

CSPP Board Meeting
May 4th, 2019
8:30am-9:15am

In attendance: Carrie Christensen, Donna DiCello, Ann Singer, Susanne Weil, Barbara Marcus, Ryan Ochoa, Nancy Sachner, Mary Pioli, Elaine Hunter, Ellen Nasper, Elinor Kotchen, Dean Leone, Wendy Stewart, Jill Delaney, Mickey Silverman, and Andrew DiFiore

I. Vote to Approve Previous Minutes

Ellen Nasper moved to approve the minutes from the board meeting on March 16th, and Elaine Hunter seconded the motion. Barbara Marcus and Andrew DiFiore abstained. The minutes were unanimously approved.

II. President Elect

Carrie Christensen informed the board that the Ad Hoc President Elect Committee met with several potential candidates for the position. The committee decided to nominate Ryan Ochoa. They felt that he was a very strong candidate based on all the work he has done as representative of the Hartford Region, his strategic thinking, his strong level of commitment to CSPP, his work on the Scholarship Committee, on the Early Career Committee, and on university outreach. Carrie moved to approve Ryan as President-Elect, and Donna DiCello seconded the motion. Dean Leone abstained, and the motion was unanimously approved.

III. Early Career Strategic Plan

Donna DiCello presented her Early Career Strategic Plan. As she explained, the University Outreach Committee will be working with the Early Career Committee. Starting in the fall, the University Outreach Committee will reach out to Yale, Southern, UNH, UConn, and The University of Hartford to spread the work about CSPP. There will be an effort to integrate Early Career members by identifying them at clinical conferences and grooming them to become board members. Donna has plans to introduce a new scholarship for an Early Career member to attend a Division 39 conference. As she said, the mentoring program will continue as it has been. Elaine Hunter is starting an Early Career peer supervision group. There are also plans to have some mini meetings geared specifically towards areas of interest to Early Career members. Donna spoke of the need to get the general membership involved with mini meetings, not just board members.

IV. Nominating Committee

Carrie Christensen spoke about altering the role of the Nominating Committee to have more of a focus on succession planning. She reported from the Division 39 conference that in meeting with

local chapters, she learned that most local chapters are focused on succession planning. Several chapters that have not been focused on succession are closing. Carrie moved to adopt a new version of the Nominating Committee, and Ellen seconded the motion. The committee will work on identifying new members and their interests, grooming members for board work, and developing a pool of potential candidates for board positions. Elaine Hunter suggested giving the committee a budget so they would have leeway to plan events. The motion was unanimously approved.

V. Registrar

Carrie Christensen reported that Christine Meyer is interested in being Registrar. She is an Early Career member, though this is her second career. Christine has indicated that she would prefer not to be on the board. Carrie proposed changing the Policies and Procedures so that the Registrar is not a board position. As she said, this would be a way of reducing the size of the board. Historically, this has not been a board position until recent years. Carrie moved to change the Policies and Procedures, and Dean Leone seconded the motion. There was a discussion about the need for communication between the Registrar and the Clinical Conference committee. It was suggested that the Registrar could report regularly to the Clinical Conference Chair. Carrie indicated that at the fall retreat, we can address where the Registrar falls, as far as who she reports to. The motion was unanimously approved.

VI. Board Meeting Times

Elaine Hunter said that she talked with Cindy Kissin, the board's consultant, and that Cindy had some thoughts about board meeting times. Elaine suggested postponing a vote on board meeting times until the Fall retreat once the board has read Cindy's report. There also was a question of whether to have a board meeting before the clinical conference on September 28th, since the retreat will be just one week prior. Carrie suggested that they see how productive the retreat is, to determine the need for a board meeting on September 28th.

VII. Recognitions

Carrie Christensen spoke about how the board has changed a great deal in recent months, with a lot of turnover. She expressed appreciation for the support the board has given her and passed out a gift to each member, as a token of her appreciation. She acknowledged and thanked those who are leaving the board: Matt Brennan, who served as Registrar for 1 year; Donna DiCello, who served as President-Elect for 1 year, will continue working on the Early Career Initiative, and is co-leader of the Racialized Experience Study Group; Elinor Kotchen, who was the Recording Secretary; Ashley Clayton, who is the Newsletter Editor and is involved with the Early Career Initiative; Rachel Torello, who served on the board for 9 years in various positions, including as President and Scholarship Committee Chair, and who brought in a lot of Early Career members; and Mickey Silverman who served on the board for 13 years, as Newsletter Editor, part of the

Long Range Planning Committee, and first honorary board member, and who will continue to be involved in some Fairfield County events.

**Open Meeting
With CSPP Membership
9:15am-10:00am**

In attendance: all members of the board, as well as Adna Linden, Andrew DiFiore, Carla Baker, Christine Meyer, Mary Daly, Kathryn White, Guy Orly, Annita Sawyer, Chris Greene, James Amarante, Daniella Flores, Grete Laine, Linda McCreless, Ashley Warner, Rita McCleary, Maria Olivia, Loretta Staples, Angelica Kaner, Jian Shen, and Judith Solomon

Carrie Christensen welcomed everyone to the Open Meeting. She introduced Ryan Ochoa, the newly elected President-Elect. The board members then introduced themselves, followed by the other attenders. During the introductions, Angelica Kaner spoke about the joint conference between CSPP and WNEPS, which will be held on November 2nd.

Carrie outlined that there would be 30 minutes for discussion. She posed the question, “What do you like about CSPP?” People cited the exciting conferences, the way CSPP focuses on the intersection between American culture and psychoanalysis, the opportunity to connect with other professionals, the listserv, and the community that CSPP fosters.

Carrie then asked, “What does the board not know?” There was a discussion about the disconnect between the board and the general membership, and some members feel that the board has no transparency. Someone suggested that the minutes could be sent to the membership. A few attenders expressed uncertainty about how the board works. Wendy Stewart talked about how the board has hired a consultant to advise it on how to recruit new members. There was a suggestion that the board could put more information on the website.

Carrie’s next question was, “5 years from now, what would CSPP look like?” Several people spoke about the need for more diversity, on both the board and amongst the membership. They encouraged the board to think about why there are not more people of color, but also why it wants more diversity. The need was raised to think about what psychodynamic thinking is and how it informs how we interact with the world. As a few people pointed out, CSPP needs to think about how its principles apply to other settings, as psychodynamic ideas do not necessarily have to apply only to private practice. Someone suggested that the NHLC is not the most welcoming place to hold clinical conferences, and CSPP needs to think about the image it is projecting. A board member spoke about how Division 39 is working on all these issues and how we need to ensure that CSPP is plugged into what Division 39 is doing.

Carrie thanked everyone for attending.

Addendum

2018-2019 End of Year Committee Reports

Newsletter Committee

Committee: Ashley Clayton (ashley.clayton@yale.edu), Rebecca Miller, PhD (rebecca.miller@yale.edu), Carrie Christensen, LCSW carriechr@gmail.com

Our accomplishment is the Winter 2019 Newsletter (Spring one in process)

Membership Committee

Mary Elizabeth Pioli, Corresponding Secretary: , maryelizabethpioli@gmail.com,
Wendy Stewart: wendy.stewart@yale.edu, Jill Delaney: jjd2001@med.cornell.edu,
George Hagman: gahagman@optonline.net

Our accomplishments are: We have approved 36 new members to CSPP since May of 2018. Of the 36, six are students, 16 are early career, and 14 are regular members. The members represent a range of disciplines and work in a variety of settings across the state; their influence will add richness to our group.

Eastern Region

Representative—Ann Singer, LCSW.

4 peer supervision groups; A once a month EMDR/psychoanalytic psychotherapy group meets in East Lyme. A twice a month regular (non EMDR) peer group meets in Waterford. A third peer group meets once a month in Madison, and the fourth group, which started in Branford and now meets in New Haven, meets twice a month. These groups seem to always be interesting and helpful and going well.

Fairfield County Region

Representative--Susanne Weil, LCSW

Film Club: June 2018 "Phantom Thread"

April 2019 "Capernaum"

June 2019 " Never Look Away"

Mini Meetings: January 2019 "Brain Circuitry Targeted Psychosocial Treatment for BiPolar D.O. by Dr. Hilary Blumberg

March 2019 "Inviting the Somatic Into the Room: using Somatic Experiencing to Treat Trauma by Vincent Fraser

May 2019 "Climate Change is Personal, Let's Talk about it" with Merritt Juliano and Elizabeth Allured

Peer Study/Supervision Groups; Child/Adolescent Group meets monthly at home of Grete Laine

Adult Group meets monthly at rotating homes/offices. Lynn Sussman administrates.

Book Party Celebrating CSPP Authors (Alexis Johnson and George Hagman)
June, 2019

Holiday Networking Party: December, 2018

The E-Communications Committee

Chair: Elaine K. Hunter, LCSW

Added two new pages to the website: "Our Diversity Principles" and "Listserv Guidelines". We also uploaded all the scanned newsletters that we could obtain, dating back to 1988. Created and currently managing Facebook page. Added contact form for non-members to website.

LRPC

Over the past few years we have been trying to address the difficult issue of how to bring about new leadership, how to attract younger people to the Board and future leadership. (As an aside, because this task has been too big for us to address successfully along with our other tasks, I welcome the newly proposed Committee

and envision it complementing our work.) We have had many discussions on why younger and/or newer members have been leaving the Board(4/11/18 and 11/6/18) and addressed the frustration expressed by those members re: how we go over matters over and over in a "nitpicking way" and recommended to the Board that the work be done in the committees with proposals being brought to the Board with the President placing time limits on each agenda item (as urged during both my tenure and Elaine's). Also, we addressed the frustration expressed re interpersonal dynamics by recommending that unpleasant comments be addressed immediately during the meeting and/or that the President (or designee) have a discussion with the person(s) after the meeting.

Other examples of our work over the past few years have been to revise P&P, discuss whether to expand CSPP's mission to include promoting social justice, formalize a back-up system for some key positions, develop a system of coordination of communications by ultimately proposing that that be a role of the President-Elect, new recommendations to the Board re welcoming new members, a proposal to establish a Scholarship Committee; a proposal to have an E-communications Committee to oversee the electronic communications; a proposal to formalize a back-up system for key positions. All of these proposals and more were made to the Board, passed and implemented.

Historian Report

The role of the Historian is to provide the President and the Board with a historical perspective on current issues that the Board is facing, advise the Board concerning the By-Laws and Policies and Procedures as they effect Board functioning, update the Policies and Procedures document as changes are made and send the new version to the Website Manager and maintain an Archive.

The projects that were accomplished this academic year included:

1. Organizing and hosting the Award dinner for the latest recipient of the society's Distinguished Service Award

2. Selecting and organizing the introduction for the recipient of the Annual Dale H. Ortmeier Memorial lecture (in collaboration with the Clinical Conference Chair and honorary Board member)
3. Organizing and scanning the past Newsletters which are now posted on the Society's website (in collaboration with the Early Career Chair and Website Manager)
4. Recommending and updating changes in the Policies and Procedure document for posting on the Website (in collaboration with the Website Manager)
5. Ongoing consultation with the leadership regarding current problems facing the Board.

Goals for the 2019-2020 academic year include:

1. Continuing the activities of the previous year
2. Continuing to review all historical documents in my possession for selection and scanning for the online Archive.

Early Career Committee

Dean Leone & Donna DiCello, Co-Chairs

Committee Members: Ellen Nasper, Ashley Clayton, Elaine Hunter, Ryan Ochoa, Mary Pioli

There are currently 42 early career members. 15 of them are matched with mentors through our Mentorship Program. We held a networking gathering in September of 2018.

A survey was devised in December, 2018 and sent to Early Career members in January, 2019. (see attached). The purpose of this survey was to determine how best CSPP could attend to the needs of early career members. Thirteen out of a possible 44 respondents completed the survey. Due to this low response rate, there will be personal follow-up to improve the rate of return.

Our proposed budget for 2019 is \$1000.00.

Hartford Region

Representative—Ryan Ochoa

List of Regional Events (September 2018 – March 2019)

Coffee & Conversation Meetings

October 10, 2018

October 24, 2018

November 3, 2018

February 20, 2019

March 6, 2019

May 15, 2019

Description of Event – Meetings were developed as part of increasing activity within the Hartford Region of CSPP. Meetings were held in public areas (e.g., Starbucks) where members networked with other CSPP regional members and discussed what events they would like to see and be inclined to attend. A variety of suggestions were provided, including (but not limited to) 1) an ongoing study group focused on reading selected works rooted in psychoanalytic theory and clinical practice, 2) clinical lectures related to understanding substance abuse through a psychodynamic/psychoanalytic framework, and 3) a consultation group for providers who provide neuropsychological/psychological assessment within their practice.

Clinical Presentation – March 23, 2019

“Psychodynamics of Addiction: Treatment Within a Harm Reduction Model”

Presenter – Dean Leone, Ph.D.

Description of Event - This presentation offered an overview of the psychodynamic contribution to understanding addiction with a specific focus on the role that shame and unhealthy attachment patterns play in addiction. How these patterns interfere with recovery were reviewed and discussed. The Harm reduction model, as conceptualized, provides a common-sense approach that helps an individual with

substance use issues gradually relinquish maladaptive defenses that are meant to reduce the negative consequences associated with addiction.

Future Events (Tentative)

- Consultation Group for Neuropsychological/Psychological Assessment

There has been discussion about holding the first group meeting in June 2019, but this is dependent on level of interest. Odds are the group will not start until the Fall 2019 when it is likely members will have more interest in attending. The plan for this group is to meet once a month, and to discuss clinical cases that include administration of psychodiagnostic instruments and development of a comprehensive evaluation. Discussion may also occur around how to administer select instruments or utilize specific scoring programs (e.g., Rorschach R-PAS, Wartegg Drawing Completion Test). The purpose of this group will be for members to receive feedback and suggestions from peers who commonly incorporate psychoanalytic/psychodynamic principles in their clinical work. Due to most of the interest being from providers within the Hartford area, this group will function as a regional event. If further interest is generated from members outside of the Hartford area, we will evaluate the potential for this group to be held in a different location.

- Minimum of Two Clinical Presentations for the 2019-2020 Academic Year

It is the goal of the Hartford Region to hold one clinical presentation during the Fall of 2019 and another presentation around March/April of 2020. Over this summer, dates of these events will be established along with recruiting presenters. Such CSPP members as Mary Daly, Psy.D. and Pamala McGuire, Ph.D. have informally expressed interest in delivering a presentation to the Hartford Region.

- Coffee & Conversation Meetings

The region will continue to hold Coffee & Conversation meetings on a regular basis. Based on this year's response and attendance, meetings will likely continue to be held at public setting in West Hartford. Consideration will be given to continue holding meetings in Glastonbury (attendance has been much lower in comparison). Holding future meetings in different locations (e.g., Middletown, Windsor) will be dependent on level of interest from regional members.

- Peer Study/Reading Group

Developing such a group (similar to what Michael Kahn facilitated for the past several years) has been discussed, but no immediate plans to establish and hold meetings has been yet established. It is expected that if such as group was developed, meetings would occur either on a biweekly or monthly basis.

2018-2019 Expenses

Coffee & Conversation Meetings - \$75.45

Refreshments for Dean Leone Clinical Presentation - \$346.99

Total Expenses - \$422.44

Stipend Received (\$300 + \$60) - \$360

Amount Over-Budget - \$62.44

NOTE – There are 5 bottles of wine leftover from the March 2019 clinical presentation, I will plan to use them for the next event.

Proposed 2019-2020 Budget (\$500 stipend)

- Refreshments for scheduled clinical presentations (2 events)
- Light Refreshments for scheduled neuropsychological/psychological consultation meetings (approximately 6 meetings)
- If a regional clinical presentation involves inviting a non-CSPP member and who would be traveling to the area, consideration will be given on compensating for the presenter's time (with feedback and/or approval from the board).

Liaison to Western New England

The Joint CSPP-WNEPS Conference Committee has had 2 very productive meetings, November 4th (via conference call) and Jan 20. In the latter, we were able to welcome in person our newest member, Lyn Yonack, from the Berkshire Institute and now also affiliated with WNEPS. Our committee members are: Dean Leone, Mikki Silverman, Jill Delaney, Lyn Yonak, Barbara Marcus, and Angelica Kaner. Notably, for the first time, the committee consists equally of CSPP and

WNEPS members and I've been impressed by both the collaborative spirit and creative synergy.

Our main considerations were focusing the topic and title of the conference. So, the announcement for website and members listserv is as follows:

Narcissistic Knots: Challenges and Impasses

Speakers: Otto Kernberg, MD

Diana Diamond, PhD

Frank Yeomans, MD

Moderator: Jill Delaney, MSW

November 2, 2019

8:30am-3pm

New Haven Lawn Club

We have decided that the focus will be 2-fold:

1) Dr. Otto Kernberg will begin by identifying levels of narcissism from the most overt and destructive expressions to its more subtle forms and then differentiating the kinds of transferences that typify these levels.

2) Drs. Diamond and Yeomans will present clinical examples of how to work with the challenges these issues present to us in everyday practice using the Transference Focused Psychotherapy (TFP) that their group has researched and developed.

3) Jill Delaney, a member of their study group, has graciously agreed to be our moderator.

Regarding format, while we are still honing the details of format and timing, we are planning to leave ample time for interactive discussion, coffee/breakfast, and a lunch to follow.

As we have with past joint programs, we will host the presenters the Friday evening (November 1) before with a dinner for executive board members. Details to follow.

Angelica Kaner, as Co-chair, and I (Co-chair and liaison) will be meeting again soon with the WNEPS board to discuss our progress, but Matt Shaw has assured us previously they are fully supportive and they have already contributed their half of the deposit for the NHLC. Our budget, similar to the last and financially successful conference, remains within the guidelines previously agreed upon. We will update as needed.

Action Items:

- 1) Please post the announcement on the website calendar and send out a listserv preliminary announcement.
- 2) Our most pressing issue is the question of registrar, in light of Matt Bennan's resignation. We request that the Board help us address this issue as soon as possible.

Scholarship Committee Report

The Scholarship Committee was composed of Rachel Torello (chair), Ryan Ochoa, and Christine Meyer. We received three applications, and scholarships for calendar year 2019 were awarded to the following individuals: Chrystal Shoup, Iselände Desyr, and Yehuda Roberts.

The scholarship currently consists of one year of free clinical conferences. Given the somewhat labor intensive nature of the application process, and feedback from members, the chair of the committee will propose that an additional benefit be added to make the scholarship more attractive and more worthwhile. The proposal, which will be brought to the Board on 5/4/19, will be that a year of free membership be granted as well, with a maximum of four recipients per year.

Annual Report to Division 39

Current Board

Elected Members

President: Carrie Christensen, LCSW carrichr@gmail.com
347-726-5058

President Elect: Donna DiCello, PsyD. drdicello@aol.com
203-773-3560

Immediate Past President: Rachel Torello, PhD. rtorello@newhaven.edu
203-675-5426

Treasurer Jill Delaney, LCSW,BCDjid2001@med.cornell.edu
212-213-8955

Corresponding Secretary Mary Pioli, MA maryelizabethpioli@gmail.com
203-583-1392

Recording Secretary Elinor Kotchen, LCSW
Elinor.kotchen@gmail.com

Registrar Matthew Brennan, LCSW M.Brennan@yale.edu
474-441-4327

Committee Chairs: Appointed by the President

Membership Committee: Mary Pioli, MA

Long Range Planning Committee: Nancy Sachner, LCSW

Early Career Initiative Chair Elaine K. Hunter, LCSW

Clinical Conference Chair: Ellen Nasper, Ph.D.

Newsletter Editor: Ashley Clayton, MA

Eastern CT Regional Representative: Ann Singer, Ph.D.

Fairfield County Regional Representative: Susanne Weil, LCSW

Hartford County Regional Representative Ryan Ochoa, Ph.D.

New Haven County Regional Representative: Dean Leone, Ph.D.

Liason to Western New England Psychoanalytic Institute: Barbara Marcus, Ph.D.

Does our chapter participate in Division 39 CE Program: Yes

Report from the Membership Committee:

Current Membership

Total: 227

Professional: 172

Early Career: 42

Graduate Students: 9

Retirees: 4

We have approved 36 new members to CSPP since May of 2018. Of the 36, six are students, 16 are early career, and 14 are regular members. The members represent a range of disciplines and work in a variety of settings across the state; their influence will add richness to our group.

Diversity in Membership.

CSPP does not maintain membership records that could be sorted by diversity. However the Board recently approved and we have posted statement at our website titled: Commitment to and Implementation of Diversity Principles.

Governance

The Board meets six times a year, usually in coordination with clinical conferences and including a full day retreat in the Fall to discuss plans and issues for the coming year. The Board meeting includes all elected board members and committee chairs.

Conferences and Regional meetings 2018/2019

23 Mar 2019 Hartford Region; "Psychodynamics of Addiction: Treatment Within a Harm Reduction Model", Presented by Dean Leone, PhD

16 Mar 2019 Executive Board Meeting

16 Mar 2019 Clinical Conference: Ingi Soliman "The Refugee Experience: Illness vs. Resilience"

06 Mar 2019 Hartford County Region Coffee & Conversation Meeting

01 Mar 2019 Informal Gathering - All CSPP Members are Invited

20 Feb 2019 Hartford County Region Coffee & Conversation Meeting

16 Feb 2019 Executive Board Meeting

09 Feb 2019 Study Group on Racialized Experience and its Clinical Relevance

26 Jan 2019 Clinical Conference: Jessica Benjamin: "More Than One Can Live": Reconceiving Harm and Reparation in the Intersubjective World

20 Jan 2019 Fairfield Region Film Club will discuss: "Marnie", by Alfred Hitchcock

12 Jan 2019 Fairfield Region Mini-Meeting: "Brain Circuitry Targeted Psychosocial Treatment for Bipolar Disorder" Speaker: Dr. Hilary Blumberg

14 Dec 2018 Fairfield Region Holiday Party and Networking Gathering

01 Dec 2018 Clinical Conference: Mary-Joan Gerson: The "Present" in Couples Therapy: Moments of Transformation

17 Nov 2018 Fairfield Region Planning Meeting for a Peer Study/ Supervision Group

11 Nov 2018 Fairfield County: Group for Child & Adolescent Therapists

11 Nov 2018 New Haven Mini-Meeting: Ellen Nasper, PhD: "Integrating DBT methods and psychodynamic theory with individual patients in private practice"

- 03 Nov 2018 Hartford Region Coffee & Conversation
- 24 Oct 2018 Hartford Region Coffee & Conversation
- 14 Oct 2018 Fairfield County Film Club's Fall Meeting
- 10 Oct 2018 Hartford Region Coffee & Conversation
- 29 Sep 2018 Clinical Conference: Steve Kuchuck – On The Limitations of Love: Desire and Loss in Psychoanalysis
- 23 Sep 2018 Early Career Gathering

Other accomplishments 2018/2019

Current initiatives:

1. We are focused on developing our resources for our early career members, to involve them more actively in the activities of the organization and board
2. We are developing a Facebook Page to make us more accessible to the community.
3. We have established a University Outreach committee that functions under the auspice of our Early Career Committee.

The E-Communications Committee (Chair Elaine K. Hunter, LCSW) added two new pages to the website: “Our Diversity Principles” and “Listserv Guidelines”. We also uploaded all the scanned newsletters that we could obtain, dating back to 1988

Newsletter Committee (Chair Ashley Clayton, MA) produced the Winter 2019 volume of our newsletter. The Spring 2019 volume is in process.

Historian (Wendy Stewart, Ph.D.) accomplished the following :

1. Organizing and hosting the Award dinner for the latest recipient of the society’s Distinguished Service Award

2. Selected and organized the awarding of the Annual Dale H. Ortmeier Memorial lecture (in collaboration with the Clinical Conference Chair and honorary Board member)
3. Organizing and scanning the past Newsletters which are now posted on the Society's website (in collaboration with the Early Career Chair and Website Manager)
4. Recommending and updating changes in the Policies and Procedure document for posting on the Website (in collaboration with the Website Manager)
5. Ongoing consultation with the leadership regarding current problems facing the Board.

Current Challenges and Future Plans

Our current challenge is Board succession. We have made to plans to address this by forming a committee specifically to engage members around participation and involvement with our Board. We created a Facebook page. There are more announcements than in the past, going out over the Listserve to engage Members. We are putting resources and money toward our Early Career programming including an active mentoring program. We have a scholarship program which has brought 3 out of 4 recipients into Board work, secondary to attending clinical conferences

4. What does CSPP want to learn from other chapters?

How to better engage the Membership in Board service. How to meet our Members needs in regards to balancing classic psychoanalysis and the current political social environment. How to increase the diversity within our membership.