Chicago Association for Psychoanalytic Psychology
Local Chapter of Division 39 of the American Psychological Association

Council Structure as of April 2016
Cycle: July 1st thru June 30th

President 2015-2016:
Jay Einhorn, PhD, LCPC  jay@psychchat.com  847.212.3259

President-Elect (2015-2016 - Transitioning to President in September, 2016):
Theresa Gregoire, PsyD  theresa@hydeparktherapy.org  773-771-8759

Immediate Past President
Bernadette Berardi-Coletta, PhD  bberardic@aol.com  630.841.8900

Treasurer
Kathleen O’Connor, LCSW  kmaryoconnor@gmail.com  630.928.1173

Secretary
Donna Mahoney, PsyD  donnamahoney2013@gmail.com  708.203.0146

Councilors
Linda Michaels, PsyD  linda.michaels88@gmail.com
Niquie Dworkin, PsyD.
Jean Lee, PhD
Gary Walls, PhD  gbwallphd@gmail.com  872.225.2986
Benjamin Schwartz, PsyD – ECP  drbenjaminschwartz@gmail.com  312.772.6141

Committee Chairs / Course Instructors

Continuing Education Credits – Coordination with DIV39 SectionIV
Linda Michaels PsyD  linda.michaels88@gmail.com
Does your chapter participate in Division 39 CE Program? Yes

Division 39 Representative
Patricia McMahon, PsyD  drpmcmahon@gmail.com  847.570.0817

Past President

CE Programs and Courses
Jay Einhorn, PhD, LCPC  jay@psychchat.com  847.212.3259
President
Aarti Khullar, PsyD
Membership Committee Chairperson
Bernadette Berardi-Coletta, PhD
Past President
bberardic@aol.com
630.841.8900

Website Administration Committee
Bernadette Berardi-Coletta, PhD
Past President
bberardic@aol.com
630.841.8900

Website Referral Service
Bernadette Berardi-Coletta, PhD
Past President
bberardic@aol.com
630.841.8900

Website Editor
Marilyn Hallett

Peer Study Groups
Jay Einhorn, PhD, LCPC
jay@psychatlarge.com
847.212.3259

ECP Groups
Diane Fisher, PhD

Insurance/Professional Affairs – Past President
Allan Scholom, PhD
ascholom@ccpsa.org

Newsletter Editor
Gary Walls, PhD
gbwallphd@gmail.com
872.225.2986
DIVISION 39 – Section IV
Open Membership Meeting
Saturday, April 9, 2016, Westin Buckhead Hotel - Ballroom D

I. Structure:

A. Officers (CAPP Executive Council)

President 2015-2016: Jay Einhorn, PhD, LCPC
President-Elect (2015-2016): Theresa Gregoire, PsyD
Immediate Past President: Bernadette Berardi-Coletta, PhD
Treasurer: Kathleen O’Connor, LCSW
Secretary: Donna Mahoney, PsyD

B. Membership:

- Total: 85
- APA: 19
- DIV39: 39
- Full (Psychologist, Social Worker, etc): 71
- Associate: 3
- Graduate Student: 11

C. Diversity in Membership

CAPP does not maintain membership numbers related to diversity. However, CAPP welcomes clinicians and students in clinical programs of all races, cultures, religions, and sexual orientations, offering a professional home for clinicians and students sharing interest in psychoanalytic theory as applied to clinical practice.

II. Governance:

Council meets monthly on a regular basis at this time.

Elections were held for President-elect and Councilors, resulting in a younger mean chronological age of Council members. An ECP Committee with Chairperson was created.
III. Programming 2015-2016

A. Programs (Conferences, panels seminars, etc.)

Professional / Community Conference:
Co-sponsored by the Adoption Center of Illinois at Family Resource Center.

Jay Einhorn, PhD - Presenter
Rebecca Nelson, PhD - Presenter
John Palmer, PhD - Presenter
Richard Pearlman, MSW - Presenter
Theresa Gregoire, PsyD - Presenter

This was a formal Conference with five presenters and attended by about 55 people. CEs were offered thru CAPP/DIV39 to credentialed clinical attendees. Registration was open to non-therapists, that is, to parents, educators and other individuals who might be interested; there were several parents, a speech therapist, and at least one or two pastors among the community-at-large attendees. Presentations included adoptee identity, attachment, and parenting issues.

Presentation – Illinois Psychological Association Annual Convention:

Linda Michaels, PsyD, MBA - Chair
Andy Suth, PhD – Didactic Presenter
Katherine J. Henja, PsyD - Case Presenter
Irma Porcic, PsyD - Case Presenter

This panel explored psychoanalytic concepts rooted in an understanding of implicit memories and developing the basis for relationships which lead to breaks from consciousness that keep human beings stuck in unrewarding patterns. Additionally, a focus was taken on contributions from neuro-psychoanalysis/brain research to elucidate analytic ideas and offer a bridge to disciplines outside of psychoanalysis. It included discussion of psychoanalytic techniques as change mediators as well as utilized findings from an attachment-based / neuropsychological assessment protocol to further treatment outcomes. CEs were offered through IPA. The presentation was very well attended in that the large room was completely filled by attendees at all career stages.
Presentation – Illinois Psychological Association Annual Convention:
“Racism: A Psychoanalytic Understanding” (November, 2015)

Bernadette Berardi-Coletta, PhD - Chair
Ruchira Gulati Hantman, MA, LCSW - Presenter
“Fault lines leading to fractures: Following the trajectory of racism from the personal to the social world”
Zak Mucha, LCSW – Presenter
“Measuring Up: Masculinity, race, and violence”

These papers utilized a psychoanalytic lens focused on perceptions of ‘race’ and the dynamics of a ‘racist act’ for the actor, victim, and bystanders. The dynamics of social structures and the individuals involved were used to examine how these roles perpetuate racism and contribute to intergenerational trauma.
Panel presentation and discussion goals included fostering identification of the connections between perceptions of self-identity and justifications of violence against an unlike individual or culture; identification of the social structures created and segmented by race, and how race is impacted by (and influences) perceptions of class, gender, and violence; greater understanding of and capacity to explain one component of the intergenerational transmission of racist/racial trauma that affects subsequent generations’ struggles with mental health issues which will increase the likelihood of better treatment outcomes. CEs were offered through IPA. The presentation was well attended.

ECP Panel Discussion
“Private Practice: A Panel Discussion for Early Career Professionals” (November, 2015)

Diane Fisher, PhD – Discussant
Benjamin Schwartz, PsyD – Discussant
Theresa Gregoire, PsyD – Discussant

This panel was an informative and engaging discussion on the professional and personal considerations involved in establishing and maintaining a psychotherapy practice. Among other issues, professional identity, fee collection and accepting insurance were explored.

Professional Salons
“CAPP Conversations” are small, professional discussions offered on weekday mornings in a CAPP member’s home. Each was free to CAPP members, but cost $15.00 for non-members and $5.00 for nonmember students. CEs were not offered to attendees. The atmosphere was informal and deliberately cultivated an informed openness in discussion. Dr. Einhorn presented the first of five CAPP Conversations; subsequent meetings were facilitated by invited co-presenters. Each discussion had between 5 to 13 attendees; several nonmembers joined CAPP following discussions.
The 5 topics included:

• Fundamentals of Psychodynamic Psychotherapy: What Are They? (October, 2014) Jay Einhorn, PhD
• Psychodynamic and Cognitive Psychotherapy: Different Universes or
B. Education/Training (Courses, etc.)

CAPP’s four peer study groups, which have been an important part of the “therapeutic home” for members, have been meeting monthly for several years. Each group meets in a different Chicagoland location and has a specific clinical/didactic focus: two groups are solely Clinical Case Seminars, a third group includes Psychoanalytic Theoretical reading/discussion with a rotating Case Seminar, and a fourth group includes a neuroscience reading and discussion component focusing on the interaction of neuroscience with psychodynamic psychotherapy as well as a rotating Case Seminar. Although CEs are not offered, these groups have enjoyed longevity.

Although CAPP has offered clinical courses in prior years, no courses were offered in 2015-2016.

C. Other Professional Events

CAPP Council has an annual summer “Retreat” meeting, a longer meeting that looks at issues in depth and considers activities for the coming year. Dr. Einhorn lead the August, 2015 Retreat with a discussion of the book “Poke the Box,” by Seth Godin, which emphasizes the role of initiative in creating new programs and opportunities, and energizing organizations.

D. Public Programs

CAPP has offered no programs to the community at large during 2015-2016.

IV. Key Initiatives or innovations throughout 2015-2016 CAPP cycle

Specific initiatives included infusing the Program Committee with new energy and direction as well as completing the revision of the CAPP website begun in 2011 by providing a Psychotherapist Referral Section to the public.
V. Current challenges and future plans

A. Challenges

Over the previous cycle, discussions with two local academic programs to develop co-sponsored events failed after promising beginnings, and a preliminary discussion with a third program currently is stalled.

The attempt to start a peer study group failed in the Hyde Park community in Chicago.

In 2014, CAPP faced a period of general declining activity. The Presidential Election was uncontested. Council meetings had been cancelled due to insufficient turnout, and the President had identified the procedure for decommissioning the organization.

Dr. Einhorn accepted the CAPP Presidency with the goal of repositioning CAPP in the Chicagoland community. He presided over a programming approach maintaining small, easy to plan and implement discussion programs that had originally been successfully piloted during previous years. Other initiatives under his guidance included championing the ongoing need for psychodynamic psychotherapy; increasing clinicians’ and students’ access to psychodynamic ideas, approaches and colleagues at all developmental stages through “CAPP Conversations” and Peer Study Groups; and offering programs that would appeal to therapists within the cultures of psychoanalysis and psychoanalytically informed psychotherapy, as well as attract clinicians from other orientations.

It should be noted that the CAPP Council has not acted on decommissioning the organization to date, and has devoted much energy to keep the association viable and relevant.

B. Future Plans

Responding to feedback from members, CAPP plans to move “CAPP Conversations” from their suburban locations to the Chicago Loop and other locations. Plans also include offering CEs to attendees. This move involves more planning and coordination than the original “salon” model entailed. CAPP hopes to maintain the atmosphere of “informed openness” in the academic program locations. One Conversation is presently planned:

“Gossip: Tearing Down, Building Up, Being Human,” (May, 2015; to be held at the Chicago School of Professional Psychology, with three presenter-conversationalists).

VI. What CAPP wants to learn from other chapters

CAPP is interested in learning how other local chapters have developed and implemented successful growth strategies in the important areas of membership recruitment and retention, programming, and collaboration with other organizations.