



Providing access to quality affordable psychoanalytic psychotherapy

MPSI PSYCHOTHERAPY CENTER

FALL 2022 | Volume: 7



'THAT PLANT NEEDS WATER':

Reflections on the move to in-person sessions

by a Former Fellow of the MPSI Psychotherapy Center

When I began an MSW degree with an eye toward becoming a therapist, it never occurred to me that I would be doing therapy on a computer. Then, in the spring of my first field placement, the world changed – seemingly on a dime – and there I was, meeting with patients on screen. My second-year field placement at the MPSI Psychotherapy Center was entirely online.

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WORKING WITH CLIMATE:

Some Thoughts On Clinical Work With Climate Change

“Material and immaterial dimensions of reality had been confused: Mother became air and air became food, something to eat, not breathe. The result of such a mix-up between the immaterial, the permeating surround, and the material figure was that Jane could neither breathe freely nor be nourished emotionally.” –Michael Eigen, “Reflections on Eating and Breathing as Models of Mental Functions”

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THE PSYCHOTHERAPY CENTER

Our Historic Home

The Psychotherapy Center is enjoying its 13th year of operation, and its third year at the Semple Mansion at 100 Franklin Avenue West. We are pleased that this year, finally, we have a physical presence in the Center. You may recall we moved in in January 2020 and in mid-March established all services on Google Meet. We managed the years of the pandemic well and actually served more patients in 2021 to 2022 than in any past year.

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After a while, the strangeness of the medium receded and Zoom therapy started to feel normal. I worked with most of my clients

for the full year and the majority followed me into private practice. When the city began to open back up, I started to look for office space and ended up subletting from the Psychotherapy Center at the Semple Mansion. In June, I held my first-ever in-person sessions.

It was a strange thing to meet for the first time (in three dimensions) with a patient whom I'd seen for two years of weekly sessions. I had no idea how tall anyone was. People seemed at once very much the same and yet somehow different. Voices sounded slightly altered in their analog form, and it was fascinating to track changes in how patients' eyes and bodies moved. People who used to look directly into their webcam now stared out the window at the tree outside. People who once appeared to sit still now revealed twitching feet or fidgety hands.

Patients responded to the consulting room itself with a range of behaviors. Some, upon entering for the first time, inspected the view out the window, the books on the bookshelf, and the health of my plants. Others seemed oblivious to these things. One patient immediately removed their shoes and kicked up on the couch. Another sat stiffly on the edge, looking straight ahead. The Semple Mansion, which is also a wedding venue, offers its own quirks that patients associate to. During the summer and fall months,

it was not uncommon for weddings to happen on Friday afternoons and Saturdays. Patients would occasionally have to navigate through a collection of perfumed and/or slightly tipsy members of a wedding party to get to the office. Canon in D Major, performed by a rather skilled string quartet, once announced itself through the floorboards of my office during a Saturday morning session. All grist for the mill...

Tellingly, not one of my patients who made the transition from online to in person has decided to go back. They seem to prefer the experience of therapy in three dimensions. Other patients never made the transition for a variety of reasons – they live up north, their schedules won't allow for the commute, they are immunocompromised, etc. – and those therapies continue apace with the help of visual technology. But for those who've migrated into the office (and for this writer), the work seems to have entered a new phase, with new ways of relating to and experiencing each other in space. And while the journey to the Whittier neighborhood can entail the hassle of commuting, parking headaches when there's a wedding, or having to walk past the odd boozy groomsman, on the whole, patients report positive associations to the building, the office, and their experiences of meeting in person. Watching the waiting room get more use as the current cohort of fellows grows their rosters suggests that my patients are not alone in preferring the intimacy and felt humanity of the in-person session. Fears that the teletherapy cat was forever out of the bag, threatening to push into extinction the consulting room, seem to have been misplaced. And thankfully so.

WHAT IS PSYCHOANALYTIC PSYCHOTHERAPY?

Psychoanalytic psychotherapy is a form of intensive psychotherapy that promotes personal development and freedom from unsatisfying or painful patterns of living. In pursuit of these goals, the individual and the therapist work together in close collaboration. Special attention is paid to the replications of past relational patterns in the present, to the interaction of personal and interpersonal experiences, to body and mind, fantasy and reality and to the unconscious as well as conscious experience.

The patient and therapist work together to understand the meaning of the patient's emotional reactions, thoughts, memories, fantasies, dreams, images, and sensations in an effort to alleviate personal suffering and to expand the capacity for work, love, and creativity.

CONGRATULATIONS TO OUR GRADUATED FELLOWS

We are pleased to launch five fellows forward in their careers. As she graduated Claire made the decision to launch her own private practice so that she could continue working with her low-fee clients while she pursued the next stage of her professional development.

Claire Blaze was recently accepted to Chicago Psychoanalytic Institute's 9-month Integrative Psychoanalytic Couple Therapy certificate program. Along with being interested in the treatment of trauma and depression, Claire has always had an interest in working with clients dealing with relationship challenges and is incredibly excited for this opportunity to develop her skills working with couples. She is currently accepting couples into her private practice, so feel free to reach out to her if you would like to refer any interested couples.

Susan Pyle is entering her last year of the Saint Mary's Doctorate program in Counseling Psychology. She will be going on to intern at the MN Department of Corrections at Oak Park Heights. She plans to focus on both assessment and therapy with an interest in forensic psychology.

Marc Beitz shares that after two challenging and rewarding years as a Clinical Fellow, he will leave the Center this fall to open a private practice in the Seward neighborhood of Minneapolis. He will be providing psychoanalytic psychotherapy to adults on an out-of-pocket, sliding-fee basis at Mindhouse Therapy, 3332 East 25th Street. He looks forward to continuing his connection with MPSI as a member and deepening his practice by working with MPSI-trained supervisors and participating in MPSI's rich educational offerings.

Mollie Wetherall finished a year of training with MPSI's Psychotherapy Center at the end of August. She shares she is deeply grateful for the rigor and care shown by MPSI supervisors, instructors, and peers. She is continuing psychodynamic work with individuals and couples at Kinship this fall.

Erin Trapp will continue to work as a therapist at LynLake Psychotherapy and Wellness. She will also be doing a year-long mentorship program with the Chicago Center for Psychoanalysis and a shorter mentoring program with the Psychoanalytic Institute of Northern California. She is excited to build community around psychoanalysis in the Twin Cities by participating on the MPSI programs committee. Erin is also a member of the climate-aware therapist directory (Climate Psychology Alliance of North America) and has a special interest in working with clients around issues related to the environment and climate breakdown.

Milo Due is completing their last training year towards their doctorate at the Indian Health Board Counseling and Support Center. They will continue their studies as a doctoral student in counseling psychology at Saint Mary's University of Minnesota 612-968-5614, Pronouns: they/them/theirs

HOW DO I MAKE AN APPOINTMENT?

Call 612-824-3800 and leave a detailed message on the general voice-mail. An intake coordinator will return your call within 2 business days.

WHAT CAN I EXPECT FOR MY FIRST SESSION?

Your therapy starts with your first visit where you will have a chance to talk about the problems you are having and the help you want to make important life changes. You'll have a chance to meet your therapist and decide if the fit is a good one. You'll also determine your fee for each session and complete a brief intake process. We keep the paperwork to a minimum so that the main focus is helping you get the care you need.

Having come into clinical work with a background in the environmental humanities, I have been especially interested in beginning to work with clients who are seeking therapy in relation to environmental destruction and climate breakdown. I have included this interest in some of my biographical information and have had the pleasure of encountering several clients looking to work with what the Climate Psychology Alliance North America (CPA-NA) might identify as a “climate-aware therapist.”

My orientation to working clinically in relation to climate breakdown begins with Harold Searles’s writing on the “nonhuman environment” and the sensitivity that he develops around its psychical significance. Searles’s nonhuman environment involves “trees, clouds, stars, landscapes, buildings, and so on ad infinitum” (Nonhuman 53). In his 1972 essay, “Unconscious Processes in Relation to Environmental Crises,” he describes the significance of counting this in. In her recent essay, “A New Thing Under the Sun,” psychoanalyst Susan Kassouf describes her ideas about the “anenvironmental” orientation of clinical work, which she defines as “without or lacking the more-than-human environment.” Like Searles, Kassouf describes her efforts to attend to the more-than-human dimension in working with clients, not merely as a site of displaced psychical conflicts but as a primary orientation of psychical life.

I thought about Kassouf’s idea of “anenvironmental orientation” in working with a 23-year-old client who was returning to graduate school to begin further study in the environmental sciences. One of the first things they said, as we began working together, was that they didn’t really want to talk about family of origin issues and needed to know that I could see what was really there for them in terms of the environment. Early on in our work, they identified a high level of anxiety and distress about the environment and felt responsible for doing what they could do to prevent future collapse. They felt tension between going to school to do research and taking part in more direct action to address a need for urgent change. They struggled with the idea that they could lead a comfortable life, which they also associated with racial privilege and their identity as a white person, while having the awareness of environmental loss, including the fact of environmental racism and environmental injustice experienced

by Black and Native American communities and communities of color. They also felt a deep existential uncertainty and a deep sense of unsafety in relation to others, which I could see the tendrils of in their early attachment relationships. We could go there a little bit—to these relational, human issues—and in a longer arc of work, I felt I could see more emergence along those lines. But should that be the end game? What a mistake it would be to not understand the urgency and primacy of environmental and climate despair for my client. And yet, how to integrate ideas about early development that I believe to be true and therefore see as therapeutic for the psyche in clinical work? And how to listen to and for the “more-than-human” in the space of analysis?

In reflecting on this work, I feel guided by two threads. The first thread feels informed by what Kassouf calls “a traumatized sensibility.” She characterizes this sensibility as “not working through or past [one’s] traumatic experiences, but with and in them” (“Traumatized”). Kassouf implies that this sense of present-ness and an “awareness of permeability to the nonhuman environment” represent health in relation to the reality of climate breakdown. As Winnicott writes in “Fear of Breakdown,” breakdown results when something experienced in the present has not been put in the past. Climate breakdown, however, challenges this sense of temporality by granting that climate instability, including ideas about annihilation and collapse, is present and real in a profound sense. My work with the client described above involved reflecting on a felt sense of powerlessness that was described both in relation to fears about the environment and that appeared to me as central to early and ongoing human relationships. I found myself thinking about these feelings of powerlessness—coming both from past and future—as aspects of this traumatized sensibility. Mutual reinforcement or displacement? A conflict internalized or externalized? Perhaps an instance to listen to and for the “more-than-human.”

The second thread involves associative ideas about the “more-than-human” dimension. I like thinking about what Thomas Odgen calls the “autistic-contiguous” position in conceptualizing how infants take in and perceive the world around them (which I’ve tried to begin writing about in “Climate Breakdown”). There are times when



this is a human world, but both Ogden and Searles draw out dimensions that are textural, sensorial, nonhuman in thinking about the early construction of an infant's world and the environment around them. I find myself listening in order to understand dimensions of clients' experiences that involve their taking in of the nonhuman world—in all its more-than-human dimensions—and listening for the autistic edges of their experience. How is a room taken in and occupied? What spaces become described? How is contact with or perception of the world experienced? How closely does it press upon an individual? These feel like a few among many thousands of ways to explore and to begin to conceptualize the parameters of safety and stability that individuals who experience a “permeability” to environmental destruction can begin to develop through therapeutic work.

Erin Trapp

Fellow, Minnesota Psychoanalytic Center, 2020-2021

Note: The client described is a composite of several clients and does not represent a single person.

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The Minnesota Psychodynamic Clinical Social Work Association presents

The Essence of Psychotherapy: Trust February date TBA Presented by Jon G. Allen, Ph. D.

Jon G. Allen, Ph. D will present an examination of psychotherapy from multiple perspectives and multiple domains including: philosophy, clinical practice and science. Join us for a deep dive into what appears obvious but is usually not considered enough. Jon will discuss the skill of being human and how to connect even more with our patients.

Jon G. Allen, Ph. D. holds the position of Clinical Professor at the Menninger Dept of Psychiatry and Behavioral Sciences at Baylor College of Medicine in Houston, Texas. He is a member of the faculty emerita at the Center for Psychoanalytic Studies in Houston. He is the author of numerous professional articles and books on mental health, trauma, mentalization, and attachment relationships.

2022-2023 FELLOWS

RETURNING FELLOWS



ANNA WEILAND

Anna is currently completing a Master of Social Work in Clinical Mental Health at the University of Minnesota. She studied Media Studies and Psychology at Vassar College, and has a Master's in Early Childhood Education from Bank Street College. Prior to starting at UMN, Anna taught Pre-K in New York City and the Twin Cities area for 8 years. She continues to be committed to thinking deeply about childhood and honoring the importance of our experiences as young people. Anna's undergraduate education centered on the role of media influence in our lives, and she values reflecting on her own and others' relationships to popular culture, particularly its impact on our self-perception.

BRIAN NOLAN

Brian earned his BA in Psychology from St. John's University and is currently working toward his MSW degree at the University of St. Thomas. He has experience working with those struggling with severe and persistent mental illness, connecting people to social services, and as a crisis counselor. He believes listening, trust, and a non-judgmental safe space are keys to helping people explore their lives. He values authenticity, humor, compassion, and understanding others.

NEW FELLOWS



JESSICA LEVINE

Jessica is working toward a Master of Social Work from the University of St. Thomas. There, she has a study emphasis on practice with immigrants and refugees. She completed a Master of Healthcare Administration from the University of Minnesota and has experience advocating for underserved groups, managing clinics, and developing programs. Jessica has also studied cultural anthropology and visual arts.

She enjoys working with a diversity of people and learning about their unique experiences. She aims to create an environment where people feel safe and listened to, can explore their life and relationships, and move toward change and wellness.



HANNA KAEFER

Hannah received her BA from Bethel University in Social Work and is currently working towards her Masters of Social Work (MSW) in Clinical Mental Health at St. Catherine University. She has previous experience working with domestic violence survivors and in various school settings supporting students with social, emotional, and behavioral concerns. Hannah strives for a strength-based approach focusing on seeing the client as the expert. She strongly emphasizes the importance of creating a non-judgmental and safe place for clients to feel comfortable sharing. Hannah has a strong desire to empower her clients to seek change and build resilience.



LYDIA GOBLIRSCH

Lydia is currently completing a Master's in Counseling Psychology at the University of St. Thomas. She studied Psychology and Criminal Justice at the Uni-

versity of Wisconsin-Madison where she received her BA. She has a particular passion for feminist legal theory and the overlap between psychology, law and social policy. In terms of therapeutic approach, she emphasizes the importance of self-exploration and healthy relationship building with oneself and those around. This is done through creating a warm, comfortable, nonjudgmental, and safe space to speak freely.



NADIA HECKER-O'BRIEN

Nadia is currently pursuing her Master's in Social Work at the University of Minnesota. Nadia received her BA in Religious Studies and Critical Identity Studies at Beloit College

where she focused on issues of colonialism and gender in semitic communities. Since graduating college Nadia has worked as an advocate and organizer with diverse communities facing civil rights violations, criminal-legal involvement, and homelessness. Nadia comes to this work with the belief in the inherent value of every person and the perspective that no thought or emotion is too small to explore. Nadia is interested in the investigation of monogamy, binary thinking, and other societal norms that don't always work for everyone.



ANDERS JADER

Anders has worked in hospitals, acute crisis care, residential, and community settings since 2018.

Through these experiences, he has developed many ways of relating compassionately to the broad range of human suffering—spanning from the more common ailments such as chronic shame, anxiety, and depression, all the way to more extreme crises such as psychosis, trauma, and dissociation. Anders practice offers clients a non-judgemental space to meet and clarify what's wrong. Deeply moved by the opportunity to stand alongside clients as they begin to meet hidden or rejected parts of themselves that feel stuck, hurt, ashamed, scared or broken, in order to discover together what these parts need in order to nurture their development and freedom. He take a holistic approach to therapy, and works with clients to explore and meet themselves more fully within a safe and compassionate container.

If it is something that interests the client, Anders will also accompany them as they explore any spiritual or existential dilemmas that may be present in their life. He work with clients to discern and clarify what is most important within these dilemmas, as well as to help them find pathways forward. Understanding the deep, challenging, and even treacherous work people are often faced with when beginning to show up to live more fully. Anders is trained in various forms of self-inquiry, meditation, and body-centered movement practices, and enjoy incorporating these techniques into the therapeutic space if it can assist the client with their work. When he's not doing therapy, Anders enjoys various forms of writing, reading, music making, dancing, and martial arts.

THE HISTORY OF SEMPLE continued from page one



This year we will celebrate that we have trained 80 plus fellows in psychoanalytic oriented therapy. We also enjoyed hosting a MPSI seminar this summer where we showed off our attractive space.

So, we thought we would take this time to share some history on the home of the Center. The Semple Mansion and Carriage House were constructed in 1899 as a residential mansion and horse barn for Frank and Anne Semple. The main building and the carriage house combined are 25, 450 square feet. The residence was designed by a well known architect of the time. It was built in the architectural style of the “Second Italian Renaissance Revival. In those times it was common to travel to Europe to purchase and ship home historical structures for ones home.

It is possible the fireplace mantel in the grand foyer dates back to the 1700’s. The Semple Mansion is thought to be the largest mansion in the state for that period of history.

The builder and owner of the residence was a partner and vice president of a wholesale hardware firm. He was known as the “Hardware King of Minneapolis” and lived in the home only three years, while his wife lived there until 1910. The Psychotherapy Center, reportedly, is housed in their spacious bedroom suite. The home then had a few private owners and then several nonprofit and for profit owners including: the United Cerebral Palsy Foundation of Greater Minneapolis, and the Franklin Bank. The bank operated in the mansion until it was purchased by the African American Family Services. In 1998, the house was listed on the National Register of Historic places.

The current owners purchased the residence in 2005 and restored the house to its original state. When one steps through the iron door one steps through history. The many bedrooms on the second floor are now offices for therapists, lawyers and wedding planners. The carriage house is home to a health care organization. The grand foyer and the ballroom are special event spaces large enough for wedding ceremonies and conferences.

ANXIETY 101:
 you have the **flu** you call your **doctor**.
 your **anxiety** is holding you back.
 a **therapist** can help.

Therapy
 that helps
 therapy
 you can afford*

MPSI Psychotherapy Center
 Uptown | 612.824.3800
www.mpsi-pc.org

* How do we make this work? Our therapists are a combination of master and doctoral students along with mid-career professionals who are trained in psychoanalytic psychotherapy. All our therapists are supervised by leading clinicians in the Twin Cities. No insurance accepted. Sliding fees.

feeling wrong?
 you are not **alone**. it's
isolating. **Talk it out.**
 a **therapist** will **listen**.

Therapy
 that helps
 therapy
 you can afford*

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Relationships 101:
making up or
breaking up, either way
 it's **complicated**.
 a **therapist** can **help**.

Therapy
 that helps
 therapy
 you can afford*

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We are now pleased to welcome our patients to this comfortable, accessible and attractive space. I doubt the Semple's could imagine that their residence would be home to a low fee psychotherapy center as well as the many other service professions.



On August 6th, 2022 the Center hosted 20 MPSI members to the first clinical seminar in their space. Sheila Franfurt, Ph. D., Clinical Researcher with the Veterans Administration in Central Texas, presented her work on the evolution of a psychoanalytic- informed manualized group treatment for veterans suffering moral-injury based PTSD.

Psychotherapy Center Posters

In an effort to make our services known to those in need, we have produced posters that we hope will let people know who we are and how we can help.

ANXIETY 101:
 you have the flu you call your doctor.
 your anxiety is holding you back.
 a therapist can help.

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**MPSI
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Providing access to quality affordable
psychoanalytic psychotherapy

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The MPSI Psychotherapy Center's Board of Directors have a long history of experience and dedication in mental health and community service.

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MPCSWA SUNDAY SEMINAR

**Psychoanalysis and Psychedelics
December 4, 2022**

Speaker: Megan Rundel, PhD

Virtual Event: Zoom

Time: 6:30pm Presentation

Email: info@mpcswa.org or bevcaruso@gmail.com

How can we think psychoanalytically about the altered states of mind induced by psychedelic medicines? And what place could psychedelics have in psychoanalytically-informed treatments? In this seminar, we will explore the intersection of these two methods of learning about the deep layers of the psyche. A clinical vignette will be presented in which the psychedelic agent ketamine was used to facilitate a psychoanalysis. 2 CEUs

