



Providing access to quality affordable
psychoanalytic psychotherapy

MPSI

PSYCHOTHERAPY CENTER

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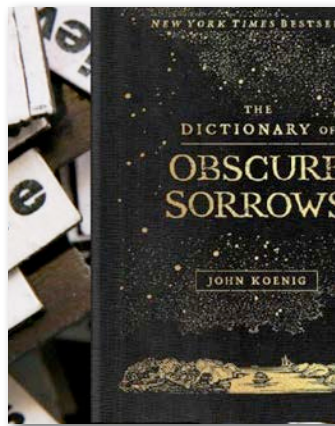


THE COLLEGIAL CONVERSATION

by Dillon Boelman

The Collegial Conversation held on 8/11/24 was a good opportunity to discuss a case while also understanding what it is that helps develop young therapists. A short summary: In my time at MPSI, I have grown in my understanding of what it means to be with a client. Taking education out of the classroom and into practice, MPSI gave me an education on psychodynamics, and the clinic allowed me to apply it.

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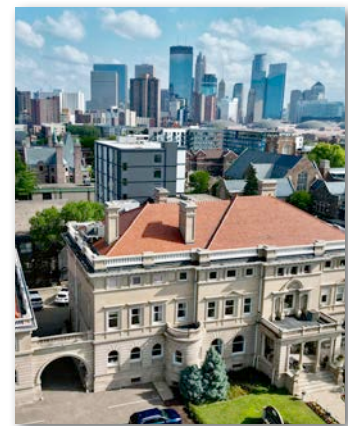


THE DICTIONARY OF OBSCURE SORROWS

a review by Beverly Caruso

Many years ago I read, *The Words to Say it*, by Marie Cardinal, a novel in which she frees her patient to a fuller and better life by helping her find the words to express her pain. That title still impresses me and comes to mind during many moments of reverie in my work. Thus, I found John Koenig's work, *The Dictionary of Obscure Sorrows*, refreshing and amusing. He claims language limits our world, which many of us have observed.

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THE NEW HOME OF OUR CENTER

by Corbin Quinn

At the end of October, the Psychotherapy Center will mark the end of its first year in our new office space. For over three years, the Center had been housed in a second-floor suite of the Semple Mansion, a 19,000 square-foot Italian Renaissance Revival home in the Whittier neighborhood of Minneapolis. Last year, we relocated to the adjacent Carriage House, constructed, like the main building, in 1899 (the same year Freud published

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WELCOME

2024-2025 NEW FELLOWS

Jacob Bell

Jake (he/they) is in his second year of the Masters of Social Work program at the University of Minnesota. His background is in cultural studies, with an emphasis in psychoanalysis and womens, gender, and queer studies. He has worked as a computer programmer for the last 15 years and is excited to transition to a career as a therapist. He hopes to work with individuals, combining both a systemic analysis with a person-centered approach.



Chelsey Frawley, M. A.

Chelsey holds a master's degree in Counseling and Psychological Services and is currently pursuing a doctorate in Counseling Psychology at Saint Mary's University. She values empathy, curiosity, and connectedness as key components of therapy that drive change and support healing, growth, and well-being. Chelsey has previous therapy experience with children, adolescents, and adults in both residential and clinical settings. She believes that therapy provides a dedicated time and space for individuals to gain personal insight and reflect on relationship patterns that profoundly impact their daily lives.

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.



Ariel DeBardelaben

Ariel DeBardelaben is currently pursuing a PsyD at Saint Mary's University of Minnesota. Prior to this, she received a BA in psychology where she studied learning and memory at the University of Alabama in Huntsville. Prior to MPSI, Ariel has worked with individuals struggling with disordered eating and those wishing to explore the many facets of their identity including spirituality.

Rebecca Hove

Rebecca is pursuing her Master's in Social Work at the University of St. Thomas. She has a study emphasis on integrated behavioral health. She studied Psychology and Sociology at the University of Minnesota-Twin Cities where she received her BA. She has been practicing community mental health work since 2017. She has focused her work on helping those with mental health concerns overcome systemic barriers. Rebecca leans on trauma-informed and strengths-based approaches. She is passionate about providing mental health support and has experience working with individuals navigating trauma, serious and persistent mental illnesses, neurodivergence, and other conditions impacting the psyche. She wants to meet you where you're at and support you in your journey to healing.



Ben Neubecker

Ben aims to create a collaborative and supportive environment for the people he serves in order to help them reach their mental health goals. He believes that people can grow, heal, and respond to life's challenges through gaining insights into their inner lives, past experiences, and values. He has worked in the mental health field for the last seven years and has training in Psychodynamic psychotherapy. Ben is currently pursuing his PsyD in Counseling Psychology at Saint Mary's University of Minnesota.

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.

2024-2025 GRADUATING FELLOWS

WE THANK YOU FOR YOUR ENTHUSIASM, AND HARD WORK.



Lydia Goblirsch, M.A.

After two years of training at MPSI, I will be continuing my practice at Emerge Therapy where I'll be seeing adolescents and adults. I can be reached at Lydia@emergetherapy.com, at 612-825-4792, or on PsychologyToday.



Levi Weinhagen

Levi is joining the therapy team at Art of Validation and Change. This clinic will give him a chance to continue to use a wide array of psychotherapeutic tools, incorporating the deep listening skills the MPSI fellowship and PPTP experiences have helped him to develop, while advancing his learning about ways to incorporate DBT modalities into his practice. Levi is particularly excited to continue working with men navigating their relationships to masculinity, supporting couples struggling with conflict and intimacy, and individuals coping with their relationships to family members with problematic relationships to substances.



Thea Schmidt

"Thea Schmidt is very grateful for her time at MPSI over the last year and will be transitioning to providing psychotherapy at Diefenbach Counseling where she will continue her psychodynamic studies independently. In addition, she has been making time to investigate the methods and uses of IFS therapy and will soon complete a 6 month training to become IFS informed. While she has not ruled out the possibility of completing the second year of PPTP down the road, for the next year at least, she is looking forward to having more time for her family, hobbies, and travel."



Katherine Bowman

I am so grateful to have begun my journey as a therapist at the MPSI low-fee clinic. Through group supervision with Bev and Hal and through the excellent PPTP instructors, I have learned to listen to my clients in a way that I don't believe I would have otherwise. In September, I will begin seeing 18+ individuals and couples at Lyn Lake Centers for WellBeing.



Jessica Levine

I am going to NorthEast Counseling, which is located in Maplewood. I will continue to be supervised by Clayton Sankey, LICSW. The clinic strives to be more accessible by accepting most forms of insurance and keeping out-of-pocket costs affordable; however, there is no sliding scale. In my clinical training up to this point, I have primarily provided individual therapy to teens and adults; moving forward, with the support of NorthEast Counseling therapists, I may branch out. I will provide in-person and virtual therapy, with a preference for in-person sessions. In previous work and training, I have enjoyed working within diverse communities and hope to build a practice that reflects this.

Dillon Boelman

Dillon is moving on in his Doctor of Clinical Psychology degree, entering his fourth of five years of study. This coming year he will be working at the Minneapolis VA doing therapy and psychology assessments in their outpatient unit. Following the completion of his work at the Minneapolis VA, he will enter his internship year at an APA accredited site which has yet to be determined. In the future he hopes to work in a community setting working with animals and humans and the relationship between the two. He is grateful to all the fantastic people at the Minnesota Psychoanalytic Society and Institute and hopes to attend future events.



THE COLLEGIAL CONVERSATION

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I had a client this year who really informed my practice and grew my understanding of the relationship. In the beginning, I found myself overwhelmed. As a new therapist, I felt the overwhelming need to make my client feel better. But I ultimately failed at this endeavor in the beginning. I failed to seize critical moments in a therapy session which may have provided good interventions. An emotional buildup in a session would lead to an expectant pause, then feeling the need to provide for the client, I relied on book answers on what I was supposed to do. Often, the client left feeling just as stressed as when they came in. In my supervision with Hal, I began to feel comfortable enough to exist in the therapeutic relationship in a way which allowed me to develop my own authentic response to the critical moments in therapy. The safety in the training environment allowed me to grow as a therapist and become present in the therapeutic relationship. As I entered the therapeutic relationship more authentically, I found the clients did as well. When the expectant pause reared up, I respond according to my clients need and authentic response. In this way, I do believe I began to understand what meant to sit with a client, be their emotional container, help them find rest, and the willingness to allow themselves to be cared for. In this student model the time for termination has come, and it is not easy. I now consider myself a more relationally guided psychotherapist because I see the exercise two people undergo in the therapy space. Now that therapy is ending, I feel the gaps in my day--the relationship is a two-way street after all. Though I feel the sting of termination now that my education is over, I am eager to return and practice therapy in the future.

THE DICTIONARY OF OBSCURE SORROWS

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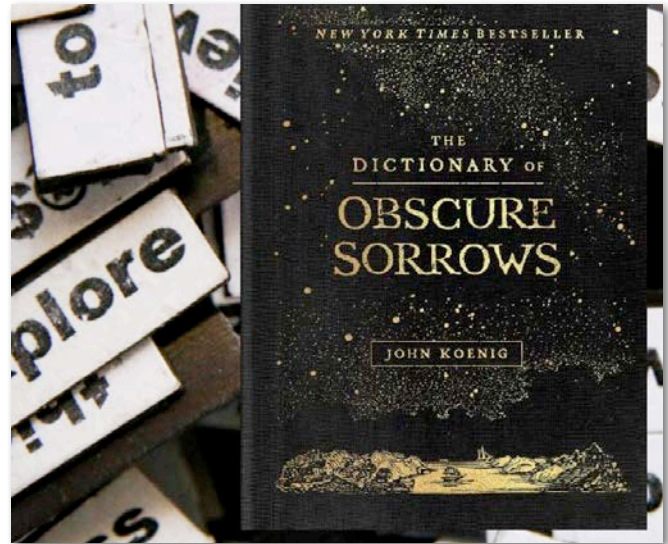
After-all, there are four words for love in Greek and only one in English. Koenig tells us there are blind spots, particularly in our language of emotions.

He calls his work, “a compendium of words for emotions,” as he points us to ways we have felt all our lives. He claims these very creative words point out how strange human beings are but, I think, he also shows us how complex and similar we are.

I found useful words in this work that can enrich and inform our work. How about, *occhiolism*, which means, “little eye”, in Italian. This is a humbling word, which points out the limits of our senses, our ability to know and our wish that we could see and observe more. It also denotes our propensity to fill in the unknown with what Koenig calls, “cartoonish extrapolations. Have you ever felt, “*slipfast*”, that is the desire to become invisible so you can take in the world unnoticed as you wander the world without making a splash. I think your clients have. Would you like to feel, “*liberosis*”, a feeling of caring less about things, a relaxation of life, a manner of moving with ease among friends and play.

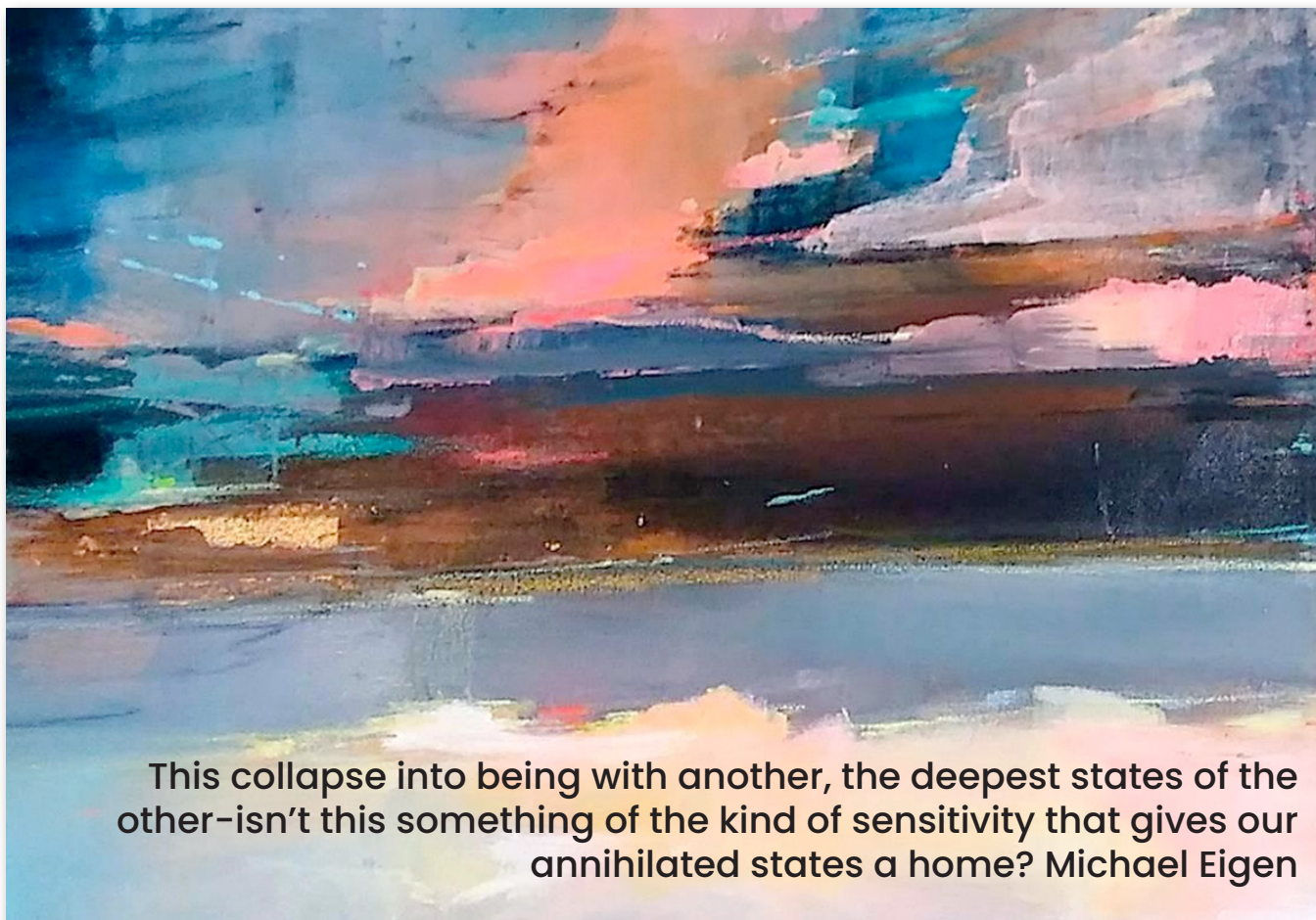
You might favor our use of patterns or repetition compulsion but “*altschmerz*” from the German words for old and pain, conveys a sense of weariness with those old problems and the desire to push forward to something new. Have you experienced, “*lyssamania*”, an irrational fear that someone is angry with you? The origin of Koenig’s creativity is clever and interesting. For instance the numbers, “1202” or “twelve oh two” originates from the Apollo 11 descent when the computer registered that it was overwhelmed. It means I’m at my tipping point, no more data can come in. I may just start yelling, 1202 when I get to those points.

What therapist doesn’t need the term, “*alazia*” in their work, the fear that you’re no longer able to change but you have the desire to explore this and find yourself. This combined with an exploration of “*insoucism*” from the french word, *soucis* for worries, could lead to insight



and movement. Clarity on how much sympathy to give yourself in relation to life and others could prove very valuable. Many of the above words would help with *anoscetia*, worry about not knowing the real you. I’ll work on putting this beside, “true self and false self,” and ponder how to help my clients. This could help with “*adldeworth*” the question of how you are doing in life, are you living up to your values and goals. Who couldn’t use a word that denotes the fantasy you carry that there’s some diagnosis out there that explains you, designates your flaws and would ease your mind. Thus, *Symptom-ania* would ease the mind of some younger generations who reportedly are keen on diagnosis. From Sanskrit, Koenig found, “*Manusia*, the ambient feeling of being a human being.” Unfortunately, the above illustrate, “*po-vism*,” the difficulty of being stuck in your own head.

I highly recommend that you read Koenig’s work, if only to read about “*ambedo*” from a Latin word that means, “I sink my teeth into it.” The short definition is “a momentary trance of emotional clarity.” It denotes a liveliness in you and a gratitude for all that you has occurred in your life. The read will present you with the following words, “And now here you are, feeling a kind of joyful grief for your life, in all its blessings and mysteries and chances and changes.” Then you will probably feel, “*sonder*,” the awareness that you and everyone has a story, from the French word to, “*plumb the depths*.” Maybe you will be motivated to write your autobiography.



This collapse into being with another, the deepest states of the other—isn't this something of the kind of sensitivity that gives our annihilated states a home? Michael Eigen

Dr. Kari L. Fletcher

Professor in the School of Social Work
(2010 - 2023)

Beloved Teacher, Scholar, Leader,
and Colleague

July 15, 1974 - February 13, 2023



in memoriam

Last fall some of us were able to be present at the St. Thomas School of Social Work as the faculty and staff honored their past Chair and our past board member, Kari Fletcher.

We were able to tell her family of her work on our board and of our gratitude for her contributions to the Center.

THE NEW HOME OF THE PSYCHOTHERAPY CENTER

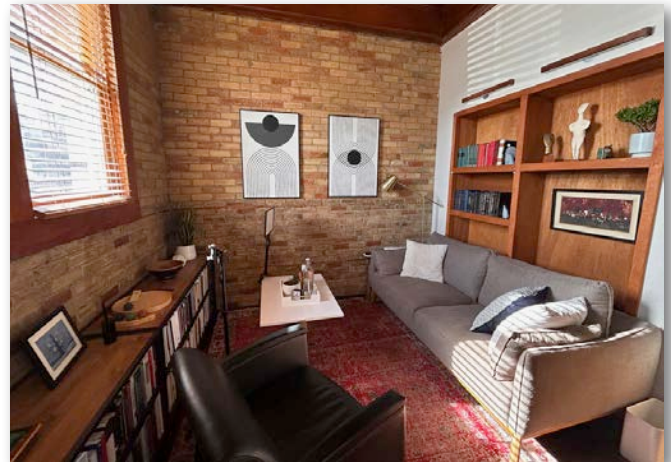
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The Interpretation of Dreams). As the name suggests, the Carriage House was originally used for the horses that would shuttle Frank and Anne Semple about town, and would later be used as an extension of the Franklin National Bank, which took over the building in 1961 (a night deposit slot endures). Most recently, it was used by a bespoke menswear tailor who also hosted speak-easy events in the space. Our suite includes four offices, a bathroom, a filing room, and a large waiting room and event space. The Carriage House has already been used to host a number of MPSI events—including the annual recognition event—and will begin its first year as the physical home to the Psychoanalytic Psychotherapy Training Program's classes.

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.

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 hu-



man 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.

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. 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**
104 West Franklin Avenue
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.

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 faculty 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*

MPSI Psychotherapy Center
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104 West Franklin Avenue
Minneapolis, MN
55404
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.

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MPCSWA SUNDAY SEMINAR

Shifts in Modern Masculinity: Implications for Mental Health Professionals

Presented by Levi Weinhausen, LGSW

September 15, 2024

This engaging and thought-provoking talk will explore the evolving concept of masculinity in contemporary society and its significant implications for mental health professionals. As traditional notions of masculinity are challenged and redefined, understanding these shifts is crucial for effective practice in mental health settings.

About our speaker:

Levi Weinhausen has a Master of Social Work and is an LGSW. He has spent the past decade leading race and gender justice trainings for workplaces as well as coaching executives on self-awareness and intercultural capacity development. He is a Qualified Administrator of the Intercultural Development Inventory (IDI) and the Intercultural Conflict Styles Inventory (ICS). Levi is a graduate of HOPE Community's Sustainable Progress Through Engaging Active Citizens (SPEAC) community organizer training program. He has been performing improvisation, sketch comedy, and making theater for over 25 years and is the co-founder of the All-ages theater company Comedy Suitcase.

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

