

**NPSI Annual Report 2019 - 2020**  
**Reports by NPSI President, Board of Directors, and Committee Chairs**

**Officers:**

President – Maxine Nelson, LICSW, FIPA

President-Elect – Barbara Sewell, MaMFC, MDIV, MRE, MIPA

Treasurer – Eileen Fletcher, SPHR/SHRM-SCP

Secretary – Michael Dougherty

Acting Director of Training – Maxine Nelson, LICSW, FIPA

Director of Training-Elect – David Parnes, LICSW, FIPA

Education Committee Chair (rotating) – Barbara Sewell, MaMFC, MDIV, MRE, MIPA, Caron Harrang, LICSW, FIPA, Don Ross, MD, FIPA, Julie Hendrickson, MA, LMHC, FIPA

**Directors:**

Caron Harrang, LICSW, FIPA

David Jachim, PhD, FIPA

Alison Kneisl, MD, MBA, MS

JoAnn Mills

Carolyn Steinberg, MD, FRCPC, FIPA

**Candidate Representatives:**

Anna Delacroix, MA, LMHC

Nicole Wiggins, MA

**Administrative Staff:**

Recording Secretary – Hollee Sweet/Tese Mason

**Introduction**

**Reports are grouped in the following sections:**

- I. Board of Directors (President’s report, Secretary’s report, Treasurer’s report)
- II. NPSI Institute (Education Committee report)
- III. NPSI Society (Continuing Education Committee, Ethics Committee, My NPSI, Publications Committee)

**I. Board of Directors**

**President’s Report**  
**Maxine Nelson, LICSW, FIPA**

The purpose of the President's report is to summarize the activities of the NPSI Board and Advisory Council in the preceding fiscal year (July 1, 2019 to June 30, 2020) and to present our strategic plan to maintain the health of the organization going forward. I began my two-year term at the Annual Membership Meeting on September 21, 2018 and will be completing it as of October 23, 2020.

As I begin this report, it occurs to me that NPSI, and the individuals who comprise it, are experiencing several epic phenomena simultaneously: the COVID-19 pandemic, resulting in over 220,000 deaths, and the epidemic of systemic racism and police brutality which has resulted in the tragic deaths of far too many black people and with the ensuing demonstrations which have erupted into riots and more police brutality. Although the purview of our work of psychoanalysts is primarily in our consulting rooms, we can't help but be aware and impacted by what occurs in external reality.

The past eight months have been turbulent for NPSI as well as for the world at large but, as Bion taught us, turbulence can also promote creativity. I have experienced NPSI pulling together and moving forward as a community in response to the catastrophic changes resulting from COVID-19 and the tragic deaths of 164 black men and women between January 1 and August 31, 2020. As we begin confronting systemic racism and other discrimination both within and without, I have confidence that we will emerge stronger and with greater capacities for inclusivity and learning from experience as a community. I am including some of the many highlights of the past fiscal year here.

In the past fiscal year, Directors continued to address a primary goal of increasing membership in the organization overall, and to stabilize and increase membership on the Board, as a crucial part of the organization's health and stability. Our NPSI community has been stable and includes 25 Full Members, 12 Candidates, and 60 Community Members.

The Board has continued to implement the 2016 – 2019 Strategic Plan ([https://npsi.us.com/uploads/NPSI\\_Strategic\\_Plan\\_2016-19.pdf](https://npsi.us.com/uploads/NPSI_Strategic_Plan_2016-19.pdf)) and will develop the next strategic plan during the coming fiscal year. In addition to growth, the other major goal of the 2016 – 2019 Strategic Plan was outreach, which has been met through efforts such as the Twelfth International Evolving British Object Relations Conference (EBOR), which took place in October, 2018 with the theme "The Body as Psychoanalytic Object: Clinical Applications from Winnicott to Bion and Beyond," and which has resulted in a book with the same title to be published in mid-2021. A new EBOR has been proposed and will hopefully take place in fall, 2021. In addition, along with the Center for Object Relations (COR), Seattle Psychoanalytic Society and Institute (SPSI) and The Northwest Alliance for Psychoanalytic Study (The Alliance), NPSI is co-sponsoring "Speaking About Race: The unconscious roots of structural racism and becoming anti-racist," with featured speaker Zachary Green, PhD on January 23, 2021. Two Scientific Meetings have been organized in advance of this event.

NPSI was involved in a Self-Study process for most of 2019 for the purpose of investigating and understanding how group dynamics might have been hindering our organizational development.

The Committee spent a number of months compiling, aggregating, and anonymizing the results of a survey that had been sent to full members and candidates, culminating in a report summarizing their findings and a retreat held on February 1 and 2. A follow-up retreat, “Community Engagement: Within and Without,” which will also include NPSI community members, is scheduled to take place via Zoom on November 14.

Among the many positive developments evolving from the Self-Study is a new NPSI leadership team consisting of Barbara Sewell as President and David Parnes as Director of Training. Barbara has a background in literature, education, religion and counseling. She is a graduate of NPSI (2013) and is currently Chair of the Curriculum Committee. Barb achieved the status of NPSI Training and Supervising Analyst this fall and sees adult patients in psychotherapy and psychoanalysis in her private practice in Bellevue where her work is informed by her educational background and British Object Relations theory. I introduce Dave in my report as Acting Director of Training below.

A major change that occurred this past year is that Tese Mason has taken Hollee Sweet’s place as NPSI Administrator as well as Managing Editor of *Selected Facts*. Tese has a degree in communications and brings her own unique personality and skillset to the position, including a familiarity with marketing and the use of social media. Tese jumped in with both feet and has successfully streamlined many of our internal processes, including bookkeeping, registration and invoicing, and tracking evaluations for classes and educational programs.

Two study groups were held via Zoom during the past year, both of which were positively received by their respective participants. Judy K. Eekhoff, PhD FIPA facilitated ***Clinical Perspectives on Trauma***, using the book *Trauma and the Destructive-Transformative Struggle: Clinical Perspectives* by Terrance McBride and Maureen Murphy, Eds. as her text. Published in 2019, the book contains chapters by several NPSI members, including Maxine Anderson, Maxine Nelson and Judy K. Eekhoff. In addition, Maxine Anderson, MD FIPA facilitated the study group ***Protecting Our Humanity in the Midst of Tribal Warfare***, based on her 2019 book *From Tribal Division to Welcoming Inclusion*. My thanks to both of you for using 21<sup>st</sup> century technology to offer your wisdom and creativity to the greater NPSI community!

When the pandemic began in March, Continuing Education Chair Jeff Eaton made the decision to suspend the ***Scientific Meeting: A Forum for Community Conversation*** series but the Board plans to reinstitute the meetings via Zoom this fall and into 2021. Despite the temporary postponement of face-to-face meetings, the full library of recordings of past Scientific Meetings can be accessed on our website at: <https://npsi.us.com/news-media/my-npsi>. New recordings will be added as they become available.

The pandemic has loomed in our minds since early February and, in response to the myriad questions and concerns our community was experiencing surrounding COVID-19, the NPSI Board of Directors set up a series of Zoom meetings to assist full members, candidates, and community members in being able to think together about issues related to practice management. The meetings have been facilitated by Caron Harrang and Carolyn Steinberg and, in addition to maintaining a sense of community, those who participated have found them to be both informative and supportive.

In addition to the meetings focused on practice management, NPSI co-sponsored the training ***Supporting Healthcare Providers in the Time of COVID-19: A Short-term Therapy Model*** on April 11 with the Northwest Alliance for Psychoanalytic Study (The Alliance). Led by Laura Takacs, LICSW MPH, Clinical Director for Virginia Mason Grief Services, the training proved to be rewarding, with over 70 participants, and was used as a model for a similarly titled training sponsored by CIPS on May 30, which was attended by 55 participants.

Although the Annual Membership Meeting will be held by Zoom this year, we are pleased to present our Annual Outstanding Community Member service award to Gov. Jay Inslee for his early, decisive, brave, and effective response to the onset of the pandemic, for his unrelenting focus on acting together to protect *everyone* in Washington State and for his leadership in the face of an unprecedented and indiscriminate threat. In addition to receiving a certificate and letter to this effect, Gov. Inslee was granted a one year's community membership in NPSI.

There were two significant losses to the NPSI community this past year: Austin Case, MD FIPA, one of NPSI's founding members and James Gooch, MD FIPA, who was an influential psychoanalytic clinician and teacher for many of us, as well as having been a significant part of our faculty during NPSI's early days

I want to thank all of our dedicated Board and Advisory Council members for their commitment and hard work during my tenure which has contributed to the ongoing sturdiness and success of NPSI. Board directors and officers this past year included Michael Dougherty, Eileen Fletcher, Caron Harrang, David Jachim, Alison Kneisl, JoAnn Mills and Carolyn Steinberg in addition to Candidate Reps Anna Delacroix and Nicole Wiggins. Our esteemed Advisory Council members include Bradford Cokelet, Teddy Jachim and Doug Ulrich. David Jachim has stepped off the Board and I particularly want to thank him for his strong leadership as President, Past President and Director over the past ten years.

In closing, I would like to express my gratitude for the opportunity to serve as NPSI President for the past two years. The Board has continued to function as a productive and creative work group with much to be proud of. Despite this, we will continue striving to grow the Board as our efforts thus far have been only modestly successful. If you are a Full Member who is curious about how the organization functions, I invite you to contact me or Barb Sewell about attending a Board meeting as a guest ([maxinenelson1@gmail.com](mailto:maxinenelson1@gmail.com) or [sewellseattle@aol.com](mailto:sewellseattle@aol.com)). Most of our meetings are held by Zoom. We also welcome your consideration to apply for a Director position and to participate in keeping our organization as stable and dynamic as possible.

**NPSI 2020 Secretary's Report**  
**Michael Dougherty**

**Membership fees**

This year NPSI increased its membership fees to \$675. Members were offered an early bird discount of \$25 if they sent in their payment before February 28. Members were sent a total of four letters: three reminders on January 30, February 13 and February 27 and an overdue notice

on March 3. Subsequent communication with overdue members was handled by phone. All members paid their membership fees in 2019. See details of fee structure below.

- NPSI Dues: \$675 (\$650 if paid before February 28)
- IPA Dues: \$300 (If you pay through another IPA Society note which one here)
- CIPS Dues: \$50
- NAPsaC Dues: \$5
- PEP-Web: \$132\*
- Suggested donation of \$100. All amounts are greatly appreciated.

\*Those with PEP-Web subscription through another organization may deduct \$132 from the membership fee. They also have the option to switch their subscription to NPSI.

### **Secretary role at board meetings**

It was agreed that the Secretary's role would be expanded to include editing of Board Meeting minutes, beginning in September 2020.

### **Secretary resignation**

The current Secretary, Michael Dougherty, decided to resign as of the NPSI Annual Party and Meeting on October 23, 2020 due to distance. Because he is based in Indonesia, he felt the position would be better served by someone closer to the community. He ran for the position Community Member Director in 2020.

### **Elections:**

An election of President, Director of Training, Secretary, and Community Member Director to be held at the NPSI Annual Party and Meeting on October 23, 2020. Ballots were prepared and sent to all Full Members in accordance with the NPSI bylaws.

### **Special project: Communications audit**

The secretary undertook a communications audit of NPSI's website and newsletters. The audit identifies what content the organization produces in what medium for what audiences and then seeks to find identify overlaps, gaps and opportunities. The results of the audit are being used to inform the redesign of the NPSI website and subsequently to feed into a broader communications strategy.

## **Treasurer's Report** **Eileen Fletcher, SPHR/SHRM-SCP**

### **Introduction**

This report summarizes the organization's financial position and bank account balances as of June 30, 2020 – the close of Fiscal Year 2020. Major expense categories are indicated, as well as sources of revenue, to be reviewed by the Board and Advisory Council and utilized for strategic planning during its annual retreat on October 24, 2020.

### **Summary**

Due to a lack of organizational resources within the organization, NPSI made the decision not to sponsor an International Evolving British Object Relations (EBOR) Conference in FY2020. This biennial event has historically been the organization's largest source of revenue. Without the personnel to organize such a large international conference, it is uncertain when EBOR sponsorship will resume in the foreseeable future.

The COVID-19 pandemic impacted NPSI's revenue and expenses in several ways beginning in Spring 2020, and these impacts will continue to an unknown degree into FY2021. Actual revenue and expenses for the fiscal year each fell below budgeted amounts.

The following actions were taken during FY2020:

1. Financial processes and policies were reviewed.
2. Finance Committee was created, currently with two members.
3. Policies addressing late payment of dues, participant cancellation of program and event attendance, and operating reserve were created, subject to approval by the board.

### **Financial goals for FY2021**

1. Approval by the Board of financial policies addressing late payment of dues, participant cancellation of program and event attendance, and operating reserve, and communication of these policies to the membership as appropriate.
2. Expansion of Finance Committee by one additional member.
3. Review of feasibility and desirability of changing Fiscal Year to align with Academic Year (September 1-August 31).
4. Review of current investment portfolio.
5. Investigation of opportunities for cost savings in certain expense categories due to the COVID-19 pandemic.
6. Transitional support of NPSI's newly hired Administrator in the form of consultation with a CPA.
7. Purchase and implementation of a document signature software service.
8. Transition to Quickbooks Online.

### **Financial Position**

FY2020 total revenue is \$88,614.40 and total expense is \$88,168.95. The fiscal year ended with a net income of \$445.45. The COVID-19 pandemic had an effect on the organization's programs and revenue generation. Also, with charitable donations to non-profit organizations no longer tax deductible, it is uncertain if revenue from this source will continue at previous levels.

### **Assets**

At the end of the fiscal year the organization had financial assets totaling \$72,796.92.

Checking	\$28,164.77
Savings	\$15,141.18
Investment	\$27,993.77
Security Deposit	\$ 1,497.20

### **Major Expense Categories**

Expense categories are listed from largest to smallest. (Expense categories under \$100 are not included.) Many categories are recurring and mandatory per current policies approved by the Board. However, some expenses may be considered non-essential, depending on projected revenue and strategic planning, such as Travel/Food/Beverage, Lobbying Services, My NPSI, Group Relations Consulting. As noted above, the Coronavirus pandemic had a favorable impact on some expense categories, such as Travel/Food/Beverage and Facilities Improvement (not shown in this list, as total expense was less than \$100). There may be further opportunities for cost savings in the Building Lease/Utilities and Liability Insurance categories.

Payroll Expenses	\$24,422.01
Building Lease/Utilities	\$21,736.00
Affiliation Fees and Dues	\$12,692.00 (covered by NPSI full member dues)
Faculty Honoraria Payments	\$ 9,118.00
Liability Insurance	\$ 2,603.74
Travel, Food and Beverage	\$ 2,578.93
Accounting	\$ 2,189.26
Website/Computer services	\$ 1,725.00
Supplies	\$ 1,681.58
Group Relations Consulting	\$ 1,408.00
Distance Learning	\$ 1,407.13
PayPal Fees	\$ 1,074.20
Cascadelink	\$ 950.40
Web and Email Hosting	\$ 944.66
Telephone	\$ 686.39
Constant Contact	\$ 593.34
NASW	\$ 425.00
Lobbying Service	\$ 400.00
My NPSI	\$ 300.00
Printing and Postage	\$ 289.86
Zoom Videoconferencing	\$ 269.65
Gifts	\$ 210.00
Donations	\$ 200.00
City of Seattle	\$ 119.81

**Major Revenue Sources**

Revenue sources are listed from largest to smallest. (Revenue sources under \$100 are not included.) As noted above, the Coronavirus pandemic has impacted the organization’s ability to offer in-person training and workshops and to add value for our members and candidates; the Board will need to plan carefully to create an achievable balanced budget in FY2021.

Psychoanalytic training tuition	\$31,045.00
Full Member Dues	\$25,470.00
Trauma Study Group	\$11,717.97
Charitable Donations Income	\$ 6,259.84
Community Member Dues	\$ 6,000.00
Ethics Workshop	\$ 3,021.09

My NPSI	\$ 556.42
Humanity Study Group	\$ 2,780.00
Scientific Meetings	\$ 1,203.89
IPA Refund	\$ 255.00

## II. NPSI Institute

### Acting Director of Training Report Maxine Nelson, LICSW, FIPA

Each section of this report is authored by the Committee or Subcommittee Chair.

#### **Education Committee:**

Maxine Nelson, LICSW, FIPA (Acting Director of Training)  
Barbara Sewell, MaMFC, MDIV, MRE, MIPA, Caron Harrang, LICSW, FIPA, Don Ross, MD, FIPA, Julie Hendrickson, MA, LMHC, FIPA – Education Committee Chair (rotating)

Dana Blue, LICSW FIPA (Admissions Subcommittee)  
Becky McGuire, MS, LMHC (Candidates Subcommittee)  
Barb Sewell, LMHC, FIPA (Curriculum Subcommittee)  
David Rasmussen, PhD, FIPA (Progression Subcommittee)  
David Parnes, LICSW FIPA (Psychoanalytic Psychotherapy Subcommittee)  
Dana Blue, LICSW FIPA (for Training and Supervising Psychoanalyst Subcommittee)  
Hollie Sweet/Tese Mason (Recording Secretary)

#### **Introduction**

The mission of NPSI is to provide the highest quality psychoanalytic education and training for individuals seeking to become psychoanalysts and psychoanalytically informed psychotherapists. The NPSI Institute contains our training programs, and the Education Committee (EC) is responsible for the cultivation and maintenance of the programs. The EC is comprised of the chairs of various subcommittees: Admissions, Candidates, Faculty and Curriculum, Progression, Psychoanalytic Psychotherapy Program, and Training and Supervising Psychoanalysts and possible ad hoc committee chairs. The EC functions to establish policy for the Institute, and as a bi-directional communication hub to coordinate activities of its component subcommittees. To further this coordination, the Director of Training also sits on the NPSI Board of Directors. Some or all members of the EC meet on an as-needed basis with the candidate group to discuss policy implementation and other pressing concerns.

This report begins with a summary of EC activities overall, continues with reports from each of subcommittee outlining the activities of fiscal 2018-19, and concludes with a glimpse of plans for work in the coming year.

I want to begin by welcoming David Parnes, LICSW FIPA as Director of Training, after passing the baton to him after the election at the NPSI Annual Membership Meeting and Election on October 23. Dave graduated from NPSI in 2018 and is currently the chair of NPSI's Psychoanalytic Psychotherapy Program, including its two-year Fundamentals of Psychoanalysis course. He was the recipient of the 2015 IPSO Writing Award for his paper entitled, "On Growth, a Gift and Goodbyes: Initial Thoughts on a Termination," presented at the 23<sup>rd</sup> IPSO Conference in Boston. Dave is a past president of Seattle's Child Therapy Association and provides psychoanalysis and psychotherapy to children and adults in his Capitol Hill practice. He also plays drums and piano and writes songs.

Although it has been less than eight months since COVID-19 became a pandemic, it feels as if we all have been living under virtual lockdown for a much longer period of time. Washington was the first state to identify deaths from the novel coronavirus and many of us responded quickly to transition our practices to working remotely, by telephone or video conferencing, beginning the first week of March. For NPSI, this meant that all of our classes, study groups, and meetings were transitioned to Zoom even before Gov. Jay Inslee established his first stay-at-home orders for all but essential businesses on March 23. At this point, it is predicted that our community will continue to meet, work, teach, and learn remotely for the foreseeable future.

Psychoanalytic training is an intense and arduous enterprise in the best of times and was made even more so under the backdrop of the pandemic. While our candidate group was vocal in their responses to the loss of direct contact with their training analysts, supervisors, and cohort, they were appreciative for the clear communication about this transition to remote training. Used to staying at the Institute on Fridays after classes ended, the group has continued the tradition of a weekly happy hour, albeit now taking place virtually. The NPSI Progression Committee deliberated over how the training requirements might be changed to adjust for remote analysis and supervision and decided to count control case hours and supervision that were being conducted remotely. This message was communicated to all faculty and candidates as an expression of the degree to which the entire NPSI community has been impacted as well as an expression of support for our analysts-in-training.

The NPSI Education Committee and Faculty has completed its first year of having a rotating EC Chair, with each person serving for four months at a time. The Education Committee reviewed this structure at the end of the academic year and made the decision to continue it. My deepest thanks go to Barb Sewell, Caron Harrang, Don Ross, and Julie Hendrickson, all of whom served in this role over the past year.

### **Summary of Activities**

In 2018, as part of an effort to increase participation in the Education Committee, we changed our protocols to give every faculty member a vote on EC agenda issues. Monthly meetings were held, beginning in October, with the Education Committee and all faculty members who wished to attend. The October, November and December meetings were held in person, at the NPSI offices and meetings resumed in March via Zoom. These meetings have been lively and have generated new ideas and energy for the program.

### **Maintenance of Accreditation:**

In summer 2015 the Accreditation Council for Psychoanalytic Education (<https://www.acpeinc.org>) granted NPSI an initial one-year accreditation for our training program in psychoanalysis. In 2016, the EC, supported by the NPSI Board, prepared and filed an extensive follow-up report outlining progress we made on issues identified in our initial accreditation, and we were then granted full accreditation (5 additional years). In August 2019, our annual Maintenance of Accreditation Survey (MOAS) was prepared by rotating EC Chair Barb Sewell and filed by Hollee Sweet.

Our initial accreditation expired in June, 2020 and we submitted an application for reaccreditation at the end of 2019. A site visit, initially planned for Spring 2020 will be held via Zoom in early 2021.

### **Scholarships:**

The current Chair of the Scholarship Committee is Director Carolyn Steinberg. No applications for scholarships have been submitted so far for the current academic year.

### **Education Policies and Procedures Manual:**

The Education Committee Policy and Procedures Manual was completed in 2019 and is posted on the NPSI website. It is also available in the NPSI library for reference by all members of the Society and Institute.

### **Training Enrollment:**

Perhaps the most robust evidence of wellbeing in the NPSI Institute is the increase in enrollment in our training programs, as well as the steady progression of candidates within these programs. We currently have a cohort of 12 active candidates, three of whom began training in September, 2019.

Dave Parnes, LICSW, FIPA has continued in his role of Chair of the Psychotherapy Training Program, which oversees the Fundamentals of Psychoanalysis program. Fundamentals I was on hiatus this year and but was scheduled to resume in Fall 2020. Dave has resigned this position to become NPSI Director of Training and a Chair to fill this role is currently being sought.

## **Subcommittee Reports**

### **Admissions Subcommittee:**

David Parnes, LICSW FIPA,  
Margaret Bergman-Ness, MA LICSW, Candidate Representative  
Ambre Lane, MD, Candidate Representative  
Dana Blue, LICSW, FIPA (Chair)

Here is what the NPSI Admissions Committee has been about in the 2019-2020 fiscal year:

- Convened our committee, which includes representation from all NPSI strata -- senior candidate, junior candidate, full member and TA.
- Held planning meetings on an as-needed basis.

- Followed up with interested participants in personal meetings
- Hosted two Open Houses on in fall, and another in spring. An Open House in March coincided with the onset of the Covid-19 Pandemic; it was cancelled. A second Open House in May was held via Zoom.
- We deepened links with the NPSI Psychoanalytic Psychotherapy Program, to maximize the marketing opportunities of NPSI educational programs.
- Performed various marketing activities, including production of a flyer to circulate via NPSI listserves and as hard copies at meetings. Electronic flyers were sent several times, and hard copy fliers were distributed at varied events. The Admissions Chair will attend a section of Fundamentals of Psychoanalysis to inform students about the Analytic Training Program.

In the pandemic, the requisite move to distance analysis has offered the Admissions Committee a natural opportunity to observe the effects of remote learning, in order to evaluate the possibility of admitting trainees at a distance to future classes. In conjunction with the Training Analysts Committee and in discussion with the Education Committee, the topic is under consideration. Further, the intensification of the Black Lives Matter Movement has combined with the NPSI exploration of Group Dynamics to invite attention to the question of how we might make our program a more overtly difference-welcoming one. Ideas are most welcome in either of these areas.

The Admissions Committee is seeking a Chair to continue this essential work for the future of the field of psychoanalysis.

**Candidates Subcommittee:**

Becky McGuire, MS, LMHC, Candidate President (Chair)

All current candidates (<http://npsi.us.com/society/member-roster>)

The academic year 2019-2020 proceeded along much the same as any other year until March 2020 when the extent of the pandemic ripped through the nation, Washington state and NPSI. Thanks to the quick action of the leadership team at NPSI, we switched, overnight, from in-person classes to Zoom classes. The infrastructure was in place as the institute had been developing its long-distance program, so this transition was smooth and easy, compared to the emergence of the pandemic. Our in-person practices switched overnight to telehealth as well.

Just as we were orienting to distance training and telehealth psychoanalysis, the pandemic of racism with the murder of George Floyd exploded across the nation and in the streets of Seattle. These pandemics crushed “normal” and business as usual instantly and we continue to cope with the tidal waves of catastrophic change. Waves of uncertainty, turbulence, and fright are followed by ebbs of reorienting, finding our way in uncertainty, carrying on as best we can. . .“the new normal”.

In response to the pandemic of racism, the candidates looked inward and found us and our institute to be part of the problem. We made a commitment to ourselves, to the institute, to the wider community, and to psychoanalysis itself to strive to become anti-racist practitioners in an anti-racist organization. Toward that end, instead of a Candidate President letter in the Spring/Summer 2020 edition of Selected Facts, we wrote a Candidate letter. Jack Ringel, a talented writer, was able to transform the essence and substance of our discussions, passion, pain, fears, and fervent hope into that letter. The letter is at the end of this report. We realize becoming anti-racist is a life-long undertaking, and at the core of becoming an anti-racist organization is becoming anti-racist individually. We are committed to that task at every level.

Academically, all the candidates have been progressing in training. We have taken to remote classes hardly missing a beat. We have managed to cope with, what at times, seems like the never-ending frustrations of technology issues, eye fatigue/strain, and the disembodied, flat, part-object experience of the Zoom windows. We are grateful that we have technology and a leadership team that supports adaptation so that we can continue our training and work; we acknowledge these privileges. As of the writing of this report, a couple of candidates are working on their initial reports for control cases; when those get approved, every candidate who needs a control case will have one. This is a first (at least for the past 7 years)! It is a welcome relief and joy in which we are all able to share.

It is noteworthy, that some of these control cases developed during the pandemic. This is evidence that remote training and remote analysis is viable; that catastrophic change can lead to paradigm shifts and we can strive not for normal but for better. Based upon this experience, the candidates are in favor of NPSI further developing and implementing distance learning, as early as Fall 2021, if possible as we are desirous to have a new cohort join us in training.

## **Selected Facts Spring/Summer 2020**

### **Letter from the Candidate Group**

“History, despite its wrenching pain, cannot be un-lived; but if faced with courage, need not be lived again.” - Maya Angelou

To the NPSI Community, Its Leadership, and The Wider Community Which It Serves:

The recent murders of George Floyd, Breonna Taylor, and the deaths of so many other Black Americans killed by police, have brought the NPSI candidate group together to begin more seriously addressing the many ways that systemic racism plagues our country, our field, our institute, and ourselves. As psychoanalysts-in-training, we recognize the need to reflect on our own biases and aggression, conscious and unconscious, and the harm that comes from them. Furthermore, we are asking ourselves how we can stand in solidarity with Black Lives Matter and other major social movements, in a concerted and ongoing way, to continually confront the various ways that we - as individuals, professionals, as a group, and as an institute at large - unwittingly carry forward the brutal legacies of racism, discrimination, and bias that plague our communities. We are committing ourselves to the long overdue process of making NPSI more inclusive and racially diverse, and to better prepare ourselves to practice psychoanalysis in a more inclusive, anti-racist way.

We believe that psychoanalytic thought can contribute to understanding, reparative action, and meaningful change. However, with regard to becoming a more anti-racist organization, NPSI needs to do more - not tomorrow, not next week, or next year - but *now*, and to heed this call as an ongoing thread that touches the heart of our work. We regret that we have relied on our privilege within a highly stratified, unequal society, and that we have unconsciously retreated from addressing these issues, instead of using our minds to address them. We wish to step forward more. As candidates, we have several preliminary thoughts about how to rectify this. These ideas (which are at the end of this letter) span several areas of our organization, including curriculum, membership, and ethics, and we hope that our ideas will continue to grow out of collective efforts.

We recognize that the United States has a long history of racism and many other forms of discrimination, bias, and violence. Psychoanalysis teaches us to listen for history - not only its narrative form, as something *already past*, but quite more crucially, *how it lives on* - in the experiences of our patients, ourselves, the groups we're a part of, our communities, and our whole society. We believe that our institute and psychoanalysis at large have much to learn about how to take history more seriously as a living and breathing force. We aim to actively take on the evolving task of making a more equitable, inclusive, and just world, within and beyond our roles as analysts-in-training.

We call on our leadership, and on ourselves, to take this task with the utmost seriousness - both now, and in an ongoing, committed way. Below are some further, more specific ideas we wish to put into action:

- 1) Establish a committee to address Diversity, Equity, and Inclusion.
- 2) Establish institute-wide learning about race, racism, and white supremacy/white privilege, inviting Black people and other people of color to teach us.
- 3) Establish a scholarship program for colleagues of color to attend Fundamentals and/or Analytic Training.
- 4) Bolster our referral service to include better outreach to communities of color, those with low income, and other groups whom we could better partner with.
- 5) Revise/add to the curriculum to address race and diversity in psychoanalysis as a core part of our training.
- 6) Establish an ongoing venue for continued dialogue, including perhaps a regular newsletter addressing evolving ideas, actions, and reflections.
- 7) Stand in solidarity with other organizations - psychoanalytic and beyond - that are, and have been for many years, fighting for causes of social justice.
- 8) Make amends, repairs, and reparations wherever we can, as part of our journey towards greater responsibility and collective healing

Respectfully yours,

NPSI Candidate Group, June 2020:  
Mara Applebaum, MA PhD LMHC  
Margaret Bergmann-Ness, MA LICSW  
Lynn Cunningham, MA MSW (LICSW) PhD  
Anna M Delacroix, MA LMHC  
Samantha Good, MSW LICSW  
Ambre Lane, MD

Dina Maugeri, MA LMHC  
Becky McGuire, MS LMHC  
Jack M. Ringel, MA LICSW  
Mary Sacco, LMHC  
Helen Widlansky, PhD  
Nicole Wiggins, MA LMHC

**Curriculum Subcommittee:**

Anna Delacroix, LMHC (Candidate Representative)  
Esti Karson, PhD, FIPA  
Barbara Sewell, LMHC, FIPA (Chair)

The Curriculum Committee has been active with the regular tasks listed on the attached policies and procedures page. I have listed the areas we have been active in here.

**Teaching Positions filled:** We have been actively filling teaching positions by soliciting instructors from within and without NPSI **broadening our teaching base.** Esti and Barb have successfully sought instructors and filled all of the teaching needed for the past year and have much of the coming year filled as well. The teaching schedule for this year is attached below.

**Responding and incorporating candidate feedback:** At the retreat last fall, the candidates requested a class focused on how to transition cases into analytic frequency and stated they would like to hear from senior analysts more of how they think and work. We created a Process and Technique class on this topic and invited 6 senior analysts as guest instructors.

**Incorporating Ethics:** The Curriculum Committee was involved in bringing Board member Brad Cokelet in to teach and facilitate an ethics class one Friday last fall. Esther Karson worked with Brad to decide on readings and direction for this class.

**Uniformity in syllabi and reading:** Anna Delacroix has been an invaluable help in these areas researching references for reading on the PEP and on the internet and editing syllabi for uniformity.

**Combining Didactic Classes when possible:** We listened to feedback from instructor's and candidates about class size and workable study groups and we have combined all didactics when possible and appropriate for both the didactic classes and clinical seminars.

**Transitioning to Zoom classes:** The CC also has helped in the transition to using Zoom for classes and new requirements from the Continuing Education Licensing Board NASW.

**Curriculum Committee Policies and Procedures**

**I. Establish a Core Curriculum for each cohort that enters training.**

Procedure: Form a Committee and talk about the Curriculum.

A. Committee Tasks:

1. Discuss what has worked, what might we want to change, who will investigate other ways of teaching (as for instance Freud), talk to other institutes, research teaching methodology.

2. Write up a curriculum format.
3. Submit to EC and TA committee.
4. Take suggestions and make changes
5. Submit another Curriculum and format
6. Implement the new Curriculum with new candidates.

## **II. Select Instructors for Didactics and Clinical Seminars.**

Procedure:

- A. Discuss in Curriculum Committee and brainstorm possible instructors taking into consideration that we need to include more faculty and distance faculty.
- B. Send out an invite to NPSI faculty.
- C. Consider who has volunteered and who has not and send out personal invitations paying close attention to IPA guidelines that require a T.A. to anchor clinical seminars. Also paying attention to candidate feedback regarding instructors.

## **III. Helping Instructors Plan for Classes**

Procedure:

- A. The Chair of the Curriculum Committee will contact each instructor regarding the dates of teaching and the need to have a written syllabus (didactic) and written learning objectives.
- B. When the learning objectives and class syllabus have been formatted the instructors will forward these to the Chair of the Curriculum Committee, who will then forward these to the committee for discussion and feedback. Suggestions and/or comments will be passed on to the faculty and may result in a subsequent proposal with changes...
- C. When the class syllabus and learning objectives have been examined and agreed upon by the Curriculum Committee the class will proceed.
- D. If the instructors in either the didactic or clinical seminars have dates when they will be out the Chair of Curriculum may aid in finding faculty to cover the seminar.

**IV. Evaluations and Feedback:** The Curriculum Committee processes candidate feedback regarding clinical seminars and didactic seminars and distributes this information to instructors.

Procedure:

- A. The NPSI Administrator distributes guidelines to the instructors at the beginning of the classes.
- B. On the week of the second to the last class the Chair of the Curriculum Committee sends all instructors a reminder to give the class the evaluations and ask them to bring them back at the last class or to give them 5 minutes at the beginning of class to complete the evaluations. These evaluations should then be placed in a sealed envelope and put in the box of the Chair of Curriculum.
- C. The Curriculum Committee will look at these at their next meeting which will be as soon as is feasible. If the feedback is negative or is deemed by the committee sensitive enough to be delivered personally then it will be discussed and someone will be assigned to talk to the instructor. If the feedback is deemed appropriate for immediate transmission it will be scanned and sent out to the instructors immediately.

**V. Other:** When issues arise at NPSI that have to do with the Academic Training (schedule, auditing classes, fee for classes) the Curriculum Committee will meet to discuss and make recommendations to the EC.

**Teaching Schedule for 2020-21 Academic Year**

<b>Candidate Cohort #1</b> (Didactic Year 4):	<b>Candidate Cohort #2</b> (Didactic Year 2):
Ambre	Helen
Dina	Mara
Jack	Sam
Mary	

<b>Course Name</b>	<b>Academic Term*</b>	<b>Candidate Cohort</b>	<b>Instructors</b>
Process & Tech-Convertng Cases	Fall 2020	Combined cohorts	Barb and guest instructors.
Meltzer	Fall 2020	Cohort #1	Maxine N & Carolyn
Klein I	Fall 2020	Cohort #2	David R & Julie
Clinical Seminar	Fall 2020	Mixed cohorts	Caron
Clinical Seminar	Fall 2020	Mixed cohorts	Mirta
Intro. to Contemporary BOR	Winter 2020-21	Combined cohorts	Rikki
Dreams	Winter 2020-21	Combined cohorts	Maxine A & David P
Clinical Seminar	Winter 2020-21	Mixed cohorts	Maxine A
Clinical Seminar	Winter 2020-21	Mixed cohorts	Judy
Perversions and Psychosomatics	Spring 2021	Combined cohorts	Coleen Gold & David R.
Borderline/Psychosis	Spring 2021	Combined cohorts	Chris Keats & Esti
Clinical Seminar	Spring 2021	Mixed cohorts	Marianne
Clinical Seminar	Spring 2021	Mixed cohorts	Dana

**\*Academic Term** dates are:

Fall 2020: September 11 – December 4 (no class November 27)

Winter 2020-21: December 11 – March 12 (no class December 25 or January 1)

Spring 2021: March 26 – June 18 (no class May 28)

**Progression Subcommittee:**

Lynn Cunningham, MA, MA, PhD, LICSW (Candidate Representative)

Judy K. Eekhoff, PhD, FIPA

Julie Hendrickson, MA, LMHC, FIPA

Esti Karson, PhD, FIPA  
David Rasmussen, PhD, FIPA (Chair)

The Progression Committee (PC) reviews Candidate reports and Faculty evaluations of Candidates from Didactic and Clinical seminars; considers and responds to Candidate questions about program requirements and requests; and meets twice per year with each candidate to communicate about each candidate's respective progress in the training program. Additionally, during the 2019-20 Academic Year the Progression carried out the following tasks:

1. In person Candidate meetings were held in October and November 2019. Spring 2020 file monitor meetings were conducted via Zoom.
2. The PC gave temporary training requirement guidelines in consideration of COVID-19 precautions beginning in March 2020. Zoom seminars for clinical training, control case supervision, training analysis, control cases continue to qualify for hours and will continue to be in effect for the foreseeable future.
3. The Western Branch of the Canadian Psychoanalytic Association (Vancouver Institute) requested a copy of the NPSI Candidate Handbook to use as a template for their Institute. We supplied them with our online version.
4. We updated the Candidate Handbook for the next group of Candidates admitted into the training program, providing specific guidelines for Section 6: The Graduation Paper. We also developed a tracking sheet for completing the Graduation Paper.
5. The PC is in the process of converting Candidate files to online files.

**Training and Supervising Psychoanalyst Subcommittee:**

Maxine Anderson, MD, FIPA  
Mirta Berman-Oelsner, PsyA, LMHC, FIPA  
Dana Blue, LICSW, FIPA  
Stan Case, LICSW FIPA  
Elie Debbane, MD, FIPA  
Judy K. Eekhoff, PhD, FIPA  
Coleen Gold, MA, BCATR, FIPA  
Caron Harrang, LICSW, FIPA  
Ken King, MD, FIPA  
Robert Oelsner, MD, FIPA  
Adriana Prengler, LMHC, FIPA  
Marianne Robinson, MSW, PhD, FIPA  
Oscar Romero, MD, FIPA  
Barb Sewell, LMHC MIPA

The position of Chair is currently vacant. This report was prepared by Dana Blue.

The TA subcommittee meets on an as needed basis. This year, the committee met twice; in spring to discuss agenda items relating both to training, and the functioning of our committee, and in late summer to welcome a new member and continue the discussion of COVID-19; and remote analysis as well as distance learning. In the next year, we will be meeting quarterly, with a rotating chair.

### **Psychoanalytic Psychotherapy Program Subcommittee:**

Dave Parnes, LICSW, FIPA (Chair)

Helen Widlansky, PhD

Dina Maugeri, MA, LMHC

John Allemand, PhD, LICSW, BCD, MPH

Samantha Good, LICSW

In the fall of 2015 NPSI faculty inaugurated a new certificate course titled “The Fundamentals of Psychoanalysis.” The course was organized by Maxine Anderson, MD, FIPA (Co-Chair) Dana Blue, LICSW, FIPA (Co-Chair) Adriana Prengler, LMHC, FIPA (Co-Chair). Year One, which was completed in June 2016, proved so popular that students requested a second year. Year Two launched in October 2016. In October 2017, the program offered the Year One Curriculum, slightly revised and improved, to community mental health professionals. Year Two was again offered, beginning in October of 2018 and ending in June of 2019. Fundamentals was on hiatus for the academic year of 2019.

During this year, a full committee of five members was formed. The committee met periodically throughout the year, focusing on resuming the Fundamentals course in the coming academic year. The committee made an extensive review of the program, including: marketing and advertising strategies; the name of the program; the curriculum; the website content; and, how the program fits into the overall mission of NPSI. As part of this process, the committee also researched other psychoanalytic psychotherapy programs offered elsewhere. As a result of this review, changes, updates and tweaks were made to the program.

- The program was advertised at more non-NPSI events.
- In collaboration with the Admissions Committee, open houses offered by NPSI began to present the range of training opportunities that our institute offers, from the Fundamentals Program to psychoanalytic training.
- Advertising and our website presence were updated and enhanced, to be competitive with other programs, but also to emphasize how the Fundamentals program differs from other courses offered elsewhere.
- Welcoming Fundamentals participants into the larger NPSI community, by giving them community membership status (free of charge) during their participation in the program.

Some advertising efforts had to be curtailed, due to the COVID pandemic. As well, the committee made a decision to offer year one of the Fundamentals course, beginning in October of 2020, as an online-only program and, as a consequence of this decision, the program was marketed more extensively in the United States and in Canada. The program began via Zoom, on October 1<sup>st</sup>, with 14 participants, the maximum size for this year’s course. Students include clinicians and other professionals from the Puget Sound area as well as from Maryland, Georgia, Ontario, Ottawa and British Columbia.

### **Conclusion and Plans for fiscal year 2020-2021**

Maxine Nelson continued serving as Acting Director of Training, while also serving as NPSI President during the period covered by this report.

The roles of Admissions Chair, Curriculum Committee Chair, Psychoanalytic Psychotherapy Committee Chair, and Training and Supervising Psychoanalyst Chair remains vacant.

The Admissions Committee is hoping to admit a new cohort of candidates in Fall 2021.

### **III. NPSI Society**

#### **Continuing Education Committee**

**Jeffrey L. Eaton, MA, FIPA Chair**

The Scientific Meetings Schedule for 2019-2020 proposed to explore the topic of intuition. The original schedule included Maxine Anderson, MD, Jeffrey Eaton, MA, Judy Eekhoff, PhD, Caron Harrang, LICSW, Robert Oelsner, MD, and a final wrap up panel. The meetings were suspended in March as a result of the COVID 19 outbreak. I would like to thank those who presented, those who agreed to present, and those who helped to set up and clean up after the meetings. Thanks also to everyone who attended and participated in the meetings on Unconscious Phantasy and Intuition.

I was also grateful to participate with COR and The Alliance in producing the Volk Ethics panel.

Jeffrey Eaton resigned as Chair of the Scientific Meetings Committee. It is hoped that meetings will continue in the future with a new committee facilitating a virtual format.

#### **Ethics Committee**

**Brad Cokelet, Ph.D., NPSI Advisory Council**

In the past fiscal year there have been no complaints. There was one ethics inquiry and a three person ethics committee, consisting of Stan Case (chair), Brad Cokelet, and Marianne Robinson, was formed.

Jeff Eaton organized a very successful ethics six-hour workshop titled “Ethics Today: Examining the Volk Decision from Many Angles”. It was co-sponsored by the Center for Object Relations and the Northwest Alliance for Psychoanalytic Study, in addition to NPSI, and took place on November 9th, 2019. Presentations were made by Laura Groshong (LICSW), Casey Moriarty (JD), Brad Cokelet (Ph.D.), Christopher Keats (MD, FIPA) Eric Huffman (LICSW) and Jeff Eaton (MA, FIPA).

Brad Cokelet also ran an ethics training event for candidates in September of 2019 which focused on issues of informed consent and confidentiality.

#### **MyNPSI**

**Teddy Jachim, NPSI Advisory Council**

The MyNPSI program was launched to catalogue Scientific Meetings for the purpose of facilitating remote attendance, generating revenue, and attracting new members while improving engagement amongst existing members.

**Here are the facts:**

In 2019, the program expanded with 10 new video uploads including EBOR sessions, Founder conversations, and Scientific Meetings. The year registered 260 total views, 31 unique viewers, and 34 finishes (complete video viewing). This represents a 26% increase in views YoY with 31 new/unique viewers. The total video “finishes” in 2019 is a staggering 74% decrease YoY.

All time statistics are as follows: 779 views, 64 unique viewers, and 170 finishes. This is a 17% increase in all-time view compared to the previous year.

Interestingly, the total views in 2018 was nearly twofold that of 2019 despite the EBOR content uploaded in 2019.

It is easy to get lost in the above metrics, but ultimately the program saw a healthy expansion of content offerings in 2019. Processes were streamlined such that they could be integrated with other professional media undertakings (i.e. EBOR conference), and the filming itself has proven to be minimally invasive to the content/output of Scientific Meetings. Audiences and participants have gradually grown more accustomed to donning microphones.

Whether this program holds merit financially, I cannot say as I am unaware of the cost/revenue breakdown for this timeframe. I can say that if losses are incurred, they may be worthwhile for the interest of providing a unique and novel community service.

**From 2019 MyNPSI report:**

I suggest a survey of the membership to better understand what MyNPSI means to users, and what improvements they would like to see. This would help the board evaluate the viability of the program moving forward.

**Looking ahead:**

Unsurprisingly, only two videos have been uploaded in 2020- which, I believe, is a year that would have otherwise offered much greater insight into the development of MyNPSI. It may not be possible to resume conventional filming until 2021 or beyond, which necessitates an adaptive approach if the board wishes to continue offering online content. If so, content in the immediate future might include Zoom recordings, podcasts, etc. I am willing and able to help facilitate these options.

**Fundraising Committee**

**Doug Ulrich, NPSI Advisory Council**

**NPSI Donation Challenges in 2020/2021**

- ❖ On March 27<sup>th</sup> the CARES ACT was signed into law. In part, the act offered relief to taxpayers by eliminating the Required Minimum Distribution (RMD) from IRA and retirement plans in 2020. The RMD will once again be required in 2021 based on the taxpayer’s age-based RMD calculation.

- ❖ At the end of 2019 Congress enacted the SECURE ACT. One facet of that legislation was to increase the age for beginning Required Minimum Distributions from age 70 ½ to age 72. This change was only applicable to those who had not already begun taking RMD withdrawals.
- ❖ Increases in the Standard Deduction available to taxpayers has many unable to deduct their current and future charitable contributions. Example: Married couple filing jointly & over age 65 receives a 2020 Standard Deduction of \$27,400. Unless this couple is gifting at a higher level, or has mortgage interest expenses/other deductible items (which many retirees do not), they may well be utilizing the standard deduction and no longer be incentivized to make addition charitable contributions.
- ❖ GOOD NEWS! The CARES ACT now provides for taxpayers that DO NOT itemize to deduct up to \$300 in charitable cash contributions. This might very well be an opportunity for NPSI as the year draws to an end.
- ❖ Though an RMD is now not required until age 72, and no RMD is required in calendar year 2020, the Qualified Charitable Distribution (QCD) remains unchanged and is available to taxpayers who have obtained the age of 70 ½. The QCD allows an individual to contribute directly to certain qualified charities directly from their IRA—up to \$100,000. The QCD also counts towards satisfying the account holders RMD for the year. This is an attractive option for individuals who, perhaps, don't require the income distributed from their IRA for living expenses and who may no longer be qualified to deduct their charitable contributions because that are now claiming the standard deduction.

### **Publications Committee**

**Holle Sweet/Tese Mason (Managing Editor) *Selected Facts: Newsletter of Northwestern Psychoanalytic Society and Institute***

#### **Newsletter Staff:**

Anna Delacroix, LMHC (Copy Editor)  
 David Parnes, LICSW, FIPA (Reporter)  
 Connie Sais, MA, LMHC (Reporter)  
 Jack Ringel, Reporter  
 Tese Mason (Managing Editor)

**Media Editor:** Caron Harrang, LICSW, FIPA

The main activity of the Publications Committee is producing *Selected Facts: Newsletter for Northwestern Psychoanalytic Society and Institute*, published biannually. The Managing Editor of the newsletter chairs the Publications Committee. Each issue of the newsletter is reviewed and

approved by the President prior to publication. The newsletter goes out to 891 readers, with a 40% open rate.

The Spring 2020 issue focused on the impacts of the COVID-19 pandemic on the functioning of the organization as well as its impact on individual members.

In September 2020, Anna Delacroix stepped down as Copy Editor. The position has yet to be filled. The upcoming issue will include committee reports to keep our readers updated on the many accomplishments and goals of the various committees at NPSI.