



Providing access to quality affordable  
psychoanalytic psychotherapy

# MPSI PSYCHOTHERAPY CENTER

FALL 2023 | Volume: 8



## WHERE ARE THEY NOW?

FORMER MPSI FELLOWS SHARE  
THEIR INSIGHTS AND UPDATES.

**MICHAEL J MIGNOGNA**  
CLASS OF 2021

I currently work for myself and at Parker Collins, while I continue working on everything that is required for a doctorate. I am also pursuing AIR Network training starting next month and continue to be involved with MPSI, acting as the organization treasurer. Long-term my goal is to own and run a group practice.

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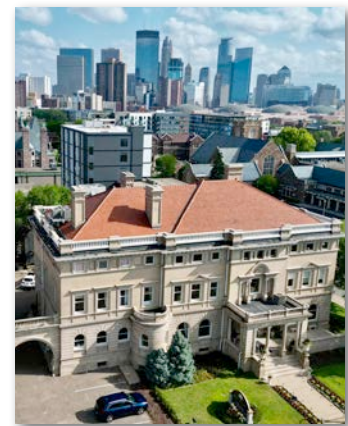


## THE FRUITS OF TEACHING

**KATHLEEN FARGIONE, MSW**

The opportunity to teach is a golden one. Through the last two decades I have been teaching in a variety of venues, primarily at the University of St. Thomas's MSW program, and later, at The Minnesota Psychoanalytic Society and Institute (MPSI). At both St. Thomas and MPSI, I have taught a class about child development, using attachment theory as the framework for learning about both normal and hobbled psychic development.

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## THE CENTER

WE ARE CELEBRATING THE  
START OF OUR 15TH YEAR!

For 14 years the MPSI Psychotherapy Center has been providing short and long term treatment for patients facing anxiety, depression, stress, grief and other issues of living. By helping individuals regain their agency and become more fulfilled and productive members of our communities, The Center prevents patients from descending into chronic mental illness.

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# WHERE ARE THEY NOW?

FORMER MPSI FELLOWS SHARE THEIR INSIGHTS AND UPDATES [CONTINUED]



**ANGELA PORTER, LICSW**

CLASS OF 2017

After graduating from the MPSI Fellowship in 2019, Angela transitioned into private practice working with adults experiencing a variety of mental health disorders. In the past two years she has developed a partnership with various chemical dependency treatment centers and The Lion House Brownstone, which are sober living homes for women in St Paul. Angela offers mental health support to women at all stages of chemical dependency recovery. She has found the psychoanalytic frame, object relational lens and structure of multiple sessions/week to be highly effective for supporting people in recovery. She focuses on discovering what informs an individual's chemical dependency beyond genetic/physiological factors and supports the family system by identifying codependent relational patterns. Away from the office she is a board member of the Minnesota Saddlebred Horse Association and raises, trains and shows young Saddlebred horses.



**DANIELLE M KASPRZAK MSW, LICSW**

CLASS OF 2016

I am deeply thankful for the training and community I received as a fellow from 2016-2018. Since graduating, I have opened a successful full-time private practice in downtown Minneapolis. I provide therapy to individuals who are queer/trans, BIPOC, and/or part of otherwise historically marginalized communities. I'm also a supervisor for therapists working toward LICSW licensure. One of my proudest accomplishments is the two trimester course my colleague, Julian Ernst, and I developed for PPTP on race, gender, sexuality, and culture. I'm looking forward to continuing to help develop a socially conscious and theoretically robust psychoanalytic community in the Twin Cities.

## 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.



### REBEKAH MORSE, LICSW

#### CLASS OF 2014

I'm working at my private practice River Lotus Psychotherapy in St Paul, and once a week I contract with Brave Soul Counseling Center in St Paul Park.

I completed an advanced psychoanalytic seminar with Hal, Ingrid and a cohort of colleagues this past spring. I was drawn to this seminar because it combined my interests of psychoanalysis and bringing full presence of attention and self to what is happening in session. Engaging with the seminar has definitely changed the way I practice for the better. It's brought new awareness to what is said, what is not said, and how I am showing up (or not showing up) in session.

In September I will be completing advanced study in IFS, it's called IFS Circle. I've found IFS approaches to be very helpful for my patients.

I began studying and practicing Zen Buddhism in 2007 and I continue this practice today. This study informs how I conceptualize the human relationship to suffering, death, our deep connection to each other, the planet we live on, and the infinite.

It's been exciting to see how combining the wisdom of psychoanalysis, IFS, and Buddhism has supported a safe and creative space for my patients to grow, heal, and discover a new relationship with their self and their suffering. I look

forward to supporting more clinicians with supervision this year. In the next five years I look forward to opening my practice to clinicians who would like to work with me at River Lotus Psychotherapy.



### BRYAN ELLINGSON, LICSW

#### CLASS OF 2016

I hope you're both doing great! I miss all of the folks from MPSI and the associated events-a once in a lifetime training experience!

I work solely in my private practice. I love it! I work with individuals-adults and adolescents. My focus continues to be psychodynamic, EMDR, and trauma therapy. It's heartening to continue to see psychodynamic work bear out therapeutic depth, unending learning, and connection that resonates deeply in this collaborative work. I'm at [ellingsonpsychotherapy.com](http://ellingsonpsychotherapy.com).

## 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.



# THE FRUITS OF TEACHING

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At MPSI and more recently at the Minnesota Institute for Contemporary Psychoanalytic Psychotherapy, I have been teaching a class named “Evolving Psychoanalytic Concepts” which offers an introduction to psychoanalytic ideas from Freud to the present.

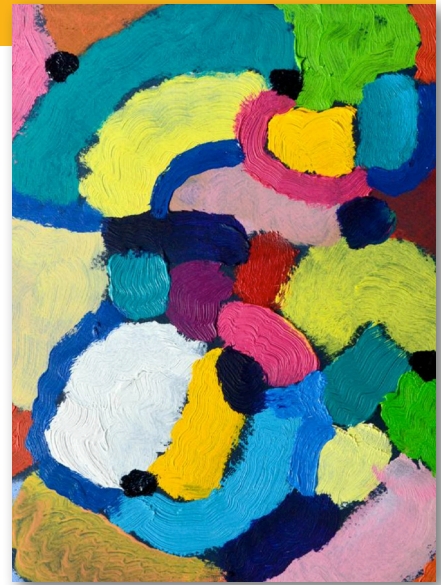
Teaching pushed me to organize and articulate my thoughts about both subjects. My own curiosity pushed me. My students pushed me. My patients pushed me.

Gradually, the classes on Attachment Theory grew into a book, *A Clinician’s View of Attachment and Child Development*.<sup>\*</sup> While there are a multitude of books on Attachment Theory, written by exacting researchers and gifted clinicians, I was not able to find a book which offered a simple introduction to over sixty years of attachment research and the clinical implications of that research. I think this book offers such an introduction.

As I taught Attachment Theory, I wondered how all the schools of thought presented at MPSI fit together to advance the students’ learning. I never sat in on any of the other classes and wondered how my students made sense of it all. I feared that they were given pieces of a puzzle but left to assemble it on their own. When I was offered the opportunity to teach a class on the development of psychoanalytic ideas over the 20th and 21st centuries I was eager, if woefully unprepared. I knew a good deal about Attachment Theory and had many ideas about Freud

and Klein and Kohut, but nothing cohesive or comprehensive. My eagerness and curiosity proved to be a motivator. I had so many questions. How has Freud’s theory stood the test of time? How did Klein change Freud’s model of the mind? What did Winnicott and Fairbairn and Balint add to those early days of psychoanalytic discussions? Why was Bowlby initially shunned by the psychoanalytic community and how did his reinstatement happen? How did Object Relations theory come to the United States without the trappings of Kleinian theory, although Klein was arguably the founder of that theory? Why do psychoanalysts use the same words to describe different phenomena? How, for example, did Klein’s theory of projective identification, which she saw as entirely intrapsychic, come to mean something intersubjective? How have the American movements of Self Psychology and Intersubjectivity and Relational Theory impacted the theory and practice of psychoanalysis? What have infant researchers like Margaret Mahler and Dan Stern and Beatrice Beebe contributed to the ways that we understand and use psychoanalytic theory? How has neuroscience contributed to or confirmed the psychoanalytic model of the mind?

Students new to psychoanalysis have a daunting task of mastering the ideas and language and arguments of the past 100 plus years. Where do they start? Reading in a chronological fashion means a long journey indeed. Reading according



to the needs of patients results in a spotty understanding of some of the core tenets of psychoanalytic theory. Although many books have been written to address the history of psychoanalytic thought, I never found a book that answered all my questions. So, I shaped a class that strove to see each theory through the eyes of its founder, acknowledging the climate of the times they were writing in, trying to understand the questions they themselves were struggling with.

I found a few marvelous guides – Robert Caplan who captured Freud’s idea of “immaterial reality” upon which Freud built his new science; James Grotstein and Thomas Ogden who introduced me to the strengths of Kleinian theory even while acknowledging their disagreements with pieces of it; Stephen Mitchell who argued so articulately for a switch from drive theory to relational theory; and Anne Alvarez, a Kleinian who reads, not just Freud and Klein, but also John Bowlby and Robert Stolorow and Milan Kundera. I returned to these authors again and again and they helped me find a

way to articulate the strengths of psychoanalytic theory even as I showed some of its missteps.

Freud's psychoanalysis was a revolution – a revolution in the way that we understand minds and the development of minds. Revolutions take time and, like all revolutions, Freud's did not begin and end with one person, but has continued to grow and develop. Some of Freud's ideas, like drive theory and the Oedipal complex and the death instinct, have been controversial and have been challenged or rejected or recast in creative ways. I have included some of these controversies in each chapter, pointing out alternative ways Freud's followers have reimagined his model of the mind.

This process of reconceptualizing reminds me of Hans Loewald's reimagining of the Oedipal Complex. For Loewald, the Oedipal Complex is about freeing oneself from parental authority in order to make something of one's own, to make one's own contribution to the world. For Loewald, "it is parental authority that is murdered" (Loewald, 1979, p. 387) in order to become one's own person. Loewald's re-understanding of the Oedipal Complex is itself an Oedipal triumph, for in his suggestion he reimagines Freud's original conceptualization. This pattern of creation and recreation has happened over and over in the development of psychoanalytic theory.

By the time I finished crafting a semester-long class about Evolving Psychoanalytic Theory, I had written a second book, one which I hope offers a path through the maze of ideas that have contributed to contemporary psychoanalytic theory. Looking at the arc of development of psychoanalytic thought brings the reader from Freud's drive theory to Bion's theory of containment, moving from the one-person psychology of Freud and Klein to the two-person psychology of attachment and intersubjectivity.

This arc from drive theory to relational theory has developed into one of the background themes of the book. Anne Alvarez captures the beauty of this arc in her book *Live Company* (1992). She reflects on how object relations theory has made psychoanalytic thinking more relational. In the early days of analytic theory instincts were the foundation of personality, but Alvarez says that

"for British object-relations theorists the basic unit of personality is a relational one, and the basic building block of human character is the baby's first relationship with its mother" (1992, p. 8). Alvarez reminds us of the complex process of projection and introjection which leads to the gradual building up of internal objects which have a durable, determining and structuring role in development and in the creation of personality. A one-person psychology has been replaced by a two-person psychology of a highly imaginative and mental kind. . . .

This relational model is more in accord with post-Einsteinian relativity theory in which there is no such thing as a context-free event and even a force as fundamental as gravity is seen as a relation between two bodies. Freud, in contrast, was a pre-Einsteinian thinker; despite all the wisdom and subtlety displayed in his clinical writings and in many of his philosophical musings, his scientific summings up were almost always in terms of Newtonian mechanistic science. The trouble with machines, however, is that they move but they do not grow (1992, p. 9).

Alvarez shows how psychoanalysis, gradually but relentlessly, has shifted from Freud's and Klein's one-person psychology to a two-person psychology, present in every theory from Donald Winnicott and John Bowlby and to Robert Stolorow and Wilfred Bion. She remains grounded in Freud and Klein, but shows how psychoanalysis has become more relational, fulfilling the unspoken promise of object relations.

The path from Freud's psychoanalysis to the psychoanalysis of 2023 is a winding and often arduous one. I wrote *Evolving Psychoanalytic Concepts\** in the hope of providing a guide for that journey and a desire to make the journey not only arduous but breathtaking and rewarding as well.

\*The books are available on Amazon in paperback and electronic versions.

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*Kathleen Fargione, MSW*

Alvarez, Anne. 1992. *Live Company: Psychoanalytic psychotherapy with autistic, borderline, deprived and abused children*. NY: Routledge.

Loewald, H. 1979. *The waning of the Oedipus complex*. In *Papers on Psychoanalysis* (pp. 384-404). New Haven, CT: Yale University Press. 1980.

# 2023-2024 NEW FELLOWS

## VIVIENNE NAMUJUZI, MSW, LGSW

Vivienne is currently completing a PsyD in Clinical Psychology at Augsburg University. She holds an MSW from The University of St. Thomas, a BA in Psychology and a BSW from St. Catherine University. She is a Social Justice, Human Rights and Mental Health Advocate with vast experience as a mental health professional; working with children and adults experiencing Severe and Persistent Mental Illness (SPMI), trauma, suicidal ideation/thoughts, non-suicidal self-injurious behaviors, chronic pain, physical and cognitive disabilities, homelessness, crises, and those in need of social support and services. She has training and experience in; Cognitive Behavior Therapy (CBT), Dialectical Behavioral Therapy (DBT), Person Centered Therapy, Motivational Interviewing, Harm Reduction, Illness Management and Recovery (IMR), Crisis Intervention and De-escalation, Applied Suicide Intervention Skills (ASIST) and conducting psychological assessments. She enjoys traveling, dancing, music, reading, art, history, listening to podcasts and is a big vegetarian foodie!



## THEA SCHMIDT

Thea is currently completing her Master of Social Work in Clinical Mental Health at St. Catherine's University. She also holds her Bachelors in Social work from St. Kate's where she took a particular interest in research-

ing and supporting individuals with Hoarding Disorder. Prior to coming to MPSI, she has spent several years working with individuals with disabilities. She takes a humanistic approach to therapy and believes the client is the expert of their own life. She is passionate about supporting you on your unique journey.



## KATHERINE BOWMAN

Katherine is completing her Master's in Counseling Psychology at the University of St. Thomas. She wholeheartedly trusts in the therapeutic process as a means of uncovering a path

that leads to reduced suffering and greater well-being. Her approach to therapy focuses on gaining insight into patterns that influence our lives. Accordingly, she is interested in understanding the connection between our past experiences and how they influence our present thoughts, emotions and behaviors. She believes that a relational environment of warmth, safety and acceptance allows healing and growth to occur. Katherine also enjoys exploring the connection between body and mind, building healthy relationships and working towards values-based living.

## DILLON BOELMAN

Dillon is currently pursuing his doctorate in clinical psychology at Augsburg University. He studied human-animal relationships and psychology at Carroll College in Montana, where he received his BA. He served as a Peace Corps volunteer in Botswana and has a particular passion for service and human-animal relationships. Since his service in the Peace Corps, Dillon has worked as a case manager with those experiencing homelessness and acute levels of mental health needs, such as persistent depression and psychosis. Dillon is respectful and accommodating of religious and spiritual values in the therapeutic space. He is committed to providing you with the space you need to safely explore the challenges in your life. He is always conscious of how our past shapes who we are and how our experiences dictate how we interact with the world around us. Dillon will value the relationship you build and work to understand your problems as you view them.



## LEVI WEINHAGEN

Levi is completing a Master of Social Work in Clinical Mental Health at Augsburg University. He's spent the past several years working with groups and individuals who wanted to better align their behavior with their values through the lenses of race and gender. Levi is also a teaching artist who works with people of all ages to help them tell their own stories using the tools of theater and comedy. His practice is centered on supporting people with an emphasis on the intersection of justice, kindness, and humor.



## KRISTINA KOESTLER

Kristina is currently pursuing a Master's degree in Social Work at the University of St. Thomas. Her journey in supporting those struggling with mental health began in 2017 working with those with Autism, severe and persistent mental health, and other various mental health diagnoses. Most recently, Kristina has experience working with trauma, ADHD, and anxiety with children. Kristina received her bachelor's degree from Hamline University studying psychology with a minor in criminal justice. Kristina strives to create a welcoming environment for clients to feel safe by listening and offering a non-judgmental space.

# RETURNING FELLOWS



## JESSICA LEVINE

LGSW

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.



## 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 University 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.

## THE PSYCHOTHERAPY CENTER

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Our therapy is low-cost and effective; we do not rely on insurance reimbursement as we are an entirely volunteer organization.

In addition to providing access to quality, affordable, psychodynamic psychotherapy we provide training to psychology, social work and counseling interns for one to two years. To accomplish this we have partnerships with five universities, client referral sources and the human service community. Volunteer supervisors and administrative support is provided by MPSI and many of our past graduates who take pleasure in giving back to the Center. Our clients pay out of pocket based on their financial situation. Costly insurance reimbursement paperwork is eliminated. Our therapists are graduate interns from five local universities: St. Catherine University, University of St. Thomas, University of Minnesota, St. Mary's University and Augsburg University. In our years of operation The Center has trained 71 fellows for one year and 18 fellows in a two year fellowship.

Since its inception in 2009, The Center had provided low-cost psychotherapy to 595 people in the Metro area who could not otherwise afford this therapy. Increasingly rural areas and smaller communities are seeking our services. The majority of our clients struggle financially: 25 percent are unemployed with no or very minimal income, 30 percent earn less than 15,000 per year and 80 percent have no insurance. We also serve those who have insurance with very high deductibles that prevent them accessing their insurance benefits. Once in therapy, clients benefit from regular ongoing care: the majority of people are seen weekly; 20 percent are seen twice a week.

Our model allows us to provide high-quality, low-cost effective treatment. We fill a gap in the mental health system for our patients as well as for the community, as we train therapists to become providers who are so badly needed.



### MPSI PSYCHOTHERAPY CENTER

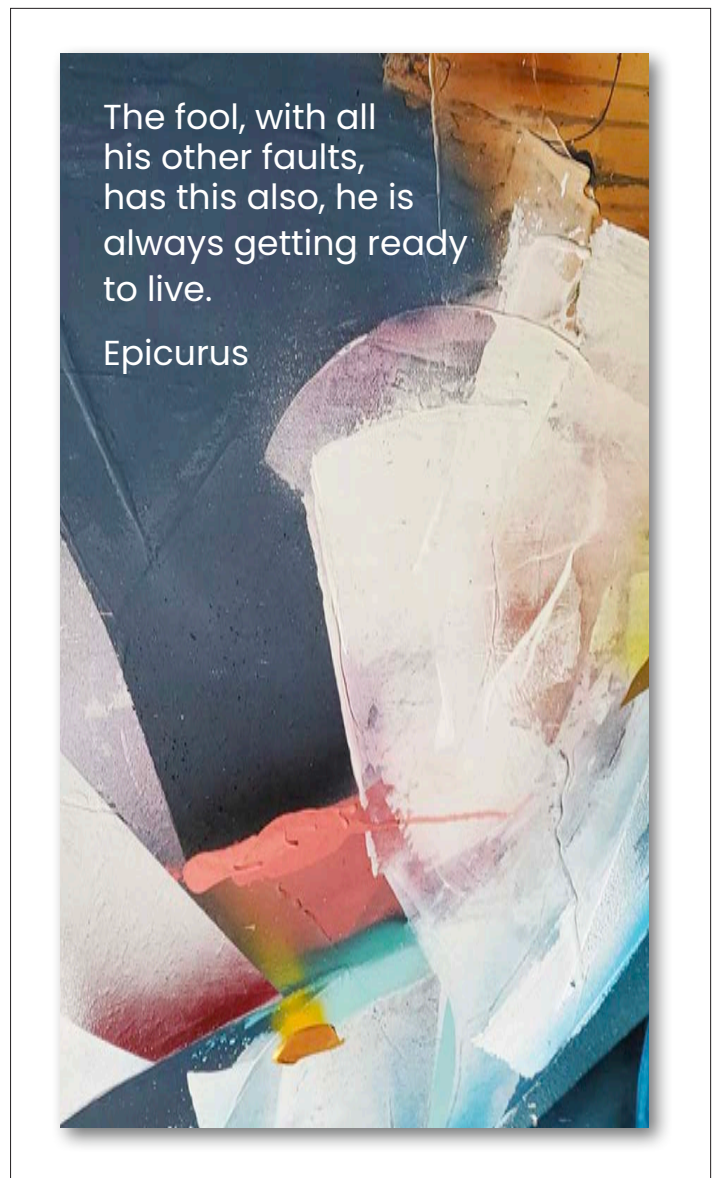
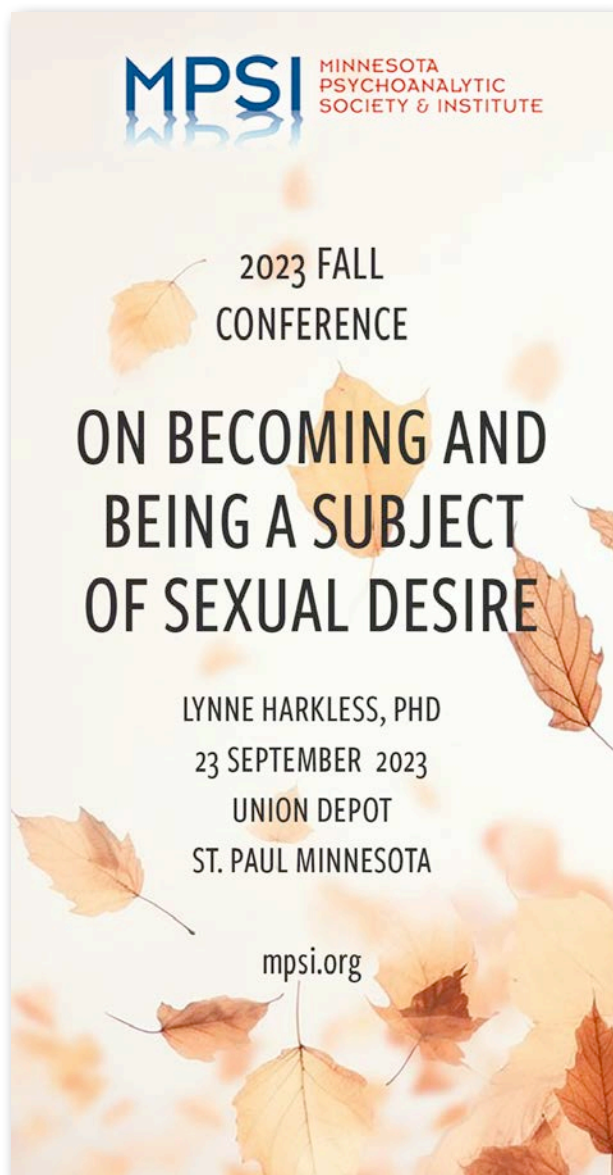
100 W Franklin Avenue  
Suite 200

Minneapolis, MN 55404

**612.824.3800**

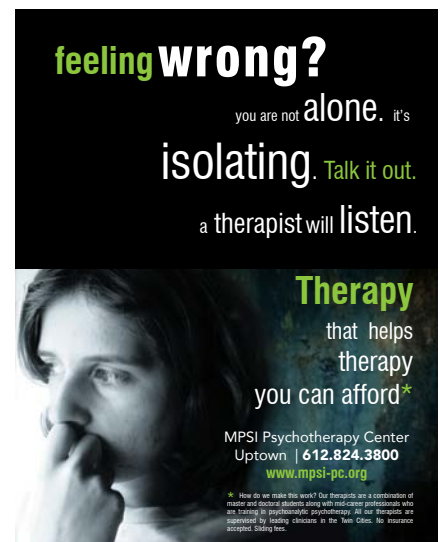
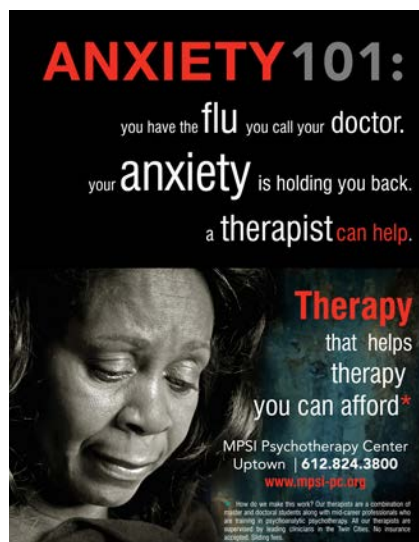






## Psychotherapy Center Posters

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.



# MPSI PSYCHOTHERAPY CENTER

Providing access to quality affordable  
psychoanalytic psychotherapy

100 W Franklin Avenue | 200  
Minneapolis, MN  
55404  
[mpsi-pc.org](http://mpsi-pc.org)

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

Hal Steiger, PhD, LP  
Executive Director

Beverly Caruso, MSW, LICSW  
Clinical Director

#### Board Members:

Bridget Bender, LGSW  
Kate McRaith LICSW

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Anna Weiland LGSW  
Corbin Quinn, LGSW

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## MPCSWA SUNDAY SEMINAR

# A Path to Understanding Psychoanalytic Theories

## September 24, 2023

**Speaker:** Kathleen Fargione, LICSW

Virtual Event: Zoom | 7:00pm

Kathleen Fargione has written a short introduction to the major tenets of psychoanalytic theory, showing how they extended, challenged and deepened Freud's original model of the mind. On September 24 she will talk about the process of researching and writing her book "Evolving Psychoanalytic Concepts" and how she understands the richness of psychoanalytic tradition.

**TO REGISTER** and see future **Sunday Seminars** at [mpcswa.org](http://mpcswa.org)

