

CAPA NEWS



CHINA AMERICAN PSYCHOANALYTIC ALLIANCE

Editor's Letter Karyne Messina. Ed .D



It is a difficult time in our history to write a newsletter about our programs, plans for the future and strides we have made since the last CAPA News edition which predated the worldwide pandemic we are now facing. At the same time, many good things have happened during this time of tragedy for so many that are important to highlight. One of the most impressive things that has occurred is how people have come together to help one another. After COVID-19 peaked in China, many of our Chinese students, graduates & analytic candidates participated in discussion groups with CAPA members as well as non-CAPA therapists & analysts to share their experiences of the pandemic with us. These meetings were well-received and covered topics such as the problems of quarantine, the challenges having children at home during the pandemic, patient and therapist responses to switching the way we work, and issues related to transference and countertransference. As we move forward, we will continue to keep you informed about CAPA and CIC programs in China as well as how we are working together to teach and learn from each other. Please send all inquiries to Karyne Messina at dr.karynemessina@gmail.com.

Karyne

President's Letter, Elise W. Snyder, M.D.



This President's Letter has been difficult to write because these are such sad and difficult times. CAPA people have been in the forefront aiding others; particularly helpful because so many of us are 'fluent' in Zoom. CAPA, both in the West (of the 500 CAPA members, 50 are from countries other than the United States) and China, has nonetheless, been doing well. The pandemic struck China months before the Western world—though now earlier cases in the West are reported. Initially, CAPA organized support groups, where CAPA teachers and supervisors discussed with CAPA students how to help patients; switching patients to Zoom; dealing with similar psychological problems in patients and therapists; etc., etc. These groups were to have met weekly for a limited time. Close attachments formed and some groups are continuing to meet. As the virus spread to other parts of the world, CAPA formed groups where Chinese students and graduates met weekly to help their teachers and supervisors deal with problems they had already experienced. As usual, please volunteer to teach, treat and supervise; recruit friends and colleagues; send suggestions. Wash your hands and wear your masks.

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COMING CAPA EVENTS

Zoom Cocktail Parties
June 5, June 6 & June 7





CAPA MOVIE NIGHT

“Raise the Red Lantern”



USA: Saturday, June 13, 7:30 PM 10:230 PM (EST)

CHINA: Sunday, June 14, 7:30 AM-10:30 AM (Beijing Time)

Admission: \$15 USD



CAPA NEWS

ELECTED TO BOARD OF DIRECTORS:

Gennifer Briggs, Karyne Messina, Jeffrey K Seitelman and Neal Spira have just been elected. They will add expertise to the already dedicated Board of Directors.

CAPA DUES FORGIVEN

CAPA dues for the remainder of this year have been forgiven. CAPA Members are urged to make tax-deductible contributions to CAPA.

HIGH NUMBER OF BASIC TRAINING APPLICANTS

142 Chinese Mental Health professionals have applied for CAPA Basic Training, the 2nd highest number ever. 40 will be chosen.

NEW STAFF MEMBER

Congratulations to Tiffany Bryant as Staff Program Administrator! Welcome Aboard!

COVID-19 DISCUSSION GROUPS

All CAPA students and graduates were invited to discussion groups where CAPA members would make suggestions about problems treating patients as the pandemic spread throughout China. Issues discussed included: switching patients to distance treatment; patients who refused Zoom; patients who wanted to be seen in person; ethical issues about charging; transference and counter transference when therapist and patient were undergoing the same problems. Most found these meetings which continued for more than a month very helpful. Close relationships developed.



As the virus spread in America, CAPA students and graduates generously offered to share their views with their American teachers and supervisors since they had experienced the effects of COVID-19 earlier than Americans. Twelve groups of 15 (CAPA members, students and graduates and non-CAPA therapists met weekly for more than a month, discussing how Chinese therapists had dealt patient and personal issues of the pandemic and quarantine. The experience proved very helpful for all participants. This reversal of roles, described in The NY Times was beneficial for all participants.

“Therapists and Patients Find Common Ground”.

NEWS FROM CIC

CAPA in China (CIC) elected its second committee in May 2020. CIC will hold the first CAPA national conference in Chengdu in October 2021. Instructors, treaters, supervisors, graduates and students will meet each other in person.

COMMITTEES

Acting Chairperson/ Treasurer: Wendy Wen

Legal: Jade Yu

Acting Secretary: Maranda Sze

Ethics: Jade Yu

Academic: Summer Wang, Shirley Wu

Training: Ning Li, Wei Lan, Maranda Sze

Social Media: Shirley Wu

Directory: Jiewei Ding, Wendy Wen

2021 National Conference: Xin Yang

Committee Members: Annie Chen, Sanny Chen

PARENTS AND CHILDREN HELPED DURING THE PANDEMIC

Initiated by Drs. Elise Snyder and Gilbert Kliman, a children's workbook "My Epidemic Story" was produced in Traditional Chinese, Modern Chinese and English by You Chen, Sarah Hu, Maranda Sze, and Xijie Yang in China who quickly adapted the contents of "My Earthquake Story" to suit the epidemic context. All versions were accessible for download free-of-charge throughout China.

"Advice to Parents of Young Children Under the Epidemic" by Drs. Joy Osofsky and Harold Osofsky was also released to the public by CIC in written and audio forms social media posting.

2019-2020 RESEARCH GRANTS

2020

Zhaoyi Chen, 2020 Experience with Online Therapy During COVID-19 Pandemic China & USA \$4996

Robert Gordon, Ph.D. 2019 The New Normal of Telepsychotherapy During the 2020 Pandemic \$3688

2019-\$5000 Each

Miranda Sze, Ph.D. Professional Development of CAPA Graduates & Students

Simone Schwank, Ph.D. Integrated Evidence-based Psychosocial & Physical Activity Intervention.

R. Dennis Shelby, Ph.D. Negotiating Culture in Intercultural Psychoanalytical Education

Ren Zhebgliia, Ph.D. Opportunities & Challenges of Video Psychodynamic Training in China

Wenhua Yan, Ph.D. Research on Cross-cultural Psychoanalytical Therapy Via Internet in China

Jessica Borelli, Ph.D. A Longitudinal Examination of Attachment-based Predictors of Psychological Well-being in Chinese International Students

Wiola Rebecka, Ph.D. History of Shame-meanings of rape in Chinese culture

2019-2020 PUBLICATIONS BY CAPA AUTHORS

China, Distance Analysis & Training

Schwank, S., Lindgren, H., Wickberg, B., Ding, Y., Andersson, E. Perinatal mental health in China: *Global Health Journal*, 3(3), 73-78.

Schwank, S., Andersson, E., Wickberg, B., Fu, S., Ding, Y., & Lindgren, H. (2020). Care-seeking behavior & disclosure on self-reported mental health: women in urban Shanghai, China. *Health psychology*, 7(1),

Sze, M. Y. T., & Wen, W. C. CAPA in China. *PI*, 40(1), 72-75.

Gordon, R. M. Psychodynamic Distance Training & Treatment: Research. *PI*, 40(1), 56-63.

Fishkin, R. E. Psychoanalytic Education of CAPA Graduates. *PI*, 40(1), 76-85.

Snyder, E. W. The History of CAPA. *PI*, 40(1), 16-29.

Fishkin, R. E. & Levine, F. J. Ethical Issues in Psychotherapy Training in China, *PI*, 40(1), 50-55,

Huang, H.Y. & Kirsner, D. The History of Psychoanalysis in China, *PI*, 40(1), 3-15

Fishkin, L.P. Distance Psychoanalysis & Psychotherapy in China, *PI* 40:1, 30-37

Spira, N. How we got here. *PI*, 40(1), 46-49.

Perman, G. The China American Psychoanalytic Alliance (CAPA) Tour of a Lifetime. *PI* 40(1), 64-71.

Campbell, T. W. CAPA Supervision. *PI*, 40(1), 38-45.

Spira, N. (2020). The Experience of Supervising Chinese Students. *PI*, 40(1), 46-49.

Ren, Z., Sze, M.Y.T., Yan, W., Shu, X., Xie, Z., Gordon, R.M. Future Research from China: Distance Psychoanalytic Training & Treatment. *Psychoanalysis and Psychotherapy in China*.
 Schwank, S., Lindgren, H., Wickberg, B., Ding, Y., & Andersson, E. (2019) Perinatal mental health in China: views of health system professionals in Shanghai. *Global Health Journal*, 3(3), 73-78

CANCELLED

Spring 2020 Dim Sum, Fall 2020 Tour
 Fall 2020 National CIC Conference



Mark Borg	New, York, NY	Sheldon Itkowitz	New York, NY
Guy Orly	Westport, CT	Frank Malone	Ardentown, DE
Laura Coleman	Palo Alto, CA	Susan Heimbinder	New York, NY
Jian Shen	Fairfield, CT	David Abrams	Brooklyn, NY
Maria Nardone	New York, NY	John Chardavoyne	Columbia, CT
Jessica Meagher	Stockbridge, MA	Fernanda Sofio	Bronx, NY
Roger Eddy	Seattle, WA	Lynne Herbst	Larchmont, NY
Diego Busiol	Hong Kong, China	Sarah Kalai	Jerusalem, Israel
	Shulamit Geller	Tel-Aviv, Israel	

CAPA ORGANIZATIONAL STRUCTURE

OFFICERS

President

Elise Snyder, M.D.

Secretary

Gennifer Briggs, Ph.D.

Treasurer

Dwight McCan, Ph.D.

Board of Directors

Gennifer Briggs, Ph.D.

Thomas Campbell, M.D.

Lana Fishkin, M.D.

Robert Gordon, Ph.D.

Charles Jaffe, M.D.

Dwight McCan, Ph.D.

Karyne Messina, Ed.D.

Elise Snyder, M.D.

Neal Spira, M.D.

Elise Snyder, M.D.

Jeffrey K Seitelman, M.D., Ph.D.

PROGRAMS

Training Program

Dean of Students:

Ira Moses, Ph.D.

Dean of Faculty:

Charles Jaffe, M.D.

Admin. Catherine Stankowski

Treatment Program

Director: Lana Fishkin, M.D.

Administrator: Toni Maeck

Supervision Program

Director: Thomas Campbell, M.D.

Admin. Catherine Stankowski

STAFF

Executive Director

Catherine Stankowski

Administrative Director

Bonnie Evans

Program Administrator

Toni Maeck

Program Administrator

Saunia Powell

Program Administrator

Staci Bruce

Program Administrator

Tiffany Bryant

Bookkeeper & Accountant

Rebecca Chen

Technical Support

Maria Pafka

Infant Observation

Chair: Dorinda Welle, Ph.D.

Admin. Catherine Stankowski

Supervision Training

Chair: Karen Gennaro, M.D.

Admin. Catherine Stankowski

Teacher Apprenticeship

Chair: Audrey Brockner, LCSW

Admin. Bonnie Evans

Admin. Bonnie Evans

Curriculum Committee

Chair: Dagnija Tenne, Ph.D.

Chair Yrs 1&2: Barbara Katz, M.D.

Chair Yrs 3&4: Danille Drake, Ph.D.

Long Xiaofeng (Azalea)

Admin: Toni Maeck

Website Committee

Chair: Silvia Wajnbusch, M.D.

Admin: Catherine Stankowski

Student Handbook

Chair: Dwight McCan, Ph.D.

Admin: Catherine Stankowski

Dim Sum Committee

Chair: Tom Campbell, M.D.

Admin: Bonnie Evans

Admissions Committee

Chair: Ira Moses, Ph.D.

Admin: Bonnie Evans

Members: Elise Snyder, M.D.

Robert Gordon, Ph.D.

Bernhard Seubert, Ph.D.

Audrey Brockner, LCSW

Admin. Bonnie Evans

Movie Night Committee

Co-Chairs: Neal Spira, M.D.

Jackie Song, Ph.D.

Admin. Bonnie Evans

Newsletter Committee

Editor: Karyne Messina Ed.D.

Assoc. Editor: Maria Pafka

Admin: Catherine Stankowski

CAPA Handbook

Chair: Elise Snyder, M.D. **Chair**

Emerita: Danille Drake, Ph.D

Admin: Catherine Stankowski

APsaA Discussion Group

Chairs: Lana Fishkin, M.D.

Elise Snyder, M.D.

Admin: Bonnie Evans

Progression Committee

Chair: Elise Snyder, M.D.

Admin. Catherine Stankowski

Members: Elise Snyder, M.D.

Robert Gordon, Ph.D.

Dan Heimowitz, LCSW

Matthew Elgart, Ph.D.

Lewis Kirshner, M.D.

Eileen Beirich, Ph.D.

Tour Committee

Chair: Elise Snyder, M.D.

Tour Presentations

Chair: Ira Moses, Ph.D.

Admin. Bonnie Evans

Special Lecture Series

Chair: TBD

Admin. Bonnie Evans

Loan Committee

Chair: Rose Latino, Ph.D.

Admin: Bonnie Evans

Lead Teachers Group

Chair: Dan Heimowitz, LCSW

Admin: Bonnie Evans

STANDING COMMITTEES

Translation Committee

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Dagnija Tenne, Ph.D

Members: Chenjun Peng,

Jianqin Xu (Jane XU)

Li Zhuang (River)

Barbara Katz, M.D.

Elise Snyder, M.D.

Llaison with CIC

Chairs:

Carol Turner, MSW

Mark Levy, M.D.

CIC/CAPA Llaison Committee

WEN Cuiqin (Wendy)

SZE Yee Tak (Maranda)

JIANG Qi Zhuang (Eric)

Research Committee

Chair: Robert Gordon, Ph.D.

Members:

Denise Newman, Ph.D.

Maurice Preter, M.D.

Stefanie Speanburg, Ph.D

Ren Zhenglia, M.D.

Jonathan Cohen, Ph.D.

Admin: Bonnie Evans

Ethics Committee

Chair: Susan Shively, M.D

Members: Ralph Fishkin, D.O.

Fred Levine, Ph.D., Xiao Guanglan