

# Newsletter

Spring Issue

2023



## Letter from the President

Dear Colleagues,

First, I would like to thank all of you for your hard work: teaching, treating, and supervising. As you know, it has been CAPA's policy that none of the teachers, treaters or supervisors are paid by CAPA. This is part of the tradition of "giving back" what we have been given. Only treaters are paid and they are paid by their CAPA patients. This payment has been understood as a way of helping the students understand how fees are negotiated between treaters and their patients-not like the bargaining so common in China.

In recent years, it has become somewhat difficult to recruit supervisors. Why? A very large proportion of CAPA members were recruited by me. I know many people in the analytic world and have been recruiting for a very long time. Many of the people I recruited are quite old. I hope I can say this without being accused of ageism. I may be the oldest person still active in CAPA. When you receive this, I will be 89 years old. And, alas, old people tend to fall ill, even die, or have aged and ill spouses to care for. We hope that by asking the students to pay a small sum (\$50/supervisory session for 30 sessions/year) we will encourage some of our current members to supervise and encourage some younger people to join CAPA. Many analytic organizations charge for supervision. A small number of students objected to this change, but we reminded them that CAPA certification almost guarantees a full practice and that CAPA has a loan fund with low interest charged while enrolled. Also, current YR2 & YR4 students were given a tuition discount to balance costs as they completed their programs.

Some news in the analytic world concerns problems within APSA reported on various listservs. I am not at liberty to discuss other difficulties. I am a member of the APSA Board of Directors. In the interest of transparency and diversity, it occurs to me that it would be a good idea to ask ALL OF YOU, students, graduates, longtime CAPA members, new CAPA members (it is very difficult to specify people without the risk of insulting someone) to write directly to me with suggestions about things CAPA might do or change or improve both our organization and the things we do. Please e-mail me: [Elise Snyder, M.D.](mailto:Elise.Snyder.M.D.) with your ideas. I do not intend this as an arena for complaint or criticism. It is an arena for constructive suggestions.



## Letter from the Editor

The new newsletter format...

Although we recently started the new newsletter format last summer, it keeps getting better and better due to the work of the entire CAPA staff and contributions by members, students and graduates.

About the 'Bonus' section in our current CAPA newsletter format...

We have been presenting a section in the newsletter with what we consider bonus information and it changes with each issue. The past issues have included a CAPA Timeline (from 2008-today); CAPA archive (photos from tours to China over the years); and, in this issue, we are presenting Applying to CAPA: The Journey of an Applicant. Please check it out.

As the title implies, this bonus section describes the way one starts the process of applying to CAPA's Basic Training Program to the next step, the ESL assessment. Once applicants get over that hurdle, they're on their way. They are now ready for two interviews, three if more information is needed. This is a lengthy process because of how strong the applicants are. The next step is the difficult yet rewarding job of selecting applicants. This task is carried out by the Admissions Committee. Finally, CAPA staff notifies applicants of the Committee's decisions. Good luck to this year's applicants!

See page 8 for more details in this issue and be sure to look for the upcoming 'Bonus' sections – they are ever changing and, we hope, a good way to learn even more about CAPA.

Thank you for participating in CAPA...

We greatly appreciate everyone who participates in CAPA whether it be as a student, teacher, supervisor, board member or our founder and president. A special thanks to all staff members who make CAPA the success it is today.

I hope you have a wonderful summer.

Warm regards,  
Karyne Messina, Ed.D.  
Editor of CAPA NEWS



# Table of Contents



Announcements	page #2
CAPA Events	page #3
CAPA Magnified	page #4
Who Are We?	page #5-7
Applying to CAPA	page #8
Board, Staff and Committee Lists	page #9



## Announcements

### CONGRATUALTIONS

**Cesar Alfonso, M.D.**, a CAPA Member since 2012, has been elected President of the World Federation for Psychotherapy!

The Leadership of the American Psychiatric Association has presented **Maria Lymberis, M.D.**, a CAPA member since 2016, with the Benson Award for lifetime contributions to the profession, especially her pioneering work addressing the sexual misconduct problem when it first emerged in the public arena (Newspaper LA Times) in the 1970s! [CLICK HERE](#) to visit Maria's website to learn more about other recent awards.

#### **Congratulations to the 2023 graduating class of the Xin Xun Institute for Psychology!**

The institute was founded in Shanghai by CAPA Class A graduate WEN Cuiqin (Wendy) in 2020 using the CAPA model. It is one of three such institutes in China today.



### FAREWELLS

#### **Moshe Kahn, Psychoanalyst**

CAPA Member since 2017  
Feb 16, 1951-Jan 18, 2023

[CLICK HERE](#) to read more about Moshe Kahn

#### **Richard Ruth, Ph.D.**

CAPA member since 2012  
Born?-April 9, 2023

### MEMBER ACTIVITIES

**Title: The American Academy of Psychodynamic Psychiatry and Psychoanalysis Educational Lectures Series III: Race, Gender and Climate Have Enter the Chat!**

**Presenter:** Multiple, organized by Gerald P. Perman, M.D., Chair of Series

**Date & Time:** Remaining date is June 15, 2023

**Location:** Online

[CLICK HERE](#) to see the lecture(s) to attend

**Title: Integrative Psychosomatics for Clinicians**, a presentation with the Institute of Integrative Psychosomatics (Paris, France) and the Institute of Psychotherapy and Neurocommunications (Vilnius, Lithuania)

**Presenter:** Arseny Tarabanov, Ph.D.

**Date & Time:** October 21 and 22, 2023 / 7am-1pm EST

**Location:** Online

Email Arseny Tarabanov for more information: [tarabanov@inncp.com](mailto:tarabanov@inncp.com)

### MEMBER PUBLICATIONS

**Title: Psychic Mimesis From Bible and Homer to Now**

**Author:** Nathan Moses Szajnber, MD

**Published:** 2023

[CLICK HERE](#) to order the book

**Title: Harry's Peace**

**Author:** James Bove, MD

**Published:** 2023

[CLICK HERE](#) to order the book

**Title: Psychoanalytic Organizations: The Good, The Bad, and The Ugly**

**Editor:** Douglas Kirsner

**Published:** 2023

[CLICK HERE](#) to order the book

**Title: Beyond the Binary: Essays on Gender**

**Author:** Shari Thurer, ScD

**Published:** 2023

[CLICK HERE](#) to order the book

**Title: The Secret Symmetry of Maimonides and Freud**

**Author:** Nathan Moses Szajnber, MD

**Published:** 2023

[CLICK HERE](#) to pre-order the book

**Title: Religion and Death One Century Later**

**Author:** Dorothea Leicher, LCSW

**Published:** The Journal of Psychohistory (2023)

[CLICK HERE](#) to access the article

**Title: La rivoluzione di Martha Harris: Il pensiero psicoanalitico e le sue applicazioni nelle istituzioni**

**Author:** Maria Paola Martelli, MA

**Published:** 2023

[CLICK HERE](#) to order the book

### **NEW!** Multimedia Content

**Podcast Name:** The New Books Network

**Podcast Host:** Karyne Messina, Ed.D.

[CLICK HERE](#) to access podcast



# CAPA Events

## REFLECTING ON PAST EVENTS

### APsA Annual Meeting in NYC

#### Discussion Group 59

**Psychoanalysis and China: Global Warming: Existential Crisis & Psychoanalytic Treatment** on Thursday, February 2



**CAPA's Gathering at the Hilton** on Friday, February 3



### Movie Club Discussion of EVERYTHING EVERYWHERE ALL AT ONCE

On Saturday, March 18 (Sunday, March 19 in China) members, students, and graduates met together on Zoom to discuss and share thoughts about the movie selection by committee chairs Neal Spira and Jacky Song. Read below to learn more about upcoming Movie Club selections and discussion dates.

### Analytic Applicants Q&A Session

On Friday, March 24, CAPA students and graduates gathered on Zoom to hear a panel of analytic candidates, institute graduates, and CAPA members discuss their experiences, share advice, and answer questions about the journey of applying to, attending, and graduating from analytic institutes. CAPA's Analytic Applicants program supports our students as they work toward becoming analysts. This is one of the activities held to ensure our graduates are prepared to further their careers in psychoanalysis.

**02 Process** Candidates' & Analysts' Perspectives  
过程体验

**Q5:**  
What do you consider to be the most significant difference between a psychoanalytic education program and CAPA's training programs? How did CAPA's training positively impact your attending in the psychoanalytic program?  
你认为精神分析项目与CAPA的培训之间最显著的区别是什么? CAPA的培训项目对你参加精神分析项目有什么积极的影响?  
-by WANG Ruijuan (Robin)  
KANG Qiang (Leo)



**03 Post Graduation** Co-chairs' Perspectives  
毕业以后

**Q9:**  
How do you think your life's prospects and outcomes have been impacted by pursuing further analytic training at a psychoanalytic institute?  
你认为在精神分析学院接受进一步的分析培训, 对你的生活有什么影响?  
-by Dr. Prosepe & Dr. Torres

## UPCOMING EVENTS

### Special Lecture Series

**Title: Why Lacan? Theory, Technique, and Academic Relevance**  
**Presenters:** Dwight McCan, Wu Bing, Hong Xhou, Yu Yang  
**China Date:** Saturday, June 10th, 2023 at 09:00 – 11:00  
**US Date:** Friday, June 9th, 2023 at 9:00 – 11:00 PM EDT  
**Prerequisites:** Open to all CAPA students and graduates  
**Course size:** Open Enrollment **Course fee:** \$20 USD  
[CLICK HERE](#) to learn more

### More Movie Club Discussion Dates in 2023

For more information in June and November dates...  
**MEMBERS:** [CLICK HERE](#) to learn more about Movie Club 2023, watch trailers and RSVP to attend the discussion(s).  
**STUDENTS/GRADUATES:** [CLICK HERE](#) to learn more about Movie Club 2023, watch trailers and RSVP to attend the discussion(s).

### Lazy Days of Summer + Virtual Tours of China

Add a CAPA virtual tour of China to your summer relaxation! Join us for real-time Zoom tours with Simon, our guide, and with local experts. While we are zooming in China, you can mingle with fellow tourists, take in the scenery, connect with our guides and experts, and interact with locals in the community.  
[CLICK HERE](#) for more details and to sign up.



MONTH	CITY	ATTRACTION	DATE/TIME EST	DATE/TIME PST	FEE per person
JUNE 2023	Ya'an City	Tea Culture	SUN June 25	SUN June 25	\$25 per person per tour
			8:00-9:15pm	5:00-6:15pm	
JULY 2023	Beijing	Summer Palace Garden	FRI July 21	FRI July 21	Please complete a separate form for each person attending.
			7:30-8:45pm	4:30-5:45pm	
SEPT 2023	Suzhou	Lingering Garden	FRI Sept 8	FRI Sept 8	
			7:30-8:45pm	4:30-5:45pm	

# CAPA Magnified - A Closer Look

## CAPA's Treatment Program

By Dr. Lana Fishkin, Director of Treatment, and Toni Maeck, Program Administrator

Before CAPA as we know it today was even a glimmer in our eye, Elise was approached by people in China looking for treatment. About a year later, when Elise embarked on facilitating a training program in China, she recognized from the training model in the U.S. that individual treatment is as crucial as the supervision and coursework. We thus thought it would be helpful to offer opportunities for treatment for CAPA students in both analysis and psychodynamic psychotherapy. This tripartite model of training – supervision, coursework, and treatment – created the foundation of CAPA. The Treatment Program has therefore been an integral part of CAPA from the get-go.

Since its inception, the Treatment Program has grown in the number of students who are enthusiastic about receiving treatment. For students, treatment is recommended because anyone who decides to do clinical work should examine their own conflicts and blind spots before embarking on helping other people. Understanding yourself in this deeper way is just as important as taking coursework, as it helps to avoid inflicting your issues and hang-ups on your clients. Feedback from the many CAPA graduates indicates that their own introduction to therapy was an integral part of their training.

The treaters come to learn a lot about Chinese culture through their work with trainees as well. There are differences in the culture which need to be recognized and accommodated. Treatment is a learning and growing experience for both the student/patient and treater, and it is typically a very mutually enriching experience.

CAPA's role is to facilitate referrals for students who are interested in treatment. I keep a database of CAPA members who are interested in low-fee treatment with CAPA students. Usually, my matchmaking between student/patients and treaters is a success. Sometimes, it is a poor fit for various reasons. In this case, it is perfectly fine for the student to come back to me and say this isn't working so well, and that they need another referral. This happens less than 10% of the time, because I think very carefully about the student's needs and to whom I am referring them.

Although CAPA makes recommendations for treatment fees, the fee is always subject to negotiation depending on individual circumstances. In most cases, it will be a more modest fee than what the analyst/therapist might charge in their home country. This is because the income scale is lower in China. The treater will carefully assess the student's individual circumstances, such as their income and what they are charging their own patients in China, to determine the fee. The greater the frequency (sessions per week) of the treatment, the lower the individual fee per session will be.

The only aspect of treatment that CAPA documents is the start and termination dates of the treatment, as well as the fee. Treatment is entirely confidential, and the only people with access to this limited information are Dr. Fishkin and the designated CAPA administrators. We do not monitor the treatments nor oversee them in any way.

If you are interested in becoming part of this wonderful project, please contact Dr. Lana Fishkin at [lanafishkinmd@gmail.com](mailto:lanafishkinmd@gmail.com). We are always happy to have new treaters. Students who are interested in being matched with a CAPA treater can apply [via our website](#).



# Who Are We?

## Catching Up With Our Members, Students and Graduates

Enjoy learning more about colleagues who make CAPA special!

### Member Interview

#### Richard Ruth, Ph.D.

Richard Ruth, Ph.D. agreed to be interviewed for this issue of the newsletter and submitted these responses on February 19, 2023. CAPA learned of his passing on April 9, 2023. We are fortunate to have been his colleagues, students and friends. He was a CAPA member from 2012 until his death.

#### Where do you live and practice?

Washington, DC area.

#### Describe your current work and/or type of practice, or if retired, describe the work you used to do.

I see patients for psychoanalysis and psychotherapy; provide supervision for graduate students and working professionals; and do neuropsychological and psychological evaluations.

#### Please describe your career path, including your educational development such as additional degrees or institutes you attended as you built your career.

I am from South America. After receiving degrees back home in clinical and medical psychology, and a doctorate in interdisciplinary Latin American studies, I was part of the second group of psychologists in my country who, in a contentious process at the time, were accepted for psychoanalytic training. After coming to the United States because of dangers to me and many others in my country, I had to get my degrees all over again at a US university- and did so. At the time, psychologists were not accepted at most US psychoanalytic institutes, and I went into practice, missing the institute culture in which I had thrived but feeling I needed to start a new chapter in my new country. I am now retired from a career teaching clinical psychology, and LGBT studies, at a university. As a retirement project, I pursued a long- term dream and studied for rabbinic ordination, which I received in January. I have worked in community mental health; for several years at Chestnut Lodge Hospital; and in private practice.

#### Who would you say is the person that influenced your career the most, and how so?

The psychoanalyst Marie Langer, who I was fortunate to have as a supervisor and mentor. She taught me that psychoanalysis and progressive politics were not incompatible, and, through her groundbreaking work using psychoanalytic treatment to help previously infertile women conceive and deliver babies, the power of psychoanalysis to have a transformative impact on people struggling to overcome serious problems in life.

#### How did you first hear of CAPA, and please describe why you feel a connection to CAPA's mission?

A friend and colleague who was working as a CAPA therapist and supervisor invited me to a dim sum lunch. There, I met Elise Snyder. Like so many of you, I was impressed, charmed, and immediately seduced. I was pleased to learn that CAPA accepts all kinds of psychoanalytic clinicians, of diverse professions and backgrounds and from a variety of psychoanalytic theoretical orientations. Since then, I have had fulfilling experiences teaching and supervising CAPA trainees. In addition to the considerable pleasure working with such talented and motivated students, being on the "ground floor" and playing a small part in the process of bringing the potential of psychoanalytic psychotherapy and psychoanalysis to a rapidly modernizing China that needs us and that growing numbers of people in China value is exciting beyond measure.

#### Please add anything else about yourself that you want the people in CAPA to know about you. You can also use this space to include a description of the image you uploaded.

No photo, please. What can I say, I have become an old fashioned analyst reluctant about such things.



## Student Interview

### PAN Di 潘笛

PAN Di 潘笛 is currently enrolled in Year 2 of the Basic Training Program and will begin Advanced Training in the 2023-24 academic year.



Where do you live and practice?

Beijing, China.

Describe your current work and/or type of practice.

Working with individuals and couples; recently discovering in myself the intention of using inter-personal techniques; and long-last interest in existentialism related issues.

In three words, can you describe your experience at CAPA so far?

Ripple; Cave; Interstellar roaming.

What has helped your practice the most since you began training at CAPA?

I would say being together with my lovely site mates has helped me the most. Practicing psychotherapy is a comparatively lonely journey, and it helps a lot both professionally and emotionally to have a group to share with and get responses to my clinical experience and theoretical confusions.

Do you envision yourself staying involved with CAPA after you graduate, and if so, how?

Yes, certainly. What options are there? Haha...

I've been thinking recently about how can psychoanalysis better tackle psychological problems in contemporary Chinese society, and enable people to have more meaningful living experiences, since the psychological troubles we are mainly facing have shifted from libido repression to the feeling of drifting, meaningless, and disconnection.

It might be a good idea to have a psychology + art + tech festival regularly as a discussion of that.

What is one thing that has surprised you about CAPA?

Instructors are teaching for free!

Please add anything else about yourself that you want the people in CAPA to know about you. You can also use this space to include a description of the image you uploaded.

In the photo, I was in front of the Omayad Mosque in Aleppo, north Syria. It used to be a beautiful town with a 4000 year history, and is now completed destroyed- first by civil war, followed by an earthquake. I was there in 2009, with a humanitarian aid mission, not knowing that was a once-and-only visit.

Since I was little, I have often felt connected with the feeling of helplessness – whether a homeless animal, people living under war, or natural disasters. I remember in my CAPA application interview, the interviewer reminded me that psychotherapy is NOT to "help" or "satisfy", but to "understand".

A long way to go...

## Graduate Interview

### CHEN Yan (Fiona) 陈艳

CHEN Yan (Fiona) 陈艳, who began CAPA in 2014 (Class G), graduated from the Advanced Program in 2018 and the Supervision Training Program in 2021. Fiona is also an analytic candidate at the Chicago Psychoanalytic Institute.



Where do you live and practice?

Chengdu, Sichuan

Describe your current work and/or type of practice.

I have been in my private practice for 8 years. I do psychotherapy from once per week to three times per week with adult patients. I do supervision too.

Reflecting back, what was your first thought when you heard of CAPA?

I can test original flavor. That's a good opportunity for me to learn psychoanalysis systematically.

During your time as a student, describe the most useful thing that CAPA helped you with (career-wise or personally).

I think my own analysis and supervision are most useful. In terms of analysis, I experienced how difficult it is and how much courage you need as a patient to expose yourself to the analyst or therapist which helped me more empathic of my patient. But the reward from analysis is quite great. In terms of supervision, it is a good chance to learn how to practice hand by hand.

As a member of one of the earlier classes at CAPA, please describe why and how you have stayed connected with CAPA, even after graduating 5 or 10 years ago.

I felt very grateful for CAPA which offer us a chance to be so close to psychoanalysis. The lower tuition fee they offered did less burden me and made my study in CAPA possible. My study in CAPA is a turning point, is very significant which brought me a great progress no matter in terms of my career or personally.

I still get in touch with some of CAPA's teachers and participate a Sunday Supporting Group launched by CAPA since Pandemic .

Is there a CAPA member, perhaps a teacher or supervisor, that to this day stands out in your mind to have influenced you, encouraged you or supported you in an unexpected way?

I am very impressive of one teacher who I don't know his name, he's very old but very clear minded. He was a very good teacher. Unfortunately, he passed away during he's having courses for us. He's the model who inspired me to keep immersing and engaging in psychoanalysis for my rest life.

Please add anything else about yourself that you want the people in CAPA to know about you. You can also use this space to include a description of the image you uploaded.

I am in my 3rd year training as a candidate in Chicago psychoanalysis Institution. I enjoy learning there with international students with whom we can share and experience multiple cultures. I appreciate my patients and enjoy working with them. Be a patient prior to being a therapist or analyst. Good luck!

e-mail address : [tqsuan@126.com](mailto:tqsuan@126.com)

phone No. : 18030867612

# Applying to CAPA: The Journey of an Applicant

## Starting Point: Opening the Application Period

The application period is open for approximately 3.5 months, beginning late Fall through early Spring. Applicants start by opening a CAPA portal account to access the application form. The form provides detailed instructions and a list of prerequisites, and collects the biographical, educational, professional and personal information needed to get to know each applicant.

When considering applying to CAPA, applicants are informed of the application fee. However, the during first 30 days of the application period, the application fee is waived. After the specific date provided, applicants are required to pay the fee before their application can move to the next step.

## The Next Step: ESL Assessments

If it is clear on the application form that an applicant has the required professional experience, degree, and residency, then they are invited to sign up for a time to have their English language skills assessed. CAPA has designed its own ESL assessment that evaluates oral communications and listening comprehension – the two most important English skills to succeed in CAPA’s classroom environment.

At the end of each week, an ESL report is sent to the Chair of the Admissions Committee to conduct another review of the applicant’s experience and their ESL score. If both are within the acceptable range, the applicant is ready for the next step – two member interviews. If the applicant does not meet the minimum ESL score and/or does not have the required experience (which is also discussed further in the ESL screening) then they are sent a determination letter that clearly explains the reason why they are not being considered further and what they can do to become a stronger applicant in the future.

## The Two Member Interviews: How You can Get Involved

CAPA recruits members to help interview applicants. In recent years we’ve had about 150 applicants each year, and nearly half of them reach this step in the application process. With 70+ applicants, that means more than 140 interviews are conducted! When an applicant receives scores that are inconsistent or opposing, a third interview is required to get to know the applicant better.

This takes a large amount of time for all involved – for administrators, members, and applicants alike. This step alone can take up to 4 months to complete. The more members who volunteer to interview, the faster the process goes. Becoming an interviewer is easy, the experience is rewarding, and the result can be a long-lasting connection with a Chinese colleague.

### Here’s what members are saying about the interview experience:

“Had a wonderful talk with [the applicant].... it was one of my most stimulating interviews.”

“It is always interesting to “meet” a new applicant.... your “process “ is so efficient.”

“What an amazing group of smart, hard working people. Entirely my pleasure.”

Contact Bonnie Evans ([capabevans@gmail.com](mailto:capabevans@gmail.com)) if you are interested in learning more about becoming a future interviewer.

## Almost the Last Step: Admissions Committee Review

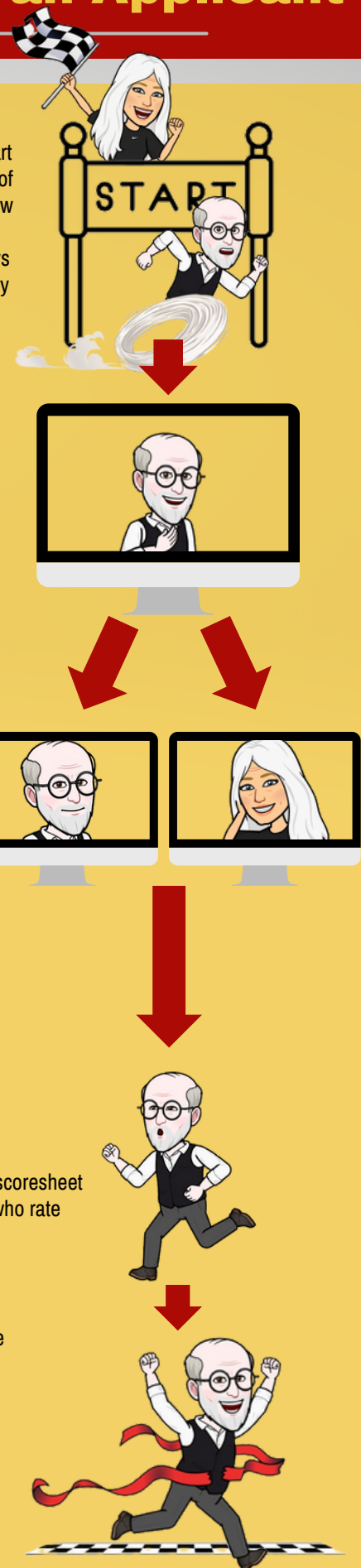
Once all applicants have had their interviews, members of the Admissions Committee are sent the materials and a scoresheet with a scoring rubric to rate the applicants. Each applicant is assigned randomly to at least 3 committee members, who rate them. The scores are then collected and applicants are ranked based on their ratings.

## The Final Step: Inviting the New Incoming Class

The CAPA staff then notifies all applicants of the Admissions Committee’s determinations. The top 40 applicants are invited; 5 applicants who have been waitlisted are notified; and those who are not in the top 45 are sent a determination letter. This letter explains the reason the applicant is not being invited, what they can do to become a stronger applicant in the future, and policies for reapplying. This final step often takes place at the end of May/beginning of June.

Over the summer, many details are finalized for the new incoming class: summer readings, site assignments, site coordinators, PEPWeb membership, class syllabi and schedules, etc...

Welcome to CAPA!





# CAPA Officers, Board of Directors and Staff

## OFFICERS

**President**  
Elise Snyder, M.D.

**Secretary**  
Xiaolu Hsi, Ph.D.

**Treasurer**  
Dwight McCan, Ph.D.

## BOARD OF DIRECTORS

Thomas Campbell, M.D.  
Lana Prince Fishkin, M.D.

Xiaolu Hsi, Ph.D.  
Dwight McCan, Ph.D.  
Glenn Mowbray, Psy.D.

Bernhard Seubert Ph.D.  
Elise Snyder, M.D.  
Aleksandra Wagner, Ph.D.

## STAFF

**Executive Director**  
Catherine Stankowski

**Administrative Director**  
Bonnie Evans

**Senior Program Administrator**  
Toni Maeck

**Program Administrator**  
Tiffany Bryant

**Program Administrator**  
Maria Gibson

**Program Administrator**  
Izzi Beaulieu

**Bookkeeper and Accountant**  
Rebecca Chen

**Technical Support**  
Suzy Pafka

## Programs and Committees

Let us point you in the right direction!

For a full list of program and committee participants....



[CLICK HERE](#)



Your membership helps  
CAPA grow!

TEACH  
TREAT  
SUPERVISE

[CLICK HERE](#) to join CAPA



Dues payments  
and  
contributions  
can be made by

[CLICKING HERE!](#)