

## PPSC: INSPIRING EVERYDAY PRACTICE WHILE ILLUMINATING CORE CONCEPTS

“Superb, fantastic, stimulating, lively, provocative, refreshing, energizing”—can you believe that people use all of these words in the same sentence with psychoanalysis and education? If you could use something superb and energizing in your personal and professional life, consider the courses sponsored by the [PPSC—the Psychoanalytic Psychotherapy Study Center of North Carolina](#).

A division of the [North Carolina Psychoanalytic Society](#), the PPSC is organized and taught by a multi-disciplinary group of mental health professionals. Since 1993, the PPSC has offered introductory and advanced level courses in the theory and practice of psychoanalytic psychotherapy. From its inception, the PPSC has been committed to integrating classical and contemporary models of psychoanalytic theory in ways that illuminate core concepts and inspire everyday practice.

The PPSC’s popular, one-year [Introductory Course](#) is geared to the career needs of mental health professionals and trainees who would like to have a solid grounding in psychoanalytic concepts. Take note that the [Introductory Course](#) is also open to others, including teachers, lawyers, parents, pastors and journalists, who have a personal interest in learning more about what makes human beings tick. Held on Monday nights on the Duke University campus, the [Introductory Course](#) is led by award winning instructors, [Bill Meyer, MSW](#), and [Harold Kudler, MD](#).

Contrary to current trends in mental health care aimed at quick cures and cost cutting, Meyer and Kudler encourage students to take time to build rapport, to listen, and to try to understand their clients as people experiencing problems in living. Employing guided readings and examples from their own vast clinical experience, Meyer and Kudler cover topics ranging from working with defenses, to the intricacies of building a relationship, dealing with the challenges of transference

and counter-transference, and developing a psychodynamic understanding of diagnoses in the DSM IV. They also expose students to the most talented and creative psychoanalytic thinkers of the last century.

“What was most valuable to me,” wrote one student about his experience in the [Introductory Course](#), “was learning the language and concepts of psychoanalysis and merging those with a very humanistic and caring approach to people.” [Sally Humble, PhD](#), former high

school English teacher, reported, “The [Introductory Course](#) was a wonderful experience and highly relevant to my work with students. Dr. Kudler and Mr. Meyer gave us a conceptual basis for understanding the developmental process that is comprehensible and very helpful to anyone who works with human problems.” Attorney [Jay Osborne](#) found that the [Introductory Course](#) provided “a deeper appreciation for what drives people. This sensitivity has enabled me to be more effective in my work resolving conflicts between people.”



*Bill Meyer, MSW, and Harold Kudler, MD, co-teach the PPSC Introductory Course.*

The [PPSC](#) also offers a two-year [Advanced Curriculum](#), which is open only to mental health professionals and trainees. This program, comprised of weekly classes and supervised casework, provides a solid foundation in theory and technique of psychoanalytic psychotherapy. Participants must have completed or be currently engaged in a personal psychoanalytic psychotherapy. Seminars are held weekly on Wednesday evenings in Cary at the Lucy Daniels Foundation.

According to [Rebecca Goz, PhD](#), who coordinates the faculty of the [Advanced Curriculum](#), “Coursework provides exposure to the controversies, ferment and growth which characterize contemporary psychoanalysis and offers a comparative examination of models dealing with drive, ego, self, object relations and interpersonal relationships.”

*continued*

# giving



*"Psychoanalysis has allowed me to recover from childhood traumas and to live a happier, more productive and satisfying life. I give my time and money to the NCPF so that psychoanalytic treatment and education will be available to future generations."*

Marilyn Bara, MSW, volunteers her time to create the annual Calendar of Psychoanalytic Events, available at [www.ncps psychoanalysis.org](http://www.ncps psychoanalysis.org)

## PPSC *continued*

Dale Sheffield, PhD, describes the Advanced Curriculum as "an excellent educational opportunity that helped me to work with patients' resistances and transferences and helped me to feel more confident in my ability to work with a variety of developmental issues." Molly Kiefer, MSW, recommends the PPSC as a "rejuvenating antidote to middle-career burnout." Sandra Bennett, LMFT, speaks about the PPSC's broad impact on her life, "The benefits of my psychoanalytic education, professionally and personally, cannot be separated. They are the same benefits no matter who I am with—husband, daughter, friend, colleague or client. My training has rewarded me with a deeper, richer, more complex understanding of myself and human nature in general."

For more information about the PPSC, call Margaret Wilner, MSW, Steering Committee Chair, at (919) 493-6183 or visit [www.ppscnc.com](http://www.ppscnc.com). Apply now for new classes beginning in the fall of 2004.

*Contributed by Heather Craige, MSW*

## psychoanalysis in the Carolinas

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### APPLY NOW!

The Psychoanalytic Psychotherapy Study Center of North Carolina is Accepting Applications for the Fall 2004 Introductory Course For information, call (919) 667-9125 or visit [www.ppscnc.com](http://www.ppscnc.com)

The UNC-Duke Psychoanalytic Education Program Is Accepting Applications for Fall 2004 Full Psychoanalytic Training Deadline March 1, 2004 For more information, call (919) 490-3212 or visit [www.unc-dukepsychoanalysis.org](http://www.unc-dukepsychoanalysis.org)

CME, CE for Psychologists and Continuing Education Credits for Social Workers are Available for Students Enrolled in these Courses.

## NC PSYCHOANALYTIC FOUNDATION ESTABLISHES "THE FREEMAN SOCIETY" TO HONOR ITS FOUNDERS

At its biannual gala on October 25<sup>th</sup>, the North Carolina Psychoanalytic Foundation announced the launching of a new philanthropic group called **The Freeman Society**, so named as a tribute to the legacy of leadership and service embodied by NCPF founders and gala honorees David F. Freeman, MD, and Constance C. Freeman, MSW.

According to NCPF board chair Heather Craige, MSW, the Freeman Society is a special way for the Foundation to acknowledge and thank donors who have made planned gifts to the NCPF or who have included the NCPF in their estate plans. "In creating the Freeman Society and in seeking



*David F. Freeman, MD, sings for guests at the Foundation Gala.*

planned gifts, the NCPF is sending a resounding message that we want to secure a vibrant future for psychoanalysis in North Carolina, that we want to ensure that psychoanalysis will always be taught and always be practiced and always be available to North Carolinians. What better way to honor the vision and leadership of David and Connie, who have dedicated their lives to advancing psychoanalysis in the community and as

a profession, than to name this society in their honor."

Ever modest about their accomplishments and influence, David and Connie Freeman were initially reluctant to have a charitable giving society named for them. Said David Freeman, "As we learned more about planned giving and understood better what it could mean for the Foundation and its capacity to support future psychoanalytic education and training, we were all for it!"

"In fact, we are revising our wills so we can make a bequest gift to the Foundation and be members of the Freeman Society ourselves. Our kids are supportive and encouraged us to do it," said Connie Freeman.

Planned giving offers a wide range of opportunities to donors wishing to support the charities they care about and in ways that are most appropriate for their individual charitable and financial goals. Planned giving can include major current gifts of cash, securities or personal property; or deferred gifts that provide a lifetime of income through a charitable trust or annuity; or estate gifts such as a bequest through one's will or naming the Foundation as the beneficiary of an IRA.



*Connie and David Freeman thank Heather Craige for her service as Chairman of the NC Psychoanalytic Foundation Board of Directors.*

Charter members of the Freeman Society include Heather Craige, Dr. Charles Keith, and David and Connie Freeman. Anyone who indicates their intention by December 31, 2004, to make a planned gift to the Foundation will be recognized as a charter member of the Freeman Society.

For more information on the Freeman Society or how you can support the North Carolina Psychoanalytic Foundation, please contact NCPF Administrator Sarah Stiegler at (919) 847-2323 or by email at [info@ncpsychoanalysis.org](mailto:info@ncpsychoanalysis.org).

*Contributed by Sharon O'Neill*

The North Carolina Psychoanalytic Foundation  
presents

**BACK FROM THE WAR:  
Psychological Needs  
of the Returning  
Combat Veteran**

**Annual Public Lecture**  
Distinguished Speaker: Jonathan Shay, MD, PhD  
UNC Friday Center  
March 6, 2004

Professional Workshop 10am-5pm  
Public Lecture 3-5pm  
Donor Reception 5:30-7:30pm

For information, call (919) 847-2323  
or visit [www.ncpsychoanalysis.org](http://www.ncpsychoanalysis.org)

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