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Upcoming Luncheon Meetings



Date: July 9th, 2010
Topic: The Soldiers Project: Psychotherapy with Military Service Members and Recent Vets

Speaker: Barbara Schochet, PhD

Date: August 6th, 2010
Topic: NO LUNCHEON

PLEASE RSVP NO LATER THAN THE FIRST MONDAY OF THE MONTH TO YOUR INTERNET EVITE, OR TO THE SGVPA VOICE MAIL (626)583-3215. CE credits available for psychologists, LCSWs and MFTs

Monthly luncheons are held on the first Friday of the month at the University Club,
175 N. Oakland Avenue, Pasadena, from 12:00 to 1:45 p.m.

Members Costs:

Luncheon, Service, and Parking Privileges...\$22
CE credits...\$20
Audit...\$10

Non-Member Costs

Luncheon, Service, and Parking Privileges...\$27
CE credits...\$25
Audit...\$15

Please note: Unclaimed lunch reservations will be billed to the individual--So please claim them!

PRESIDENT'S MESSAGE

Dear SGVPA Colleagues,



I recently had a moment of revelation about a challenging situation, and recognized it as a pivotal moment-- a kind of "ah-ha!" moment. I am always grateful for these flashes of insight, and aware of how hard we work to facilitate such moments for our clients. A single moment can hold enormous significance, and become an exciting harbinger of change.

Through our speakers, educational presentations, and our newsletter, SGVPA strives to provide such moments! The following are upcoming SGVPA moments that may facilitate insight and change.

On July 9, Barbara Schochet, Ph.D, the assistant director of The Soldiers Project will be our featured speaker at the luncheon meeting. She will enlighten us regarding the unique issues faced by soldiers abroad, and their families, as well as provide us with clinical advice, and opportunities to help.

Did you know that this is the second time in history since WWII that the United States has been involved in two theaters of war? Operation Iraqi Freedom is the ongoing action in Iraq, and Operation Enduring Freedom refers to the war in Afghanistan. Today's soldiers and their families face numerous challenges in service, in war, and after their return.

I have been working with The Soldiers Project to determine how SGVPA can provide much needed support to soldiers. It is my hope that other SGVPA members will be inspired to offer pro bono work towards this rewarding and noble cause.

(continued on page 2)

President's Message
(continued from page 1)

On Sept 10, we will have a moment to reflect on therapy with Gay, Lesbian, and Bisexual clients, when Dr. Judy Holloway will explain that "Being Affirmative is Not Enough!"

Our Early Career Professional Committee will present another educational "moment" in a half-day continuing educational seminar on September 25 with Dr. Larry Waldman, author of "The Graduate Course You Never Had: How to Develop, Manage and Market a Flourishing Mental Health Practice".

Finally, I'd like to announce the formation of SGVPA's newest special interest groups, all of which will seek to provide more "moments" of professional enlightenment exploring Clinical Psychopharmacology, Addictions and Recovery, and Developmental Issues of Children and Adolescents. Watch for more info in Analyze This!, and on the website.

Linda Tyrrell, PsyD
President



SGVPA Rocks a Cool Party! **Celebrating Suzanne Lake and Other Laudable Leaders**

By Sheree Bailey, MA



SGVPA members joined to honor Dr. Suzanne Lake, President for four watershed years from 2005 through 2009, and other past presidents and board members, on a balmy evening in April.

As editor of *Analyze This!*, Suzanne had coincidentally accepted an award for Best Newsletter of the Year at the California Psychological Association's annual convention the previous weekend. The award and a guestbook were set up at the door, where guests were encouraged to leave congratulations and personal reflections for Suzanne.

Current SGVPA President Linda Tyrrell introduced Suzanne, with a tribute to her management skills, dedication, and successful efforts at recruiting new leadership, as well as in inaugurating numerous successful programs, and building the chapter up to its present thriving state. She noted Suzanne has been a member for 16 years, serving variously as Association Secretary, and Disaster Response Chair, before taking over as President, and newsletter Editor, in 2006.

"I never knew how much SGVPA meant to me until I became President," Suzanne admitted in her informal address, adding that in many ways the Association was in decline at that point. "I turned my terror at the decline into a passion to turn SGVPA around!" she remembered. Citing the excitement of recruiting innovative and enthusiastic early career psychologists to take on leadership roles, Suzanne especially expressed appreciation for the contributions of Kalea Chapman, Amanda Han, Mona Kumar, Stephanie Law, and Colleen Warnesky in building up the Association.

With a salute to other "laudable leaders," President Linda Tyrrell also recognized the contributions of past presidents Enrico Gnaulati, Alan Karbelnig, Sam Alibrando, Lynn Becker, and Keith Valone, as well as of past board members Colin Vogel, and Leine Delker, who were also among the guests. Current board members Manny Burgess, Joe Dilly, Christina Emmanuel, Stephanie Law, Dave Lorentzen, and Deborah Peters, who also attended the event, were publicly thanked for their service. Other honorees mentioned, but who were unable to be present, were Linda Bortell, Monica Sandowicz and Marilyn Simpson.

The gala took place at the home of Mark Baer, SGVPA member and family law attorney, and was organized by Secretary Elisse Blinder. As part of the festivities, guests mingled in the enclosed brick patio that provided a tranquil view of surrounding mountains as the sun set. Colleagues snacked on gourmet hors d'oeuvres, and a selection of fine California wines, while a guitarist also strummed melodiously in the background. A laudable event indeed!

Hollywood NOS

By Daniel Goldin, MFT



I worked for three years as a therapist at the aptly named Hollywood Recovery, on Sunset Boulevard and Highland Avenue, across the street from Hollywood High School, whose mural of John Wayne, Greta Garbo and Tony Curtis towered over the ghetto kids who spilled onto the sidewalk every day at 3:15. Our side of the street always seemed to have too much sun, providing an overexposed sort of cover for the runaways, junkies, transvestites and dealers, who sometimes found their way into the clinic and told us their stories. With its bleary mauve walls and mismatched furniture, BHS Hollywood Recovery projected institutional indifference, like a jail or a public school, only more poorly funded. But despite this atmosphere, we developed strong relationships with our clients, and at times helped them begin the difficult climb out of addiction and madness.

The staff psychiatrist and I met often to puzzle over cases. We began to notice that many of our clients had a powerful relationship with a different Hollywood from the one where they scrapped out their lives. They were motivated at their core by the Hollywood glorified by the mural across the street, by *People* magazine and the Academy Awards--the Hollywood of our collective imagination.

One recovering alcoholic Iraq veteran slept under a bush in UCLA. His pillow was a garbage bag stuffed with a change of clothes and a stack of unfinished screenplays. A street kid, whose father had put a bullet through his head in front of him, told us that if he wasn't a rock star by the time he was 25, he would turn his father's gun on himself. He called himself "Fame." We had a bipolar client, who a year ago had written a major Hollywood movie. During her manic phases, she oversold herself as a producer, writer and director. When she cycled back into depression, she obsessed on not being recognized, and usually returned to shooting up heroin.

In order to explain the Hollywood-fueled clients we were seeing, who seemed whole only when they were wrapped up in fantasies of mass recognition, we coined the term *Hollywood NOS*. We wondered what it would be like if our clients achieved their dreams, and then quickly realized that it could never happen. People don't "achieve" dreams. They just achieve new problematic realities. We had both known and worked with well-known industry people who fell prey to addiction. Like our clients, these people were intensely creative and had used fantasy as a defense since childhood, and like our clients, they tended to inflate when the lights were on, and deflate when the lights were off. We realized that what we were seeing on Sunset Boulevard was not that different from what was going on in Beverly Hills and the Pacific Palisades, that with a little more luck and maybe a little more talent, "Fame" could take his place beside Brittany Spears, Heath Ledger and Michael Jackson in the recent pantheon of Hollywood martyrs.

It was not so much love of self that undid Narcissus, but love of his reflection. If we consider Hollywood NOS from this perspective, we are looking at a person who loves how he is represented in the minds of others. A mistreated or neglected child, whose parents fail to reflect back to him through words and emotional displays the child's inner life, his thoughts and feelings, learns to seek admiration instead of understanding to maintain his bond. As an adult, he continues to need admiring others to keep his invented self alive.

For the many poor souls across the world with deprived childhoods, Hollywood seems to offer a way to make that precarious self real and permanent, fixed to the culture like a star in the sky, to borrow a metaphor from Hollywood. But reality intrudes even in Graceland and Never-Never Land. Inside Michael Jackson's white glove was a real hand that sometimes trembled in fear. Behind the vestigial nose was a mind that experienced pride and shame and childlike loneliness. Perhaps his humanity felt like a terrible imperfection, one he could only escape by numbing out on a powerful narcotic anesthetic and finally, by dying.

Dan Goldin, MFT can be contacted at DanielGoldin@gmail.com

The Disaster Prep Kit, Vacation Style: “Quake Water”



By Joseph B. Dilley, Ph.D.
Disaster Response Chair

When my wife and I recently moved into a new home, we discovered a collection of large plastic bottles in the garage, each filled with water. “QUAKE WATER” had been written in permanent black marker on the side of each bottle. We quickly deduced that the previous owner had prudently set aside this water for his consumption in the event of a water shortage resulting from a large-scale earthquake. I began considering what kind of similar preparations we might wish to make for such an event. In the last issue of *Analyze This!*, I had opined that preparing for natural disasters can elicit transference similar to that experienced when we purchase a life

insurance policy: It’s a necessary evil that we don’t really like to think about.

But in this issue, I want to expound on that notion by reminding us that the few minutes it will take most of us to prepare for a natural disaster will make the disaster itself turn out to be less, well... disastrous. In a sense, doing so is akin to the preventive work we do with many of our clients, or perhaps in our own psychotherapy: Through anticipating what may come, we are thereby more equipped to respond effectively when it does. It is with this more hopeful thrust that I encourage you to take five minutes to play the old “Desert Island” game with your loved ones. That’s the one where you think about the practical and, sometimes, the luxurious items you’d wish to have with you if you were to spend a week on a desert island. Have you ever played this with someone really literal? They put things on their list like oxygen. “Oxygen! I’d take oxygen with me!”

While the idea here *is* to think pragmatically and we can take a nod from our more literal friends, the whole point of the game is arriving at a list of things that are not naturally occurring or easily accessible, so that if you were ever to become stranded in some way and/or if stores had to remain closed indefinitely, you could survive, perhaps even in relative comfort.

The United States Department of Homeland Security and the American Red Cross recommend a 13-item list ranging from the bare necessities (water, non-perishable foods—not forgetting the can opener, blankets, and toilet paper) to the often-taken-for-granted (flashlight, matches, battery-powered radio or TV). While the list they recommend is available at www.FEMA.gov, each of our families will have somewhat different needs. A quick way to capture what you will need on your list is to take a quick peek into the pantry, the medicine cabinet, and the garage... then jot down what you see and let some additional associations come to mind. For example, when you see contact lenses in your bathroom, you’ll probably also be jogged to include a travel-sized lens storage solution on your list. Easy, right? Think of it like you’re packing a little bag for a rustic vacation... a *very rustic* vacation. Some additional nuancing according to your personal preferences and lifestyle will also be necessary to modify your list across environments where you spend the most time. For example, you’ll likely want to have separate survival kits for home, office, and car. Naturally, each of these might be comprised of somewhat different implements.

You get the idea: Take five minutes and get prepared. Meanwhile, I really should wrap this up now—I’m barreling a mean batch of *Quake Sangria* that I may “need” to access someday!

*To join or to find out more about the DR Committee,
you can reach Joe at (626) 539-2001 or PhDilley@gmail.com*

WELCOME NEW MEMBERS



Licensed:
Carolyn Lyons, PhD

Associate:
Karen Allan, MFT



Affiliate:
Luke McCarthy, JD

A Tijuana Tale

By Suzanne Lake, PsyD



Each one of us, just about every day, helps people deal with their problems, here in Southern California. But how many times are the problems as monumental as those that people in Third World countries face? For a number of years, I have visited the poorest environs of Tijuana as a psychologist, with a medical outreach team called Healing Hearts Across Borders. This is a story from our May visit.

I heard about Ana from her mother, who sat sobbing before me at the improvised counseling “office” we set up in Tijuana’s poorest neighborhood, next to the city garbage dump.

Ana is 15 years old. She has glossy black hair, and sparkling black eyes with long black lashes, through which she tends to look shyly at you when she talks. She loves to read, draw, and cook special foods for her little sister.

Three weeks earlier, on a Friday morning about 9:00, Ana was on her way to a job interview. Her father has not been helping support her family-- mother, 5 year old sister, and 16 year old brother-- and she was hoping to get a job as a cashier at the store they shop in.

As she trudged along the road in the morning sunlight, a car suddenly pulled over and two men in masks leaped out and grabbed her by the hair. They dragged her into the car, pushing her between them, and suddenly pressed a moist rag to her face... When Ana woke up, she was lying beside the road in another neighborhood. Her clothes were torn, her body was bruised, and her body had been violated. Ana dragged herself to an aunt’s house nearby, and was taken to the police station. The police took her report, but admitted they would take no action, because Ana had never seen the rapists’ faces, and could not identify them.

Word got out in the neighborhood that Ana had been molested. But rather than outrage or sympathy, she was accosted with scorn and blame. Even though she had never had a boyfriend, was known to be a modest and even prim young girl, many of the local women took the occasion to heap ridicule on Ana, a violated woman. She was made fun of when she went out, and so she simply stayed in the tiny house, filled with misery. To make matters worse, Ana had missed her period, and the prospect of a pregnancy from the terrible event filled the whole family with dread.

Ana’s mother cried as she told me how Ana would hardly talk to her, and would not come for counseling, or an examination, to the medical site we had set up, because she would be abused and shamed. She explained that Ana’s underwear and her only presentable clothes for job interviews had been ruined, or taken in the attack, and that she could not afford to replace them.

In the end, I took my translator, Francesca (a sweet, tender 23 year old volunteer) up the road to see Ana in her little home. Ana’s tiny 5 year old sister refused to leave the room at first, alternately guarding her big sister, and looking for something to play with. Ana was very guarded herself, although she had consented to our visit. She showed us her room, including the photos of an older brother who had been murdered in the drug wars. I talked to her about feelings, inviting her to express herself, but with shy smiles, Ana said very little. However, the little she did say moved Francesca to tears. I spoke gently to Ana, and reassured her. I told her that if she wanted to talk later in the day, Francesca and I would be available. I urged her to come to the medical site, where she could be examined.

A few hours later, we saw that Ana had indeed ventured out to be seen by a doctor at our site. Ana’s mother told Francesca that Ana seemed much more relaxed since our visit, and had spoken to her. Meanwhile, Francesca--who was about the same physical size as Ana--had gone through her luggage and extracted some clean, new clothes--including a new bra--that Ana might wear to a job interview. She produced the bag containing the clothes and asked Ana’s mother to accept it for Ana.

Despite the heartbreak of the situation, I was so glad that Ana had come to the site, and so touched by Francesca’s generosity. My heart soared when I learned that Ana’s pregnancy test had come back negative. Maybe this little girl still has a chance.

CPA Tidbits

By Stephanie Law, PsyD
SGVPA Rep to CPA



In the attempt to keep you informed about the happenings of the California Psychological Association, I offer you the following current CPA “tidbits.” Please take a look!

- As you know, the BOP is the chief regulatory agency of our profession in California, charged with protecting the health, safety, and welfare of consumers of psychological services, and with advocating the highest principles of professional psychological practice. The BOP falls under the organizational purview of the

Department of Consumer Affairs. During the weekend of May 14, the Board of Psychology met in Costa Mesa.

What you may *not* know is that the BOP, which typically includes nine members, is currently working with *just five* members. The governor has steadfastly [space] refused to make any new appointments to the BOP for over a year now, which he justifies with the claim that this refusal saves the state money. CPA vehemently refutes this claim, since the BOP is funded *totally* through license, application, and examination fees, and receives absolutely *no* tax money from the General Revenue Fund of the State of California.

In addition, five members on the BOP is only a quorum, and with only two psychologist members at this time, the board is severely handicapped in doing its work at this time.

Following a presentation by a representative from the Department of Consumer Affairs at the May meeting, CPA Executive Director Dr. Jo Linder-Crow presented a statement on behalf of CPA, emphasizing the importance of filling the board vacancies. CPA is working in every way they can to convince the governor’s office of how important this is. CPA will continue to urge the Department of Consumer Affairs to push to have appointments made to fill the psychologist positions on the BOP, and will let us know through our GAC representative if grassroots action becomes necessary.

- CPA has also recently launched the first phase of a marketing campaign to newly licensed psychologists, and is starting to see a return on that effort. If you know a newly licensed person please share information about CPA, and urge them to become members of CPA!

Please visit CPA's website and see for yourself how much they do, and how hard they work for psychologists!

Dr. Stephanie Law can be reached at Stephanie@drstephanielaw.com

Psychology and Family Law

Is There a Penalty for Perjury?

By Mark Baer, Esq.



I was recently involved in a case in which I was retained to defend my client against an attempt to obtain a restraining order against him. The party seeking the order (the “Petitioner”) alleged that she was fearful and afraid of my client, who was “bothering” her because he “seemed to feel that [she was] in his debt.” In her papers, which she signed “under penalty of perjury,” she stated that my client had given her some money (\$25,000.00) and a car, as *gifts*. She claimed that she “was never particularly close with” my client.

In response, my client provided evidence of emails the Petitioner had sent him wherein she had said, “I love you very much,” “Thank you for rescuing me by lending me the attorney’s fees,” a request to “borrow one of the cars,” and an email that she had sent to her attorney and forwarded to my client, which stated that my client had “financially supported the children and I since February, he has lent me money for legal fees, etc., as well as

providing me with a vehicle.” Based on this evidence, the Petitioner was perjuring herself when she denied being close with my client, and that the money was a gift.

In the response papers, I said as much. I advised the Court that the Petitioner’s attorney had a conflict of interest, because of his apparent knowledge of her perjury, and the fact that he may be a witness to that fact. I requested: (1) the Court deny Petitioner’s request for a restraining order; (2) Petitioner’s attorney be relieved as her attorney of record; (3) Petitioner and/or her attorney be ordered to reimburse my client for all of his attorneys fees and costs; (4) the Court report Petitioner to the authorities for perjury; and (5) the Court report Petitioner’s attorney to the State Bar of California for having knowingly allowed the Petitioner to perjure herself. Since the crime of perjury can only be reported to the authorities by a judicial officer, I stated emphatically, “Unless and until the Courts appropriately penalize clients and their attorneys of record for such misconduct, the judicial system will continue to be used inappropriately by unscrupulous individuals and their legal representatives.”

The Court denied the Petitioner’s request for a restraining order, and ordered that Petitioner pay my client 100% of his requested attorney’s fees. However, the Court denied my other requests, choosing in effect, to ignore the perjury.

I then reported Petitioner’s attorney to the State Bar, which later advised me that it would not discipline the attorney for knowingly supporting his client’s perjury.

The unhappy fact is that judges almost never refer a case to the District Attorney’s office for a perjury prosecution, and prosecutors claim that if they were to prosecute such offenders, everybody who testifies in court would go to jail!

Clearly, then, the legal system does nothing to discourage people from committing perjury. Unless and until Courts refer cases of perjury to the District Attorney’s office for perjury prosecution, and the District Attorney’s office actually prosecutes such cases, everyone who testifies in court will continue to routinely commit perjury. Since the judicial system is not known for its ability to fetter out the truth, I contend that something must be done to reduce the incidence of perjury.

As attorneys, we swear to faithfully discharge the duties of an attorney to the best of our knowledge and ability. Among other things, the duties of an attorney include the following: (1) “To counsel or maintain those actions, proceedings, or defenses only as appear to him or her *legal or just*...”; (2) “To employ...those means only as are *consistent with truth*, ...”; and, (3) “Not to encourage either the commencement or the continuance of an action or proceeding from any corrupt motive of passion or interest.” (Italics added.)

Our legal system might improve if attorneys remembered the oath that they took *and* if the State Bar actually disciplined those attorneys who fail to “faithfully discharge the duties of an attorney and counselor at law to the best of [their] knowledge and ability.”

Mark Baer, Esq. can be reached at (626) 389-8929 or by email at Mark@markbaeresq.com

Getting to Know Your Colleagues in SGVPA

Lisa Krueger, PhD



By Sheree Bailey, MA

Anyone who has practiced psychotherapy for even a short time knows that it is as much an art as a science. Most successful clinicians have a creative leaning along with a scientific mind that seeks to engage their clients in new and meaningful ways. Dr. Lisa Krueger, however, has taken her creative inclinations a step further by instructing in and using creative written expression with her clients to help them get more in touch with their internal experiences.

For many years, Lisa ran a women's writing group. She regularly offers workshops and seminars to the community on writing as a means of personal growth, stress management, self-image exploration for young women, and parenting. In addition, Lisa is the author of two poetry books entitled *Rebloom*, and *Animals the Size of Dreams*, published respectively in 2004 and 2009. Lisa has also self-published the first volume in a series titled *Creative Acts and the Open Road: An Interactive Journal for Teenage Girls*. The first volume addresses self-image issues.

"The core of this book stems from my belief that the creative life is the most untapped source of vitality and strength for everyone," Lisa explains in the introduction of the journal.

Ironically, Lisa kept this "source of vitality" hidden from others in her adolescence and college years. Majoring in English literature during her undergraduate years at Princeton University and the University of Virginia, Lisa primarily focused on literary criticism rather than developing her own writing. She has, however, written as a creative outlet since childhood. The positive responses from family and close friends to her writing in the last few years finally gave her the encouragement to make her work more public.

Lisa has also had a long-standing interest in psychology, stemming from a tragedy that occurred in her family. Lisa's sister sustained severe brain damage during a car accident at age 17, and her mother started a cognitive rehabilitation center following the event. Lisa explains that they used art as a means of rehabilitation at the center as well as other techniques.

After spending six years on the East Coast, Lisa moved back to Pasadena with her husband, who had recently completed law school at the University of Virginia. She then decided to pursue a PhD in clinical psychology at the University of Southern California, where she grew to love research, neuroanatomy, and cognitive-behavioral interventions and theory.

Lisa has had a private practice in Pasadena since 1991. She maintains a general clinical practice, with subspecialties in the areas of girls' and women's issues, health psychology, and writing therapy. The mother of three, two adult sons and a daughter, Lisa has always enjoyed domestic life along with her professional work.

"I long ago gave up the myth of the superwoman," Lisa said. "You're always going to feel a little inadequate in both realms, and that's okay."

She may not be a superwoman, but she has helped contribute much to the Pasadena community through her establishment of the *Yes, Virginia Fund* sixteen years ago, with her mother, Virginia C. Krueger, who served as the executive director of the Pasadena Community Foundation. The *Yes, Virginia Fund* provides grant money to local non-profit agencies for toys, books, and meaningful experiences for children on special occasions through the Pasadena Community Foundation. Since 1994, the fund has endowed 185 grants to 75 agencies, including providing toys for 100 children from the Elisabeth House, a local shelter, during Christmas 2009. Lisa is now co-director of the committee of 11 women who manage the fund.

"I have strong passions in life. My passions are for the people I love, my work – both the therapy and the writing – and my community. My greatest joy comes from feeling connected to family, friends, and community, and to a sense of giving back in some way as thanks for this amazing life."

Obsessive Ruminations

The Human Side of Psychotherapy: Love and Courage



By Alan Karbelnig, PhD, ABPP

Bolstered by Soren Kirkegaard's lament that "ours is a paltry age because it lacks passion," Dr. Alan Karbelnig writes this regular column to provoke thoughtful reaction from his SGVPA colleagues. He practices psychoanalytic psychotherapy and forensic psychology in South Pasadena.

Shackled still by our medical model origins, we psychodynamic psychotherapists continue to argue over any number of logical-positivistic themes related to the transformational process. Is the therapeutic field a one-person or two-person psychology? Should psychotherapists practice neutrality or become dynamic participants in the process? Does projective identification exist?

While these debates rage on, the experiences of those who consult us exist on a completely different level. In fact, the difference between our theoretical concepts and the experiences of our patients is *enormous*. While we clinicians carry these technical issues in our minds, those who seek help from us are most concerned with two extremely non-technical, highly subjective matters – love and courage.

If you think about it, we psychotherapists spend our days listening to love stories – lack-of-love stories, loss-of-love stories, fear-of-love stories, longing-for-love stories. In one recent morning, for example, I heard one woman express her ambivalence regarding her love for her husband; another was experiencing terror of trusting others after having been assaulted; a young man worked on his fears about dating; and a fourth person, an older man, weighed the responsibility of marrying a woman who already had four children. Love was the primary theme in each of these sessions.

As I looked further, it was difficult to find a single exception to the centrality of love in patients' experiences. Individuals who have serious mental illnesses, like Schizophrenia or Bipolar Disorder, tend to feel betrayed by their own bodies; they too most commonly seek help with their various relationships, which often have been seriously compromised by their mental states. Those with medical illnesses face the loss of the functioning of their own bodies; their debilitation often makes them more aware of the importance of love in their lives. Trauma always involves betrayal, so typically a distrust of love follows from it. Other painful subjective experiences, like loss, grief, sadness, rage, and envy are all, in one way or another, related to that most common and central of human emotions – love.

And these love-lorn individuals who seek our help usually end up equally concerned with courage. Courage emerges, almost as a partner to love, as patients grapple with unrequited love, unavailable love, impossible love, conflicted love, lost love, and threatened love. Can they find the courage to name and face these challenges – all of which are an inevitable part of any life that dares let love in? Are they willing to take the risks that love entails? Much of psychotherapy involves helping individuals find the courage to view their love-situations with greater clarity, to confront others, to let go of impossible situations, to face loss they've been avoiding.

Central as they are to human experience, love and courage stubbornly defy efforts at technical characterization. Concepts like libido, cathexis, or attachment fail miserably in describing or explaining the experience of love. Finding professional terminology to capture the uniquely human quality of courage proves equally difficult. Resistance has likely been the most common theoretical phrase to explain a lack of courage, yet it, too, proves inadequate. These two common elements of human experience – love and courage – are so amazingly complex, so layered and nuanced. They are at once universal and highly individualized. Any effort to reduce these profound themes of subjectivity to logical-positivistic categories is doomed to failure.

We of course need to continue to work on the evolution of psychoanalytic theory. It provides us with a way of understanding the transformational process; it allows us tools for communicating with one another; it offers metaphors useful for training those new to our field. But it has grave limits. Sartre once wrote that "to label me is to destroy me." Technical descriptions of human experience miss the mark or, worse, harm our understanding of others. We should, as the British say, "mind the gap" – the immense gap between theory and experience. Theory never does justice to the living experience of those who consult us. And it is that human experience, the world of love and courage and more, in which we are most sacredly entrusted.

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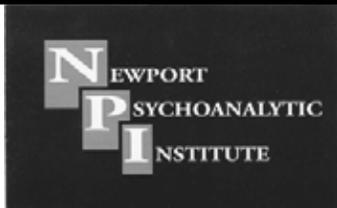
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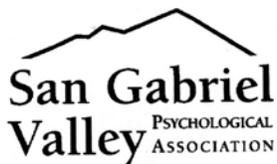
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