

# Newsletter

Summer Issue

2022



## Letter from the President

I enjoy writing cheerful upbeat letters to my colleagues, but these are not cheerful upbeat times. A hideous war, which threatens to escalate, is occurring; the U.S. and China are poking at each other (there are, no doubt, better descriptors); the pandemic has killed more than 1 million people in the USA. Both American and Chinese efforts to contain the spread have aroused anger in their respective countries (people object to authorities telling them what to do); and now massacres are occurring in supermarkets, schools, and on the street. There are multiple causes, but you needn't be a genius to recognize that with fewer guns there would be fewer deaths.

You, the members of CAPA, are good guys. You work very hard teaching and supervising for no pay, no glory, no advancement in your careers. Why? To help others learn what has given you so much pleasure; devoting time and effort to

teaching people to help others have better lives. That's it!! And I admire you and am grateful to all of you.

A little good news: This year, there were 157 applicants for CAPA's Basic Training Program- slightly more than usual. It has been very difficult to choose among them and accept 40 (four classes of ten people each). See the CAPA Announcements section of this newsletter for the full roster of our incoming Class O / 2022-23 students.

More good news: There are now four two-year training programs organized and run by CIC using Mandarin translations of the CAPA curriculum. Almost every day we hear that another CAPA person has graduated from an APsaA institute and is now a full analyst and also, that another institute has applied and been accepted as an APsaA institute. Congratulations!!

Thanks to all members who have paid their dues and made financial contributions to CAPA. Alas, this year many members have not paid dues. I do not know why! Your membership keeps CAPA strong, even if you can't teach or supervise. We need you as members, we need the money, and we need you to help recruit new members. There is always time to pay your dues or contribute to CAPA if you have not yet done so...

[CLICK HERE](#) for our dues/contribution payment link.

Elise Snyder, M.D.



## Letter from the Editor

Greetings from the newsletter staff! With the support of the entire CAPA staff team, our new Associate Editor is Bonnie Evans. Welcome Bonnie! I remain as the Editor.

Please make a note of our new newsletter format, which will be published four times per year, starting with this Summer 2022 issue.

The new format will include familiar sections such as letters from the President and Editor, upcoming CAPA events (tours, movie nights, graduations, etc.), member and student activities, publications, announcements, Board and committee lists, and new student acceptances for the Basic, Advanced and Supervision Training Programs.

There will also be some new sections. Be sure to find 'CAPA Magnified', where we will highlight one program or aspect of CAPA and share the details. 'Who Are We?' is another new section, developed to get to know each other better through interviews with members, students, and graduates. We've also been collecting a number of unique and interesting images of China, which will be themed for each issue.

If you had the opportunity to attend the APsaA meetings in Boston this year, I hope you had a chance to attend Elise's in-person get together. We miss our Dim Sum meetings and will return to having them as soon as we begin to meet in person on a regular basis.

The CAPA staff hopes you have a wonderful summer.

Karyne Messina, EdD., Editor



# Table of Contents



CAPA Events	page 3
Member Activities & Publications	page 4
Announcements	page 5
CAPA Magnified - A Closer Look	page 6
Who Are We? Catching Up with Our Members, Students & Graduates	pages 7-9
The CAPA Timeline - An Informative Look at our History	page 10
Board, Staff and Committee Lists	page 11

Your membership makes CAPA stronger.

Dues and contributions can be made by [CLICKING HERE](#).



Interested in joining CAPA? [CLICK HERE](#) to join.

More information about CAPA can be found on our [website](#).

# CAPA Events

## Upcoming Summer & Fall Events

### August

Enjoy the remainder of your summer and the Labor Day holiday!

### September

CAPA classes begin the week of September 12th.

### October

#### CAPA Special Lecture Series for Members

**Title:** *The Practice of Theory: How Grammatical Analysis Can Improve Our Writing*

**Presenter:** Robert Ultimo, M.A.

**Seminar Date:** Friday, October 28, 2022 at 10-11:30 AM Eastern  
[CLICK HERE](#) to learn more and sign up.

## Reflecting on Past Events

During the 2021-22 academic year, CAPA hosted many virtual experiences for students, members and their families, friends, and colleagues. Look at the great experiences we offered and consider joining us for future events in 2022-23!

### VIRTUAL TOURS OF CHINA

These virtual visits to China were developed in 2020. During the COVID outbreak, we were not able to do our in-person trips to China. These virtual tours have become quite popular and will continue to be offered during the 2022-23 academic year.

**Watch for announcements on new virtual tours of China!**

**SHANGHAI** - Jewish Quarter and Museum, Zhujiajiao Water Town

**XI'AN** - Terracotta Warriors

**CHENGDU** - Shadow Puppetry, Food Market & Cooking Class

*"I've been on many CAPA virtual tours and I must say the Shadow Puppetry was by far the best! I appreciated meeting Chinese artists, children and philanthropists all in the service of this art form."*

**HONG KONG** - Lunar New Year in a large city

*"I liked Simon and his family and the live scenes. Thanks for organizing the tour."*

**ZHONGHE** - Lunar New Year in a small town

**BEIJING** - Temple of Heaven, Forbidden City, The Great Wall

### SPECIAL LECTURE SERIES

In 2021-22, CAPA began offering Special Lecture Events for members as well as students.  
[Click HERE](#) to see past Special Lecture Series events and watch for announcements for future lectures.

#### **Neuropsychanalysis and Traditional Chinese Medicine**

January 2022 / Presented by Arseny E. Tarabanov, Ph.D.

#### **Delay or Deficits: On Working with Chinese Patients**

March 2022 / Presented by Xiaolu Hsi, Ph.D.

#### **Psychoanalysis and Qi Gong, a Branch of Traditional Chinese Medicine: Healing Practices Developed Through Mind/Body Consciousness**

April 2022 / Presented by Harlene Goldschmidt, Ph.D.

#### **The Dream as a Clinical Tool for Understanding the Functioning of the Psyche**

May 2022 / Presented by Diana Goldman de Zocchi, MA, LCPC

#### **Neuropsychosomatics and Traditional Chinese Medicine**

May 2022 / Presented by Arseny E. Tarabanov, Ph.D.

### MOVIE NIGHT

Grab your popcorn!

#### **Farewell My Concubine**

with Neal Spira and Jacky Song (November 2021)

## Member Activities

The American Academy of Psychodynamic Psychiatry and Psychoanalysis Educational Lectures - Series III: Race, Gender, and Climate Have Entered the Chat!

**Presenter:** Multiple presenters organized by Gerald P. Perman, M.D., Chair of Series

**Date & Time:** Multiple dates/times in 2022 and 2023

**Location:** Online

**[CLICK HERE](#)** for full schedule and registration

The Dynamic Self: Theory & Practice from the Institute of Neurocommunication and Psychotherapy Italian Psychoanalytic Dialogues (IPD) NPSA Italian Group

**Presenters:** Arseny Tarabanov, Rosa Spagnolo, Claudia Spadazzi, Francesco Castellet y Ballarà

**Date & Time:** Multiple dates in September, October and November of 2022

**Location:** Online

Email [info@inncp.com](mailto:info@inncp.com) for information and registration details

## Member Publications

*Integrative Couple Therapy in Action: A Practical Guide for Handling Common Relationship Problems and Crises*

**Author:** Arthur Nielsen

**Published:** April 2022

**[CLICK HERE](#)** to buy

*The Stream of Life: From Frozen Babies to the Birth of Psychic Life*

**Author:** Maria Paola Martelli, MD, PhD

**Published:** December 2021 in *Psychoanalysis and Psychotherapy in China*

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

*From Trainees to Trainers*

**Author:** Ning Li, MA, Maranda Sze, PhD and Wei Lan, MA

**Published:** June 2022 in *Psychoanalysis and Psychotherapy in China*

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

*Beyond the Binary: Essays on Gender*

**Author:** Shari Thurer, ScD with contributions from Robin

J. Ely, Oren Gozlan, Robin Haas, Daniel H. Jacobs,

Malkah T. Notman, Francesca Spence, Lewis Harwood

“Harry” Spence, Rita K. Teusch.

**[CLICK HERE](#)** to preorder

*The Perversion of Holocaust Memory: Writing and Rewriting the Past after 1989*

**Author:** Judith Hughes, PhD

**Published:** February 2022

**[CLICK HERE](#)** to buy

*The Wisdom of Dreams: Science, Synchronicity and the Language of the Soul*

**Author:** Greg Mahr, MD and Chris Drake, PhD

**Published:** September 2022

**[CLICK HERE](#)** to preview and sign up for book release notification

# Announcements

## Welcome to our 2022-23 Basic and Advanced Training Students!

### Basic Training - Class O

Last Name	First Name	English Name
CHEN	Jing	Tracy
CHI	Danni	
DU	Wenqi	
GUO	Ying	Yvonne
HOU	Xiangning	Max
LI	Hanning	Vicky
LI	Weixuan	Anthony
LI	Yi	Elli
LIN	Pei Jian	Green
LIU	Jingjing	Jing
LIU	Ting	Diane
LIU	Yue	Uula
LUO	Jingjing	Jing
QU	Diyang	Gemma
SHAO	Jin	Jane
SHEN	Mengyi	Sue
SHU	Shan	Susan
SUN	Tingran	Winona
SUN	Xia	Doris
TANG	Na	Sophia
WANG	Ljia	Rika

Last Name	First Name	English Name
WANG	Mengzhe	Meta
WANG	Wei	Wayne
WANG	Xue	Laura
WANG	Yaqi	Brise
WANG	Yidan	Sirena
WONG	YuHong	Jin
XIE	Mengying	Nancy
XIONG	Kewei	Nero X
YAN	Xiangfei	Clare
YANG	Zheyang	
YAO	Liang	Alive
YIN	Xiaofei	Stephanie
YU	Liangming	
ZHANG	Aiping	
ZHANG	Chuxue	Victoria
ZHANG	Jing	Flora
ZHANG	Mengyue	April
ZHANG	Songhao	
ZHANG	Huazhen	Jane
ZHOU	Xiatong	June

### Advanced Training - Class M

Last Name	First Name	English Name
CAI	Yuntian	Iris
CAO	Xiufang	Belinda
CHEN	Dingxuan	Dean
DING	Yueqing	Gretchen
HU	Danfeng	Danny
HUANG	Yuemei	May
JIANG	Xuan	Sharon
JIAO	Li	Adele
LIU	Bin	Artemis
LIU	Fangsong	Peter
MA	JuanJuan	Emma
QI	Ying	Ying
QIU	Min	Jed
RUI	Zichen	Rui
SHI	Hang	Daniel

Last Name	First Name	English Name
WANG	Haotong	Kathy
WANG	Wei	Ivy
WU	Yong	Angus
XIE	Qiuyuan	
XING	Quanchao	Joey
YANG	Xi	Jessica
YANG	Yuanbo	Bol Yang
YU	Wei	Wendy
YUAN	Weiwei	Sophie
ZENG	Ying	Zengying
ZHANG	Liwen	Liven
ZHANG	Yifei	Nancy
ZHENG	Jingjing	Ginger
ZHOU	Chunxiu	Valentina
ZHUANG	Shujie	Susan

### #TopDownloadedArticle

Asia-Pacific Psychiatry announces that one of their #TopDownloadedArticles was written by CAPA people! The article cited below is a collaboration between two CAPA members (one of whom is our founder) and a CAPA graduate.

Wang, X, Gordon, RM, Snyder, EW. Comparing Chinese and US practitioners' attitudes towards teletherapy during the COVID-19 pandemic. *Asia Pac Psychiatry*. 2021; 13:e12440.

[CLICK HERE](#) to read the article

### Upcoming Conference Dates

**APsaA 2023 National Meeting**

January 30 – February 5, 2023

New York Hilton Hotel, New York City

[CLICK HERE](#) to watch for more information posting soon

**International Federation for Psychotherapy**

23rd World Congress of Psychotherapy – February 9-11, 2023

Casablanca, Morocco

[CLICK HERE](#) for more information

### Roman Crudele

(June 17, 1963 - May 15, 2022)

Roman Crudele was based in NYC and had been a CAPA member since 2015 – a teacher, treater, and supervisor. He most recently taught Continuous Case in the Basic Program in the spring of 2022. His students sent condolences to his family. Here are some highlights from what they shared with Roman's family:

*We really appreciate his class and teaching. He has been very responsible and mindful of all of us. All of us have received much help from him and admire his personality and way of working with patients and everyone in the class.*

*Roman was really a very responsible teacher who paid attention to every student in class.*

*... he was a wonderful psychoanalytic practitioner and even more a trusted teacher and supervisor. During my study from him, I felt his kindness and patience with his patients and students, as well as his rich and deep psychoanalytic perspective on life and human suffering, all of which made me feel very lucky to study from him for a while.*

*He was very patient and gave us a lot of space to express our opinions in class. He was so supportive and accommodating that we all loved him.*

*...he is a kind and responsible teacher, he is warm and always encourages us to form our own analytic style.*

*...his words were strong and determined and his heart was soft, our group liked him so much, he was so humble, he was considerate of our culture, he encouraged us to express ourselves freely and open our minds, he accepted all our thoughts and feelings, he had a keen understanding of patients, he was so dedicated, he read and responded to all our assignments...*

*He was an excellent psychoanalyst and what he passed on to us in class was not only his professional skills, but also the impact of his personality as an analyst. My classmates and I will carry these influences with us as we continue this work and will always miss him.*

# CAPA Magnified - A Closer Look

## ANALYTIC APPLICANTS PROGRAM

By Belinda Torres, Ph.D. and Emanuele Prosepe, Ph.D.

The Analytic Applicants Program was developed by Elise Snyder, M.D. when the first class of CAPA's Advanced Program graduates was ready for further career advancement. At that time, Analytic Training was not accessible without moving to a new country to attend in person. Thus, there was little or no possibility to progress in the field of psychoanalysis.

The Analytic Applicants Program supports graduates who have completed 4 years of CAPA training (2 years in the Basic Program and 2 years in the Advanced Program) to obtain formal psychoanalytic training at an APsaA institute and become adult psychoanalysts. The Analytic Applicants Program is currently co-chaired by Belinda Torres, Ph.D. and Emanuele Prosepe, Ph.D. and supported by CAPA administrative staff members Maria Gibson and Bonnie Evans.

Co-Chairs:

**Belinda J. Torres, Ph.D.**, is a licensed clinical psychologist and an adult psychoanalyst and currently is an Advanced Candidate in Child Psychoanalysis at Hanna Perkins Therapeutic School. She has been an active member of CAPA since 2020.

**Emanuele Prosepe, Ph.D.**, is a Psychoanalyst in Italy and the Head of Staff (Direttore) at Rehabilitation Clinic for Drug Addiction and Psychiatric Disorders for 30 years. He has been an active member of CAPA since 2018.

The program provides access to an increased number of psychoanalytic institutes, encouraging them to open their training programs to CAPA graduates for formal psychoanalytic training using distance learning- which is how CAPA students have been learning all along. Because of COVID, psychoanalytic institutes have had to use the distance learning model (classes via video) to continue the training of their own candidates. This has led to an increased acceptance of distance training. These institutes have found teaching via video to be just as effective as local training.

During the fall and winter trimesters, the program Co-Chairs and CAPA staff connect with the members of the new Year 4 class (by emails and questionnaires) exploring their interest in the program by highlighting the exciting possibilities of psychoanalytic training through communications and online Q & A events. The Q & A events are interesting because they allow the potential candidates a moment to confront themselves with teachers and alumni who have gone through psychoanalytic training, clarifying some questions and doubts about this training.

During the spring trimester and over the summer, the Co-Chairs and CAPA staff work on outreach to Institutes, hoping that they will accept our graduates. We support our potential candidates with CAPA transcripts and letters of reference for their applications when requested. Working with institutes is a major aspect of the Analytic Applicants Program and an aspect where the help of all CAPA members is needed.

The current list of institutes accepting distance training candidates:

**Chicago Psychoanalytic Institute** (Chicago, IL)  
**International Psychotherapy Institute** (Bethesda, MD)  
**New Center for Psychoanalysis** (Los Angeles, CA)  
**Institute for Contemporary Psychoanalysis** (Los Angeles, CA)  
**William Alanson White** (New York, NY)

\*Candidates must spend 1st year locally in New York City\*

Our Analytic Applicants Program has been successful in helping CAPA graduates become adult psychoanalysts. To date, there are 7 CAPA graduates who are now fully trained adult psychoanalysts. We are proud to let you know that we also have 38 CAPA graduates at APsaA institutes and 14 at non-APsaA institutes. There are 17 more CAPA graduates (or soon-to-be graduates) who are currently applying to various institutes with the support of this program.

We see that now many institutes have developed fundamentals programs that CAPA students can apply to and attend and, later, after graduating from CAPA, have a good chance of attending for full analytic training!

In addition, the Co-Chairs and CAPA staff are working together to build this program for the future. Plans include:

- adding an Analytic Applicants Program page to our student website with an FAQ subpage;
- exploring a mentoring program where current candidates can help potential candidates navigate the application process;
- working more closely with CIC (CAPA in China – local groups of CAPA students and graduates) to provide the best Q & A experience and/or other support that might be needed.

Email CAPA staff with any questions, feedback or interest in the Analytic Applicants Program:  
Maria Gibson [maria.gibson.capa@gmail.com](mailto:maria.gibson.capa@gmail.com) or Bonnie Evans [capabevans@gmail.com](mailto:capabevans@gmail.com)



# Who Are We?

## Catching Up with our Members, Students and Graduates

We will be selecting members, students and graduates to interview for each issue.

Enjoy learning more about your colleagues!

### Member Interview

**Xiaolu Hsi, Ph.D.**

CAPA's newest board member and a CAPA teacher

*Where do you live and practice?*

Boston, Massachusetts

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

Clinical psychologist (psychodynamic therapist AND a clinical neuropsychologist); supervising therapist and neuropsychologist; CAPA instructor.

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

I've worked with adolescents primarily almost all my professional life, starting as a college English teacher in China at age 18 after college; various TA positions at universities in the USA,; intern, doctoral fellow and eventually a staff psychologist in various college counseling centers or mental health services. Wanting to help adolescents through a rather difficult time in life was what got me into psychotherapy in the first place; wanting to be an analyst was what lead me to apply to the Boston University's clinical psychology doctoral program which, at the time, was one of the best psychoanalytic programs in the USA.



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

I don't have "a person" who influenced my career, which incidentally I don't believe I have had- a career, that is. I have always said: I was raised by analysts, professors, supervisors, bosses, therapists/analysts, authors, so on and so forth. It is the analytic movement itself that influenced me the most in the work I do, and not a single person.

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

I heard about CAPA from a psychiatrist in China who later was in the inaugural class in Shanghai. Then I met Elise, who invited me to join the Board. I was on the Board for about a year, but left CAPA because my children were very young. I returned just last year. It is wonderful to see how CAPA has grown into a well-organized institute, versus what we had ten, twelve years ago. The draw of CAPA lies in teaching students what I learned and have much enjoyed doing for work since- although the drive among Chinese students of psychotherapy (not necessarily CAPA students) to aspire to be "master teachers of psychotherapy" instead of great therapists discourages me. The independence of CAPA also appeals to me.

*Please add anything else about yourself that you want the people in CAPA to know about you.*

I am also a clinical neuropsychologist; and I identify myself as Chinese and American, not Chinese American.

# Who Are We? - Continued

## Student Interview

### DING Yueqing (Gretchen)

A member of Class M, beginning Advanced Training in September of 2022

*Where do you live and practice?*

Shanghai, China

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

Private practice as a psychodynamic therapist and supervisor. Currently I have 25 sessions per week and 2 supervision groups to work with.

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

**#1 Diversity** - CAPA's faculty and students come from a very diverse range of cultural backgrounds. As a result, their professional styles and work ideas can be very diverse. For me, the exchange of such diverse and richly dimensional ideas in a framed system of systematic learning is often a peak experience in itself. And this experience is broadening my inner space, which is a very important internal resource for a therapist. At the same time, it also subconsciously made my personality seem less rigid, instead of which I became more open-minded and curious.

**#2 Insightful** - The teachers are very happy to share. But often they are more willing to encourage us to think than to tell us the answers directly. As a result, I have been inspired and motivated by my colleagues and teachers in so many ways. More importantly, in such a learning system we gradually became friends within these 2 years. As we get to be familiar with each other more, I started to experience something more insightful that I have rarely experienced in other types of training programs.

**#3 Passionate** - My classmates are passionate about learning. We all have in common with the teachers, and supervisors a great passion for seeing and understanding a person deeply. We are humble and passionate about finding a language in which to understand a real person.

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

This question is so challenging. Because I had a bunch of candidate answers in my head, but if I had to pick a winner, it would be my personal supervisor, Dr. Collins- Green. Many of my peers agree that private supervisors have had a profound impact on us. Two years ago, I was particularly concerned about meeting a supervisor who might have difficulty understand my difficulty in practice since we come from totally different countries and have different cultural backgrounds. However, her professionalism and openness turned it all into an opportunity for us to work in depth. I benefited greatly from her guidance on my extremely difficult control case. What I see in her is that each patient is a living being in his or her own right. The richness of this person's emotions, the subjectivity of this person is something that needs to be seen as a priority. This is what I have learned the most in the past two years. I would like to take this opportunity to once again express my sincere gratitude to Dr. Collins-Greens.

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

I would be very happy to participate after graduation. I hope that I will one day be able to interact with CAPA students in our first language as a member of the CAPA faculty.

*What is one thing that has surprised you about CAPA?*

Many teachers are semi-retired and still have a continuous learning attitude.

*Please add anything else about yourself that you want the people in CAPA to know about you.*

I have a cat named Hana and she is only one year old. In the past two years, the only time I've taken off work was because Hana had a heart attack and fluid in her lungs that required hospitalization. That was a very painful time for me. Teachers and classmates showed great understanding and kindness about it. When I (and Hana) returned to class, there was a warm welcome from everyone. And that's the moment when you feel that it's not the knowledge that matters to you, but the process and experience of learning it. Those shining experiences that make this learning process so wonderful. Of course, it would have been better if the teacher hadn't mentioned that Hana needed to pay back the CAPA tuition. Haha!

By the way, Hana is always very engaged in class, so maybe she can become a psychodynamic therapist in the cat world in the future.



# Who Are We? - Continued

## Graduate Interview

**LIAN Dayi**

A graduate of Class F and a graduate of William Alanson White Institute in NYC

Where do you live and practice?

Shanghai, China

Describe your current work and/or type of practice.

Private Practice

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

I joined CAPA almost a decade ago, when there were very few professional training programs on psychodynamic psychotherapy in China. I immediately felt interested and was very eager to join the program.

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

There are many things that I feel grateful to CAPA program for. One of the most important and useful things I gained from the program is the CAPA community, where a group of young professionals share the same interest and passion, supporting and encouraging each other, when there was not yet a clear career path in the field in China. In the past decade, even after graduating for so many years, we still are close friends, and inspiring each other to become professional psychoanalysts.

As a member of one of the earlier classes at CAPA, please describe why and how you have stayed connected with CAPA.

I became a professional clinician with the help of CAPA's program, so it is always my honor and responsibility helping the following students to gain as much as possible from this program, building up their careers. Besides, it was also my interest to introduce modern psychoanalytic theories to China, as well as helping the American psychoanalytic society to know more about Chinese psychotherapists. Therefore, I participated in several CAPA dim-sum gatherings, delivering speeches helping to bridge mutual communication between the Chinese and American 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?

Thomas Campbell used to be my supervisor in CAPA. I could still remember how he compared conducting therapy as conducting arts, and taught me all I need to learn as a clinician. More importantly, he helped me to understand my patients, and gain the confidence to practice independently. Nowadays, since I became a supervisor, I feel more grateful to him, and try to provide my supervisees with what I learnt from him back then.

Please add anything else about yourself that you want the people in CAPA to know about you.

This photo was taken in Tel Aviv, Israel, where I took a course to learn how to work with people/children from substance abuse families. Despite the various modern treatments, psychoanalytic theories are used to understand how an upbringing in substance abuse families affect people, especially children, and causes severe problems in their life. I think it's really important for all clinicians to gain some basic understanding of psychodynamic psychotherapy and psychoanalysis.



# The CAPA Timeline

## An Informative Look at the Shaping of CAPA

**2001**

Elise's first visit to China, where she was asked to give presentations on psychoanalysis at conferences in Beijing and Chengdu.

**2006**

The need and desire for organized, complete, systematic training was strong enough that Dr. Snyder began further developing the mission and organization. CAPA was incorporated and granted 501c3 status.

**2009**

In January, CAPA's first Dim Sum member meeting was held at the Golden Unicorn in Chinatown, NYC. (top pictures)

In October, the first CAPA tour of China with members was held. Tourists visited Beijing, Xi'an, Chengdu, Wuhan and Shanghai. (bottom pictures)



**2013**

Students continued to express interest in further learning with CAPA, so the Year 5 Elective Programs were developed: Infant Observation and Supervision Training.

**2015**

CAPA's Analytic Applicants Program was developed to support graduates' interest in analytic training.

CAPA's Teacher Apprenticeship Program was initiated as a no cost, voluntary program supporting graduates with an interest in teaching future mental health professionals.

**2020**

CAPA's distant training format allowed for classes to continue, even through a worldwide pandemic. Infant Observation was the most challenging program to continue through this time, but video observation proved to be effective and the program has continued.

**2003**

Dr Ubaldo Leli began providing analysis via Skype to Chinese mental health professionals. This was the 'birth' of CAPA!

**2008**

CAPA Class A began their two-year Basic Training Program!

On May 12, 2008, the 8.0 magnitude Sichuan Earthquake hit at 2:48pm. Elise Snyder and Jeff Taxman (CAPA member since 2010) went to Chengdu about 48 hours after the earthquake struck and remained for almost a month, setting up clinics and training mental health professionals to deal with traumatized people.



**2011**

Class A Basic Training Graduates expressed interest in further training. The Advanced Training Program was developed.

**2014**

Groups of CAPA graduates began establishing local 'CAPA in China' groups, guided by CAPA members. Each group has its own name, often identified by the main cities in which groups of students live and work. These CIC groups host conferences and graduations and support incoming students with 'pre-CAPA' preparation classes.

CAPA began offering Continuing Education opportunities to students, presentations by members that focused on their expertise and student's interest.

**2019**

Further interest in the Infant Observation Program was expressed so a second year of the program was added.

CAPA Movie Nights began!

**2021**

The continuing education opportunities expanded to include options for members to attend as participants, not only as presenters. Colleagues sharing with colleagues! We now call this the Special Lecture Series.

CAPA members provided support and training to American analysts in using Zoom for treatment during the pandemic.

Visit the history pages of our website for information  
<https://www.capachina.org/>

# CAPA Officers, Board of Directors and Staff

## OFFICERS

**President**  
Elise Snyder, M.D.

**Secretary**  
Xiaolu Hsi, Ph.D.

**Treasurer**  
Dwight McCan, Ph.D.

## BOARD OF DIRECTORS

Himanshu Agrawal, M.D.  
Thomas Campbell, M.D.  
Lana Prince Fishkin, M.D.  
Xiaolu Hsi, Ph.D.  
Dwight McCan, Ph.D.  
Karyne Messina, Ph.D.  
Glenn Mowbray, Psy.D.  
Bernhard Seubert Ph.D.  
Elise Snyder, M.D.

## STAFF

**Executive Director**  
Catherine Stankowski

**Administrative Director**  
Bonnie Evans

**Senior Program Administrator**  
Toni Maeck

**Program Administrator**  
Tiffany Bryant

**Program Administrator**  
Joyana Del Valle

**Program Administrator**  
Maria Gibson

**Bookkeeper and Accountant**  
Rebecca Chen

**Technical Support**  
Suzy Pafka

## Programs and Committees



Skate on over to our website  
to see the full list of programs  
and committee members!

[CLICK HERE](#)

to view the list of programs and committee members

