

Newsletter

Spring Issue

2026



Letter from the Editor: Cultivating the Garden Elise Planted

Dear CAPA Members,

In our previous issue, we shared the collective weight of losing our founder, Dr. Elise Snyder. It was a moment of profound reflection on the "heartbeat" of our organization. As we move into our Spring 2026 issue, that reflection shifts toward our plans for the future. If Elise planted the seed in 2001, we are now the stewards of the flourishing garden she envisioned.

This spring, we are visually celebrating that journey. You will notice a recurring theme throughout this edition: Chinese teapots. Just as a teapot requires time, heat, and the right elements to transform simple leaves into a rich brew, CAPA has spent a quarter-century steeping Western expertise with Chinese clinical practice to create something entirely unique.

Honoring Our Roots, Investing in Our Future

To ensure this "garden" remains sustainable for many years to come, this issue highlights several key milestones:

- The New Dues Program (pg.4): We are officially introducing our updated dues structure. This plan is a vital step in ensuring that CAPA remains a robust, independent resource for students and clinicians across the globe.
- Visualizing Growth (pg.8): Look for our featured graphic design that traces CAPA's evolution from that first spark of an idea in 2001 to the massive, multi-faceted network of volunteers and graduates we see today.
- Looking Toward Shenzhen (pg.2): While we reflect on our past, we are also firmly focused on the future. Please save the date for the 2027 CIC Conference in Shenzhen. It promises to be a landmark gathering of the "living testament" Elise envisioned.

Sustaining the Dialogue

In our announcements section, we also take a moment to look back at the successful Analytic Applicants Q&A session held this past March. Seeing the quest for knowledge in new applicants reminds us that the "bridge" Elise built is busier than ever.

As we sip from the "teapots" of our collective wisdom this season, let us remember that every contribution - whether through teaching, investing in our new dues program, or attending conferences - is what keeps this organization vibrant.

Warmly,

Dr. Karyne E. Messina, Editor, CAPA Newsletter



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CAPA Announcements

SAVE THE DATE

**Third CIC (CAPA in China) Psychoanalytic Conference
Shenzhen, China – September 2027**

Open Call for Conference Theme Proposals
(The submission deadline is May 30, 2026.)

**[CLICK HERE](#) for Important Details
and How to Submit a Theme Proposal**



RECENT MEMBER PUBLICATIONS

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

**Title: Platonic Surrealism: A Modern Framework for Meaning
Beyond Science and Religion**

Author: Kevin Cann with Foreword by Frank Malone, Psy.D.

Published: Platonic Surrealism Press, 2026

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

Title: Dream Wisdom Oracle

Author: Greg Mahr, M.D.

Published: Inner Traditions Press, 2025

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

Title: Learning Difficulties through Three Lenses

Author: Friedman, F. B., Davis, H., & Orenstein, M.

Published: Psychoanalytic Social Work, 32(2), pp.105-118,
April 2025

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

**Title: "I Can't Hug My Child": A Case Study of Intergenerational
Transmission of Trauma in China**

Author: Xiubing (Summer) Wang, M.A., Robert Gordon, Ph.D.,
ABPP, Yao Lin

Published: Psychoanalysis and Psychotherapy in China, 8(1-2),
December 2025, pp. 39-47

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

Title: Food Matters: Biopsychosocial Perspectives

Author: Nina Savelle-Roklin, Psy.D.

Published: Karnac Books, January 2026

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

**Title: Ferite precoci e architettura dell'Io (Early Wounds and the
Architecture of the Self)**

Author: Giovanna Tatti

Published: Franco Angeli, April 2026

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

MULTI-MEDIA CONTENT

Video Title: Let's Talk Fabulous Show

Topic: Dream Wisdom

Host: Kim O'Neil / Greg Mahr, M.D., guest panel participant

[CLICK HERE](#) to access video

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 if needed).

Title: Analysis of Violence and Maintenance of Non-violence

Presenter: Dorothea Leicher, LCSW, NCPsyA

Date & Time: May 30, 2026 at 9:00am Eastern (NY Time)

Location: Online

[CLICK HERE](#) to learn more about the International Psychohistorical
Association and the 49th Annual Conference.

**Title: Destruction and Art Panel Presentation of the
Transgenerational Transmission of Trauma**

Presenter: Dorothea Leicher, LCSW, NCPsyA

Date & Time: May 30, 2026 at 2:00pm Eastern (NY Time)

Location: Online

[CLICK HERE](#) to learn more about the International Psychohistorical
Association and the 49th Annual Conference.



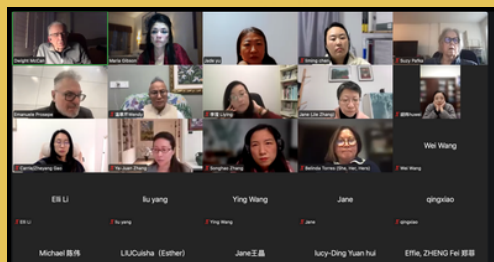
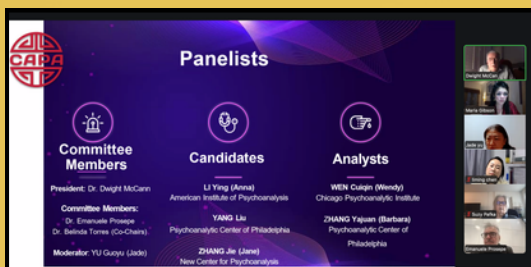
CAPA Events

REFLECTING ON PAST EVENTS

On March 21, 2026, CAPA's Analytic Applicants Program held its annual Q & A Information Session, which was attended by approximately 20 students and graduates interested in pursuing further analytic training after CAPA. This event is held to provide community support as students and graduates explore analytic training opportunities.

We'd like to thank CAPA's President, **Dr. Dwight McCann**; the Analytic Applicants Program Committee Co-Chairs, **Dr. Belinda Torres** and **Dr. Emanuele Prosepe**; **Maria Gibson** who provides administrative support to the program; **CHEN Liming 陈黎明** from CIC who helped plan and arrange the event; and all the panelists who shared their invaluable experiences, including **Guoyu (Jade) Yu 虞国钰** who moderated the dialogue.

We were pleased to host the students and graduates who attended the event. It was an excellent opportunity to cover a broad range of topics for prospective CAPA candidates and further explore how psychoanalysis can enhance their personal and professional development.



UPCOMING EVENTS

Special Lecture Series 2025-26

Keep checking the websites ([STUDENTS](#) or [MEMBERS](#)) for updates on newly added Special Lecture Series events.

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 Continues...

There are two more films and discussion dates for CAPA's 2026 Movie Club, chaired by 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).

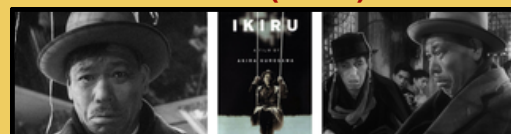
THE HOURS



USA Discussion Date: Saturday, June 20, 2026, 9:00 PM-10:30 PM (Eastern/NY Time)

CHINA Discussion Date: Sunday, June 21, 2026, 9:00 AM-10:30 AM (09:00 - 10:30 Beijing Time)

IKIRU (1952)



USA Discussion Date: Saturday, October 24, 2026, 9:00 PM-10:30 PM (Eastern/NY Time)

CHINA Discussion Date: Sunday, October 25, 2026, 9:00 AM-10:30 AM (09:00 - 10:30 Beijing Time)

CAPA Magnified



Your Membership Expanded

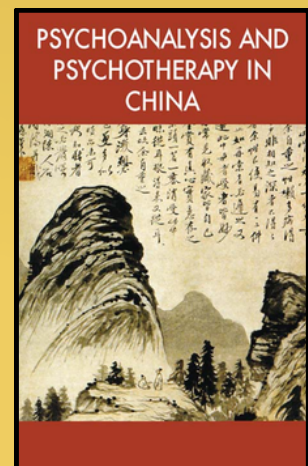
The base rate for CAPA's annual membership dues has increased to \$100/year.

This change supports a major shift in CAPA's work: teaching, treating, and supervising in CAPA are now compensated positions. Moving from an all-volunteer model to paid roles helps CAPA sustain training quality, strengthen continuity and accountability, and recruit/retain faculty as CAPA grows.

Although CAPA, and the world, have changed, CAPA's dues have not increased for over a decade from the basic \$50 annual fee. Many CAPA members have chosen to pay membership dues at a higher level than the base \$50, for which we are grateful - and those wishing to contribute at a higher level will still be able to do so.

New Benefits! New Opportunities!

- The opportunity to **teach, treat, and supervise** CAPA students are all now compensated positions;
- Complimentary annual digital subscription to the journal '**Psychoanalysis and Psychotherapy in China**';
- Waived fees for attendance at CAPA **Special Lecture Series** events;
- Promotion of your publications and events on CAPA's **website** (submit yours **here!**);
- Ability to vote to elect Officers to the CAPA Board of Directors;
- Invitation to our annual **CAPA gatherings** at the APsA National Meeting and other CAPA social events.



These benefits will be extended to all CAPA members with current paid memberships. If you paid dues in 2025 or earlier in 2026, you will receive a reminder to renew your membership - at the new rate - when it's due and, in the meantime, you will enjoy access to these expanded benefits regardless of at which membership level you last paid.

We remain tremendously grateful for your support as CAPA members.

[JOIN CAPA](#)

[RENEW](#)
[MEMBERSHIP](#)

Who Are We?

Catching Up With Our Members, Students and Graduates

Enjoy learning more about colleagues who make CAPA special!

Member Interview

Carla Levy, LP, MFA

Carla Levy, LP, MFA joined CAPA in 2025. She is a teacher, supervisor, and treater. Carla also supports many CAPA committees with valuable contributions.



Where do you live and practice?

I live and practice in New York City.

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

I began training considerably later than most people, having taught for many years in the Dance Department at LaGuardia HS of the Arts (Fame HS). During this time, I continued piano studies on a weekly basis with a wonderful teacher, Edna Golandsky, a protegee of Dorothy Taubman. I also taught piano to children and adolescents in my spare time. Years of teaching experience gave me a wonderful opportunity to explore and think about children and adolescents developmentally in the context of family and class dynamics.

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

I have spent my life in the arts as a classical pianist and serious student of dance. My undergraduate years at Oberlin College were spent in a practice room and the dance studio. I was also reading literature and psychoanalytic writings. Graduate school studies in piano performance and dance at the University of Iowa built a bridge between sound and the physicality of motion which eventually led me to pursue Dalcroze training in NYC. During my grad school years, I was also commuting back and forth between Iowa City and the University of Chicago where my husband had a post-doctoral fellowship in clinical psychology. I sat through countless dinners with his colleagues listening to fascinating discussions and critiques of everyone from Freud to Kohut to Minuchin. This was the beginning of my education in psychoanalysis. Fast forward several decades to my analyst's office and I was still reading psychoanalytic material and family therapy writings. He suggested that I pursue analytic training.

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

First and foremost, I am lucky to have a wonderful analyst. Psychoanalysis has given me self-knowledge, and an immersion in a theoretical framework that has stimulated extensive reading, thinking, and teaching. My analyst suggested I pursue analytic training. My piano teacher in graduate school had a way of exploring a score - integrating sound, rhythm, structure, phrasing, harmony, etc. that fed my love of musical analysis as it informed performance. I also love literature and literary criticism. I spent a year reading the work of Barbara Johnson, an extraordinary scholar, writer, and teacher whose work I wish was taught more often, in the way she deserves to be read. She engages with text, translation, meaning in literature, poetry, autobiography, and feminism, often integrating seemingly unrelated narratives to show how structural inconsistencies are embedded in the fabric of a single text. Her writings have influenced how I listen to patients.

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

I cannot remember when I first learned about CAPA. Throughout the years I knew several people who were part of CAPA as teachers and supervisors. CAPA students are invested in understanding their own struggles and in developing theoretical and clinical skills to help their patients explore conflict, challenges, and aspirations. They bring an individual and collective history, culture, and educational background that add an important dimension to the field of psychoanalysis. Getting to know them has been a wonderful 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.

If I had the time and energy, I would also pursue training in family therapy. It's like playing Bach fugues, which I love. How does one line, voice, impinge upon another and in turn upon another to create a map of sound?

Student Interview

LIAO Xiaonan (Sean) 廖潇楠

LIAO Xiaonan (Sean) 廖潇楠 is currently enrolled in Basic Training and a member of Class R.

Where do you live and practice?

Chengdu, China

Describe your current work and/or type of practice.

College and private practice

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

Productive, rewarding, and refreshing

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

The most helpful part for my practice has been the case examples provided by my teachers. This semester, my CC class teacher has been particularly skilled at sharing his thinking process and clinical experience during case guidance. This has not only taught me technical skills, but also positively influenced the way I think about clinical work.

In theory and technique classes, the weekly readings are certainly useful, but what helps me even more is how the teacher integrates textbook knowledge with practical, real--world clinical knowledge during class.

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

Yes, I hope to continue my involvement with CAPA by joining the Advanced Program after graduation. Beyond that, I aspire to further my training at either the Chicago Institute for Psychoanalysis or the Philadelphia Psychoanalytic Institute. At the same time, I would like to join CIC (China Institute of CIC) and contribute by supporting other therapists in China.

In what ways has CAPA surprised you?

What has surprised me the most is that CAPA has brought together so many experienced, insightful, and dedicated teachers who are genuinely willing to teach.

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.

I have a deep passion for history - I am endlessly curious about how the world we live in today came to be, and about the traces left behind by the development of human societies. The photo I've uploaded shows me at Çeşme Castle in Turkey, a place that stirred exactly that kind of wonder. For me, this interest in the footprints of the past naturally extends to an interest in each person's unique life history. I believe that genuine curiosity about another person's inner world and their journey through life lies at the very heart of psychoanalytic work. It is this curiosity that allows the analyst to listen, explore, and truly be with the patient. In many ways my love for history and my growing identity as a counselor come from the same source: a deep, respectful, and enduring curiosity about how we become who we are.



Graduate Interview

HU Bin 胡彬

HU Bin 胡彬 began CAPA in 2016 (Class I), graduated from the Advanced Program in 2020, and graduated from the Supervision Training Program in 2021. HU Bin is also an advanced candidate at the Chicago Psychoanalytic Institute.



Where do you live and practice?

Shanghai, China

Describe your current work and/or type of practice.

In private practice I provide psychoanalytic therapy to children, adolescents, and adults. I am an advanced candidate at Chicago Psychoanalytic Institute, and also a candidate of child analysis.

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

I was the interpreter when Elise visited the counseling center of Shanghai University to give a speech about CAPA. To be honest, I felt CAPA was strange to me at that moment. However, to some extent, I remembered all what CAPA is for and Elise, who slowly and patiently explained what she had been trying to do. I kept the small card Elise gave to me. After nearly six years, when I was so puzzled about where to learn analytic therapy and about my own life, this card came into my mind. I applied and it turned out that I learned enormously and was supported carefully. I gained professional strength and a sense of hope from CAPA. I would say, when thinking about CAPA, for me, it represents hope, revolution, and strength of life.

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

After five years of studying at CAPA, I received systematic psychoanalytic therapy training, and most importantly, I got a professional community that I will benefit from for the rest of my life. I also want to thank Lana who was in charge of helping students find the right analyst. She helped me find an analyst who matches me.

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

As I've described, CAPA has helped me grow professionally and personally. With the experience at CAPA, I gained a chance to be a candidate analyst. I would love to teach at CAPA in the future. In fact, I've taught CAPA curriculum at XinXun Shanghai for three years. I would also love to support current students in knowing about analyst trainings.

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 - my supervisor Dr. Henry Smith has influenced me greatly and helped me build an analytic "skeleton" in me. I hope he can see this interview. I offer my appreciation and thanks to him.

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.

I remember a saying from an instructor when I was in the Advanced Program when the whole world was experiencing the pandemic: "Against the ruin of the world, there is only one defense: the creative act."

The Seed Elise Planted



2001
Elise planted a seed called CAPA – China American Psychoanalytic Alliance.
 Through the years, growth and change have brought the mission to life and supported its ability to thrive in China.

2008
CAPA's first Basic Training class began with the distance training model used for class sessions, supervision sessions, and treatment sessions.

2011
CAPA's first Advanced Training class began demonstrating the success of the distance training model and thirst for further professional development in China.

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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!