2025



Letter from the Acting President

To Members, Students and Graduates:

Producing psychotherapist and trained candidates for psychoanalytic training has been the long-term goal of CAPA's programs. To a large extent CAPA has succeeded in its goals with the formation of several CAPA in China groups and a growing number of trained therapists and analysts practicing in China. So, the Board this year is considering what CAPA's role should be going forward. We will be actively looking at what and how we might assist in furthering psychoanalysis in China over the next year. I look forward to being your Acting President until a permanent President is elected to the Board.

Dwight McCan, Ph.D.
Acting President and Treasurer



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Letter from the Editor

Dear CAPA Members, Students, and Graduates,

As we approach the middle of 2025, we hope this newsletter finds you well. It is a time to reflect on our shared commitment to CAPA's core mission: training the teachers and leaders of the next generation of Chinese psychodynamic psychotherapists. This enduring goal guides our activities and fuels the growth of our community.

Applause for Our New Graduates!

Join us in offering a big round of applause for our dedicated students who will be graduating this June! Reaching this milestone after completing CAPA's intensive Basic, Advanced and/or Elective training is a testament to their commitment and hard work. We celebrate their achievement and are excited to see them step forward, ready to apply their skills and deepen the practice of psychodynamic psychotherapy across China. Their success is CAPA's success, fulfilling our core mission together.

Exciting News: Gathering in Shanghai this Fall!

We are thrilled to announce plans for CIC's 2nd CAPA Academic Conference in Shanghai, November 14-16, 2025. This will be a special opportunity for our community – a chance to share insights face-to-face, learn from one another, and strengthen the bonds within our vibrant network. While much of our work happens effectively across screens, the prospect of an in-person gathering holds unique potential for deepening our connections. Planning is actively underway, and as we collect more and more details we promise to share them with you. For now, see page 3 and follow the link provided to explore the details currently available. Be sure to check back for new information.

Deepen Your Expertise: Elective Programs are Available!

Hopefully, you've seen the recent email about applications for our elective programs for the 2025-26 academic year! These programs offer an excellent chance to learn more and contribute in new ways. Please see page 9 for more information about applying.

Wishing You Well for Summer!

As we look ahead, we'd like to wish everyone observing the Dragon Boat Festival (端午节) from May 31 to June 2 a very pleasant holiday weekend. May the coming summer months bring opportunities for rest and cherished time connecting with loved ones.

Karyne E. Messina, Ed.D.
Editor of the CAPA Newsletter



CAPA Announcements

FAREWELL

La Sociedad Psicoanalítica
de México (SPM)

expresa con profundo pesar el
fallecimiento de su estimada psicoanalista,
miembro didacta y ex-presidenta:

**DRA. EMILIA
KANAN FARCA**

16 de marzo de 1958

11 de enero de 2025

Destacada psicoanalista, cuyo invaluable
legado académico, profesional
y humano será siempre una inspiración
para nuestra comunidad.

Enviamos nuestras más sentidas
condolencias a su familia, amigos y
colegas en este momento de gran dolor.

Que descanse en paz.

Emilia Kanan Farca, Ph.D. joined CAPA in 2023. She shared her professional experiences with CAPA students by teaching a Continuous Case seminar and by interviewing CAPA applicants for Basic Training. Today, we miss Emilia's continued participation and send thanks for the important contributions she made to CAPA and psychoanalysis over the years.

Translation of Obituary: The Mexican Psychoanalytic Society (SPM) expresses with deep regret the passing of our esteemed psychoanalyst, dedicated member and former president:

Dr. Emilia Kanan Farca

March 16, 1958

January 11, 2025

Distinguished psychoanalyst whose invaluable academic, professional and human legacy will always be an inspiration for our community.

We send our deepest condolences to her family, friends and colleagues in this time of great sorrow.

Rest in peace.



Edward H. Tobe, D.O. joined CAPA in 2021. He shared his professional experiences with CAPA students as an individual supervisor. Today, we miss Dr. Tobe's continued participation and send thanks for all of the important contributions he made to CAPA and the field of psychoanalysis over the years.

[CLICK HERE](#) to read Dr. Tobe's obituary on Legacy.com.

MEMBER ACTIVITIES

Title: Panel on Intergenerational Transmission of Trauma: Nonverbal Parenting (at the International Psychohistorical Association's 48th Annual Conference)

Presenter: Dorothea Leicher, NCPsyA

Date & Time: Friday, May 23, 2025, from 2:05 - 4:10pm Eastern

Location: Zoom

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

Title: Exploring the New Foundations for Psychotherapy: Grasping the Provocations of Jean Laplanche

Presenter: Lawrence Hedges, Ph.D., Psy.D., ABPP

Date & Time: October 2025 - May 2026, Third Fridays, 9:30AM - 11:00AM (Beijing Time)

Location: Zoom

Email Lawrence Hedges (lhedges@me.com) for more information.

Title: An Empirical Study of Gauging Political Leadership: Comparing Trump, Putin and Zelenskyy (Winner of the 2025 Psychoanalytic Research Exceptional Contribution Award for North America)

Presenter: Robert M. Gordon, Ph.D.

Date & Time: August 1, 2025, time to be determined

[CLICK HERE](#) for details on the 54th IPA Congress in Lisbon, Portugal.

Published: International Journal for the Advancement of Scientific Empirical Psychoanalytic Research (JASPER), 6(1), 53-65 (2024)

[CLICK HERE](#) to subscribe and read.

Title: The Promise of Psychohistory: Changing Fear-based Lethargy to Solidarity and Hope

Presenter: Dorothea Leicher, NCPsyA

Date & Time: 6 online sessions from May 22, 2025 to June 26, 2025 from 7:00 - 8:30PM EST

[CLICK HERE](#) to learn more and to register.

RECENT MEMBER PUBLICATIONS

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

Title: Human Aggression and War: The Psychological Roots of Violence

Author: Kevin Volkan, Ph.D.

Published: Pitchstone Press, March 2025

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

Title: Improving Clinical Case Formulation in Developmental Psychopathology: A Case Commentary on PDM-2 in a Multimethod Assessment Framework

Author: Robert Gordon, Ph.D.

Published: to be published in 2025

[CLICK HERE](#) to find article in future issue.

Title: Analytic Anonymity Revisited: Cleaning out the Freudian Closet (Edited)

Author: Neil Spira, M.D.

Published: International Journal of Controversial Discussions, October 2024

[CLICK HERE](#) to read.

Title: The Blindness of the Seeing Eye: Scenes from the Climate Crisis

Author: Judith Hughes, Ph.D.

Published: Free Associations, 2024

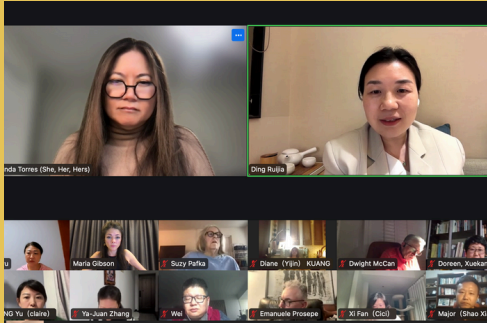
[CLICK HERE](#) to read article.

CAPA Events

REFLECTING ON PAST EVENTS

Analytic Applicants Q&A

The Analytic Applicants Program Q&A session took place on Friday, April 4, 2025 and over 50 CAPA students and graduates attended. This event is held annually to provide students and graduates with community support as they explore analytic training options.



Many thanks to the Analytic Applicants Program Committee members Belinda Torres, Ph.D., Emanuele Prosepe, Ph.D., and Dwight McCan, Ph.D., who all participated in the panel discussion. A special thanks also to YU Guoyu (Jade) for moderating the event and to the panelists/speakers for sharing their experiences: DENG Xuekang (Doreen), DING Ruijia (Rachel), KUANG Yijin (Diane), SHAO Xiao (Major), WANG Yu (Claire), and ZHANG Yajuan (Barbara).



UPCOMING EVENTS



2nd CAPA In China Academic Conference

Rooting.
Blossoming.
Bearing Fruit.

The Development of Psychoanalysis in China

November 14 -16, 2025
Shanghai Everbright International Hotel



[CLICK HERE](#) for more information about the conference, the work of CIC, the call for papers, and how to register.

Special Lecture Series 2024-25

The 2024-25 Special Lectures Series has concluded for this academic year.

Please check the Special Lecture Series webpages ([STUDENTS](#) or [MEMBERS](#)) for more presentations during the 2025-26 academic year.



Movie Club 2025

There are two more 2025 CAPA Movie Club discussion dates with Co-Chairs Neal Spira, M.D. and Jacky Song. 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).

Discussion Date in USA: Saturday, June 14, 2025, 9:00 PM - 10:30 PM (Eastern Time)
Discussion Date in CHINA: Sunday, June 15, 2025, 09:00 - 10:30 Beijing Time

Discussion Date in USA: Saturday, October 25, 2025, 9:00 PM - 10:30 PM (Eastern Time)
Discussion Date in CHINA: Sunday, October 26, 2025, 09:00 - 10:30 Beijing Time





Infant Observation Program

CAPA's Infant Observation Program welcomes CAPA students and graduates at all levels of training. Over thirty weeks, students engage in weekly observations and class reflections, deepening their understanding of early development and sharpening essential observational skills. Below students, graduates, and faculty share their personal reflections on the program's lasting impact on their practice. Interested students can [learn more and apply here](#).

On memorable lessons & experiences from Infant Observation...

"Infant observation is genuine experiential learning. I observe the developmental changes in infants, witnessing their progression from a self-contained state to developing communication and exploratory abilities, encompassing both physical and psychological growth. I also notice how different family members interact with the infant in distinct ways, and how family dynamics may influence the infant's development. The theoretical concepts from books come to life vividly before my eyes, while also evoking rich internal feelings and experiences. Class discussions further deepen my understanding and perceptions."

- Sharon

"Infant observation helps me cultivate acute observational abilities and notice subtle behavioral changes, non-verbal cues, and emotional expressions."

- IO Graduate

"Infant Observation was immensely helpful in training my reflective capacity during my studies of psychoanalysis. My inner world and emotional experiences were suddenly expanded and deepened at the time. The instructor who guided us was also extraordinarily supportive; though I can't recall her name now, I remain deeply grateful to her! At that time, CAPA also offered a second year of IO. I still regret that I didn't take the opportunity to train for the second year. I remember even developing an anticipation for working with children and adolescents back then, and to this day, I have not abandoned this possibility. Infant Observation is truly crucial and indispensable for learning psychoanalysis."

- CHEN Sifan (Cerelia)

"It would touch your core of your personality, the infant-self that buries deeply"

- CHEN Dingxuan (Dean)

On the impact of Infant Observation on one's work with patients...

"It teaches me how to "be with" rather than always "do to" in therapeutic relationships."

- IO Graduate

"Touch your most difficult countertransference in a very powerful way."

- CHEN Dingxuan (Dean)

"The most significant impact is gaining a deeper understanding of the meaning of containment and developing the capacity for containment. We merely observe without intervening. We need to contain many rich and complex experiences. When working with patients, this allows us to better stay in the therapist's position to reflect and feel, rather than rushing to intervene."

- Sharon

On advice or insights for potential Infant Observation Students...

"Observing infants helps therapists develop their capacity to contain and process intense emotional states, which is essential when working with clients of all ages."

- IO Graduate

"My recommendation is to conduct interviews with primary caregivers before finalizing the observation family, to understand the family's basic circumstances, including conducting brief psychological assessments of the primary caregivers. Selecting an appropriate observation family can make the observation and learning process more manageable and rewarding. Conversely, an unsuitable choice may increase the observers' stress and difficulties."

- Sharon

"You will find your baby eventually!"

- CHEN Dingxuan (Dean)

Faculty Reflections on the Importance of Infant Observation...

"After being away for the long Spring Festival holiday, many observers ask, "Does the infant recognize me?" In class, we explore how the patient in treatment cannot objectively "know" the therapist, but deeply recognizes the therapist through their containing presence. In a similar way, the infant recognizes the observer by how the infant feels in the observer's presence, and how the infant may feel silently supported to hold onto, or grieve the loss of, or again find his or her connection to their mother. As a teacher, I love the growing freedom and creativity of students as they imagine the inner world of the infant, letting an observation of a very smelly diaper expand into associations to the infant's experience of expelling something from their body, communicating physical, emotional, relational "truths." At the same time, observing an infant and mother can stir up infantile terrors and wishes for merging and separation that live in the unconscious. You can explore these "word-less feelings" in personal therapy to deepen your development as an observer and therapist."

- Dorinda Welle, PhD

"Watching a baby develop from birth to age one or two opens your mind to understanding how the human mind develops in detail. I promise it will have a profound effect on your sensitivity and comfort in working, especially with primitive mental state patients. It will also help you integrate and anchor the intellectual psychoanalytic theories you study to your own internal emotional 'Baby' as you literally watch the dynamics of projective identification and internal objects develop right before your eyes."

- Glenn Mowbray, MFT, PsyD, FIPA

Who Are We?

Catching Up With Our Members, Students and Graduates

Enjoy learning more about colleagues who make CAPA special!

Member Interview

William Nunley, MD, MPH

Dr. William Nunley has been a CAPA member since 2024. Since joining CAPA, he has taught Year 2 Theory.



Where do you live and practice?

Louisville, KY and Portland, OR

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

I practice psychoanalysis, psychotherapy, psychiatry, and provide organizational consultations.

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

I attended the University of Louisville School of Medicine, worked for a year in Washington, D.C. supporting mental health parity and diversity in medicine improvements, completed four years of adult psychiatric residency service at the Oregon Health and Science University, and earned a Master's in Public Health with a focus on health policy and leadership from the Oregon MPH program. During the first ten years after medical training, I worked in community settings including physical health clinics, outreach programs for people living without homes, intensive substance use and correctional settings, and for programs serving people with early psychosis and severe psychological trauma (dialectical behavioral therapy).

I completed psychoanalytic training with the wonderful analysts in the Oregon Psychoanalytic Institute from 2014-2022 and I am currently completing a one-year fellowship in Contemplative Medicine with the New York Zen Center. During each stage of formal training after medical school, I have prioritized practicing psychotherapy, considered the power and limits of medications, and worked to understand as deeply as possible conscious and unconscious processes of meaning, purpose, and satisfaction.

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

I have had the great fortune of being married during each stage of my career. My wife was writing books on world religions when we met, went back to school to study law, and is now a health policy national leader on end-of-life care options. Learning about core psychoanalytic theories and developing my own approach to effective method and techniques of practice has fostered deep appreciation and humility for the role of emotional regulation, love, and the need for trust and acceptance. In addition to my most important influence, I have learned a lot from my supervisors, most centrally from Jerry Fogel, MD, who is now retired. He helped me to listen deeply to primitive states of mind, dyadic, and triangulation dynamics in the analytic here-and-now and across arcs of treatment.

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

I first learned about CAPA from David Turner, MD, another deeply influential and wonderful supervisor from my analytic training. The theoretical understanding and inspired practice of psychoanalysis fundamentally changes people's lives. The change and results of psychoanalysis create a cascade of unexpected positive influences for those who complete this deep work. We are in this prescient moment during initial definition and incorporation of AI, and I am eager to understand from different perspectives what inspires people to work with suffering and make use of understanding the dynamic unconscious. Learning from CAPA students as they serve diverse clients and communities encourages me to learn more about psychoanalysis, myself, and the interconnected world. The staff and other CAPA colleagues motivate me to continue growing into the best psychoanalytic practitioner I can be.

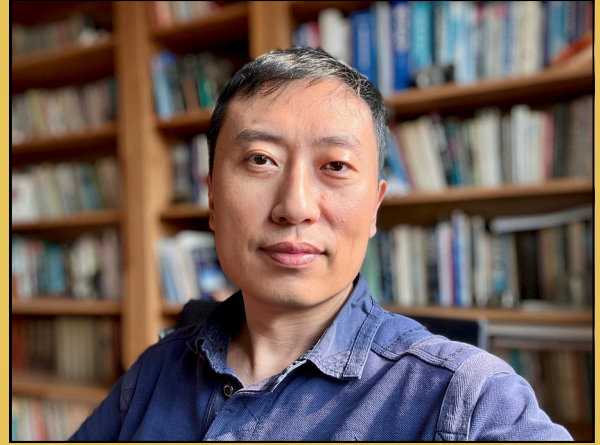
Please add anything else about yourself that you want the people in CAPA to know about you. You can also use this space to include a description of the image you uploaded.

Please see my website for more information and be in touch if connecting can support your work. william-nunley-md.com

Student Interview

CHEN Wei (Michael) 陈伟

CHEN Wei (Michael) 陈伟 is a member of Class N and currently enrolled in YR4 of Advanced Training.



Where do you live and practice?

Harbin

Describe your current work and/or type of practice.

Psychiatrist working in a general hospital

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

Growth, Warmth, Love

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

I've been working as a psychiatrist, doing interviews and prescribing medications for 17 years. This medical model also influenced my way of doing psychotherapy. I'd been "prescribing" interpretations and struggling to diminish patients' symptoms. This is close to what traditional psychoanalysis did, but gradually with the help and influence of my teachers, supervisors, and classmates, I feel it to be too paternal, detached, and sometimes controlling which could be a disaster for patients. What I benefit most from CAPA is the more maternal, relational, and mirroring side of psychoanalysis integrated into my work. I learn to treat my patients as well as myself more gently with more empathy, warmth and humanity.

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

I feel sad when I think about the image of saying goodbye to CAPA after graduation. CAPA witnessed my efforts and growth as a professional and a person since 2021. I hope I could share my experiences of my double identity as a psychiatrist and a therapist by supervising or teaching. I hope to never stop learning from CAPA. My generous supervisor Sid told me he's "paying it forward" because his supervisor did the same to him. I hope I could do the same someday and help the next generation.

In what ways has CAPA surprised you?

CAPA surprised me by connecting people from different places around the world. It's beautiful to know that we share and see one sun at the same time with a teacher in L.A. It's our dawn, but his dusk. It's also poetic when we could see and shine a light on a patient's psyche at the same time with him from different angles.

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.

This photo was taken by myself just now. I browsed my phone and failed to find a recent photo taken from outdoors. I rationalize this and tell myself "All of the few photos of Thomas Ogden I found are taken in front of a bookshelf." Later a less defensive question was aroused, "Am I taking care of myself well enough?" I like to read, listen to music and play the guitar at home. Is this defensive against anxiety or is this what I really enjoy in life? It doesn't matter if I try my best to love myself and accept who I really am. Quoting from my supervisor Eileen, it's "to be", not "to do".

Graduate Interview

XIE Mengshu (Mimosa) 谢梦姝

XIE Mengshu (Mimosa) 谢梦姝 began CAPA in 2018 (Class K). She graduated from the Advanced Program in 2022 and the Infant Observation Program in 2024.



Where do you live and practice?
Guangzhou

Describe your current work and/or type of practice.
Private practice

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

Many years ago, when I first learned about CAPA, my impression was that it was a highly professional training program for cultivating Chinese psychodynamic psychotherapists.

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

I have gained a group of classmates and friends. We are like-minded and share similar goals. During the training, we attended classes together every week, read academic literature, and had discussions. Even after graduation, we still kept in touch with each other through peer support groups. This has been extremely helpful for both my career and personal life.

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

After graduation, I have been keeping an eye on the continuing education programs and lectures of CAPA. I have also been paying attention to the developments of CAPA in China. I have also recommended both CAPA and CIC programs to more beginner therapists.

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?

Yes, of course. Many teachers and supervisors have big influences on me. Those influences have become vivid memories and experiences. They have a transcending quality, which I think can transcend through past to present and future.

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.

Last year I was lucky to have a short visit at the William Alanson White Institute in NY. This is a photo I took at that time. I feel grateful for the wonderful experience there.

A Call to Students and Graduates!



CAPA's NEWSLETTER is published three times each year and we are looking to expand on cross-cultural contributions from students and graduates.

Would you like to contribute?

Specifically, we are looking for...

- Short articles on holidays and special traditions in China: 500 - 700 words that include a brief history of the holiday/tradition and how it is celebrated today by you and your families.
- Themed photo series: 6-10 pictures, taken by you, of one special aspect of China such as daily life & culture, attractions & historic landmarks, arts & entertainment, architecture, landscape, traditional fashion or cuisine, etc...

If you are interested in contributing, please email Izzi Beaulieu (izzi.beaulieu@capachina.org) with your contribution. Upon submission, all contributions will be edited for spelling and grammar and included in the appropriate newsletter issue as determined by the Editor.



Your Guide to CAPA's Elective Program Applications (2025-26)



Don't miss these enriching opportunities!

CAPA electives provide a powerful way to hone specific skills and contribute to CAPA's broader goal of building psychoanalytic capacity and leadership in China. Check the deadlines and eligibility below and click the link to learn more.

The **Supervision Training Program** application period has already ended for 2025-26, but check the link below next Spring for updates on the 2026-27 application period.

The **Infant Observation Program** is open to all enrolled CAPA students. The deadline to submit an application is June 16th at 9:00am Eastern Time (NY time).

The **Teacher Apprenticeship Program** is open to graduates of the Advanced Training program. The deadline to submit an application is July 15th at 9:00am Eastern Time (NY time).

[CLICK HERE](#) to learn more and apply to these elective programs.

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Program Administrator
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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!



2025 Dues & Contributions

[CLICK HERE](#)

We can't thank you enough!

