



EDUCATION. TREATMENT. COMMUNITY.

ANNUAL REPORT 2019-20

The mission of the St. Louis Psychoanalytic Institute is to promote mental health through psychoanalytic education, treatment, and building community.

A LETTER FROM THE PRESIDENT



Phoebe A. Cirio
President

In this year of SARS-CoV-2, we are facing an extraordinary time. 2020 has reminded us of our fragility as human beings. We have been afflicted with a plague, which as I write this has infected over 5.5 million Americans--and killed over 173,000. This is a completely new experience, and we are having to invent a way of carrying on. Fortunately for psychoanalysis, we have the advantage of looking forward, with the understanding that the past

is always with us. William Faulkner aptly captured the psychoanalytic sense of time when he said, "The past is never dead. It is not even past."

In 1920, the founder of psychoanalysis, Sigmund Freud, lost his beloved daughter Sophie, only 26, to the Spanish flu. She succumbed after only 4 or 5 days. Freud said in a letter at the time, "The undisguised brutality of our time is weighing heavily upon us. ... I work as much as I can, and am thankful for the diversion. The loss of a child seems to be a serious,

narcissistic injury; what is known as mourning will probably follow only later." The Freuds were unable to travel to attend the funeral for their daughter. She was cremated without a final visit from her parents or family. So many families today have been unable to mourn the loss of loved ones to Covid because of restrictions on the size of gatherings. Mourning for these families will also be deferred.

From psychoanalysis, we learn that the capacity to mourn strengthens us. We are unable to control the world. We can barely

determine our own lives. Psychoanalysis enables us to endure through adversity by tolerating the unpredictable.

When we live a psychoanalytically-informed life, we come to understand that we do not require the objects of satisfaction we previously thought were essential. Indeed, life in 2020 is filled with frustration, deprivation, and loss. Finding a way of living, without what we thought we had to have, is our challenge. The Psychoanalytic Institute is committed to helping the St. Louis community discover how to live that life.

OUR WATERDROP



The Institute is the reservoir of psychoanalytic knowledge for St. Louis. The Institute has conserved, enhanced, and shared this knowledge since the late 1960s. In that time, psychoanalysis has become more diverse, and it is thriving. This water drop is our knowledge imparted through formal training, community courses, lectures, internships at our clinic, clinical services such as psychoanalysis and psychotherapy, and mental health

professionals within the St. Louis community. The ripples are the many, many people who have received education through our programs, who go out and take jobs at social service agencies, schools, and clinics, and who open their own practices to serve the mental health needs of the citizens of St. Louis. Clients and patients get the benefit of a carefully nurtured, unique body of knowledge about how the mind works, and with psychodynamic psychotherapy, the effectiveness of the treatment for relieving symptoms of mental illness continues to increase even after treatment has ended. This is really remarkable. It is something which people who have experienced these treatments have known, but now it is information that can be allowed to ripple out widely.

EDUCATIONAL PROGRAMS

The Institute provides fundamental, thorough, and advanced psychoanalytically informed professional education. In addition to our in-depth multi-year training programs, we offer shorter continuing education courses, lectures by national figures who are experts in their disciplines, as well as sophisticated library services. We also offer educational programs to the community in an effort to illuminate the complexities of human interaction and enrich community life.

STUDENT VOICES

I came to the STLPI because it was the only place in the St. Louis area where I would have an opportunity to have exposure to a variety of both adult and child and adolescent psychoanalysts. The STLPI training offered me the opportunity to evolve at my own professional style and pace over the years.”

Tina Marie Dale, MSW, LCSW
APP Graduate, Child Analytic Training
Graduate, APP Director

“The program at STLPI is a well-rounded opportunity to develop a deep understanding of the human psyche. In addition to the program itself, the friendships, relationships and connections I have developed with established professionals as well as up and coming professionals has proved to be an invaluable aspect of STLPI. My connection with STLPI is a lifelong connection that I am privileged to have had the opportunity to develop.”

Amanda Carr, M.Ed, NCC, CSC, PLPC
APP Alumni, Schiele Clinic Graduate

“STLPI is the only gig in town that offers in depth post-graduate clinical and theoretical training. Coming out of a master’s (or PhD or MD) program, you are not prepared to be a psychotherapist - really good, consistent post-grad training is needed. STLPI fills that gap and offers solid foundation for the young professional - grounding them in human development, clinical theory, and clinical technique.”

John Sell, MA, LPC
APP Graduate

ADVANCED PSYCHODYNAMIC PSYCHOTHERAPY PROGRAM

The Advanced Psychodynamic Psychotherapy program is a two-year clinical training program for mental health professionals that provides theoretical and clinical training in psychoanalytically oriented psychotherapy. Classes meet from 6 – 9 p.m. on Monday evenings virtually during the academic year. Students also meet twice weekly in small group supervision of their own clinical cases.

ANALYTIC TRAINING PROGRAM

The Analytic Training Program is an intensive program for established professionals working toward a career in either Child or Adult psychoanalysis.

OPEN THEORY CLASSES

Each year, the Institute opens several classes in the training program to non-candidates. Graduates of an advanced Psychotherapy program, individuals in psychiatric training programs, academics with a research interest in the area, along with Advanced Analytic Candidates and Faculty of the Institute may apply to take these open classes.

COMMUNITY EDUCATION

As part of the Institute’s Lectures and Seminars program, continuing education is offered through classes. The St. Louis Psychoanalytic Institute is approved to provide advanced education by the following national and state entities: the American Psychoanalytic Association, Accreditation Council for Continuing Mental Education (ACCME), American Psychological Association (APA), National Board for Certified Counselors (NBCC) and the Department of Health and Senior Services, Section for Child Care Regulation (DHSS SCCR).

THE HERBERT S. SCHIELE CLINIC

The Schiele Clinic of the St. Louis Psychoanalytic Institute is a community resource that provides high quality, in-depth assessment and treatment for fees based on the client's ability to pay. The Clinic has served over **191** patients and continues to help individuals assess the nature of their problems and provide appropriate treatment. The Clinic is staffed by advanced clinical trainees who are supervised by expert psychotherapists and psychoanalysts, and partners with Casa de Salud's Mental Health Collaborative and KIPP St. Louis Public Schools to provide mental health services to the communities these organizations serve. Since March 16, 2020, all services have been provided via teletherapy due to COVID-19 and will remain this way until further notice.

KIPP ST. LOUIS SCHOOLS

The Knowledge Is Power Program is a network of 255 public charter schools educating early childhood, elementary, middle, and high school students while focusing on college preparation and character building. The Institute has provided mental health care to **27** KIPP St. Louis students onsite at no cost to the schools or student families.

CASA DE SALUD

At its Mental Health Collaborative (MHC), Casa de Salud works with a variety of partners to improve access to mental health care for its clients, primarily Spanish-speaking, uninsured immigrants and refugees. The Institute has served **25** people at Casa de Salud, is one of the founding partners of the MHC, and recruits bilingual advanced clinical trainees to provide care in the native language of their clients. The average cost of treatment per hour at Casa De Salud is **\$9.17**.

AVERAGE PATIENT BY THE NUMBERS



\$33,579.86 AVERAGE INCOME

\$25,750.00 POVERTY LEVEL

63.5% CLIENTS WITH REPORTED INCOME BELOW POVERTY LEVEL

73.6% CLIENTS WITH REPORTED INCOME BELOW \$40,000

OUTCOMES

70% OF ALL CLIENTS REPORT A DECREASE IN **ANXIETY** WITHIN FIRST THREE MONTHS OF TREATMENT

56% OF ALL CLIENTS REPORT A DECREASE IN **DEPRESSIVE SYMPTOMS** WITHIN FIRST THREE MONTHS OF TREATMENT

58% OF ALL CLIENTS REPORT A DECREASE IN **TRAUMA** WITHIN FIRST THREE MONTHS OF TREATMENT

96% OF CLIENTS FEEL SATISFIED WITH THEIR SERVICES

90% OF CLIENTS CAN POSITIVELY IDENTIFY EMOTIONAL TRIGGERS IN THEIR EVERY DAY LIVES

100% OF CLIENTS CAN BETTER COPE WITH EMOTIONAL TRIGGERS IN THEIR EVERY DAY LIVES

STAYING CONNECTED.

Our Faculty, Graduates, and Alumni are highly active in the St. Louis community: they occupy positions in social agencies, school systems, universities, child centers, private practices, and more. Our footprint is global. They give presentations, lectures and participate in symposia around the country and the world, representing the Institute and its core values. We also have an APP Alumni Facebook group to encourage Alumni to stay connected to other Mental Health professionals.

CLASS OF 2020 GRADUATES

ADVANCED PSYCHODYNAMIC PSYCHOTHERAPY PROGRAM

AMANDA CARR MED, PLPC, NCC, CSC
SHAWNESSEY CUSTER, MDIV, MA
RAE ENGLISH, MA, MSW, LMSW
LEIGH GERARD, MA, PLPC
ABY MALLEY, MSW
SR. ADAKU HELEN OGBUJI, MDIV, MA
JOHN SELL, MA, LPC

ANALYTIC TRAINING PROGRAM

TINA MARIE DALE, MSW, LCSW

SCHIELE CLINIC PRACTICUM

CAITLYN CUMMINGS
SR. ADAKU HELEN OGBUJI, MDIV, MA
INDIRA JAMES
DAILEE JOYCE
LEIGH GERARD, MA, PLPC
JOHN LUCAS, CIT
RAE ENGLISH, MA, MSW, LMSW
ALICIA NAVEAS, MA;
MEGAN GRAY

"I feel so privileged and grateful to have been a small part of Schiele Clinic and STLPI. The level of professional integrity and commitment to understanding and healing those who struggle with mental health and relationships is one of those quiet gifts to the community that make our St. Louis metro region a more whole and just place to live."

Shawnessey Custer, M.Div., M.A.
APP Alumni,
Schiele Clinic Graduate

AWARDS & HONORS

Ilene Edison APP Teacher of the Year 2020

The prestigious Ilene Edison Award is voted on annually by the students of the Advanced Psychodynamic Psychotherapy (APP) Program, and bestowed at each year's graduation ceremony.

First Year Winner: Phoebe Cirio, MSW, LCSW.

Second Year Winner: Michael Deal, MA and Gary Hirshberg, MSW, LCSW

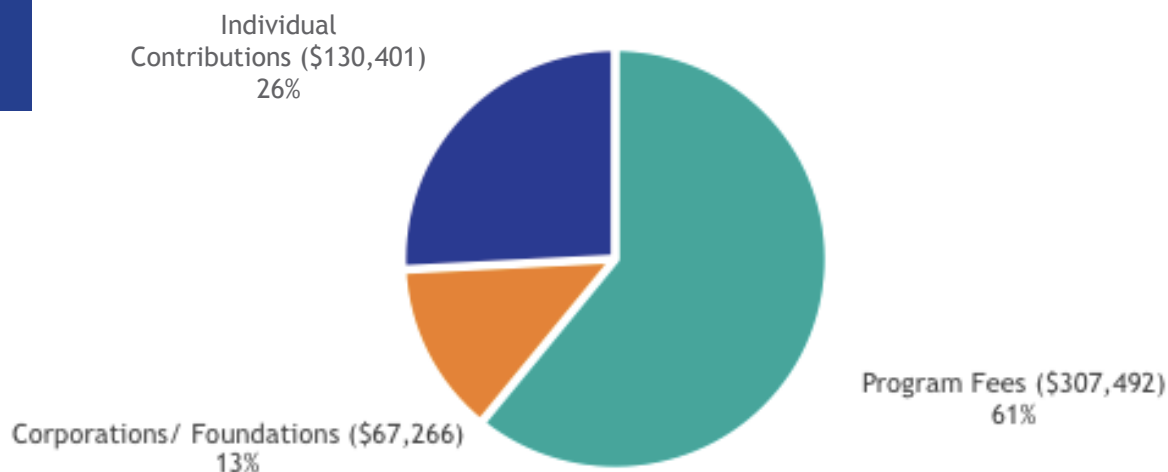
K. Lynne Moritz Leadership Award 2020

This award recognizes emerging faculty who show exceptional leadership, highlighting their activities and talents. This includes service to others, an honor as well as a responsibility. Strong leaders put the good of the group, program or Institute before their own needs or benefits. A leader trusts and empowers others to achieve common values, beliefs or goals.

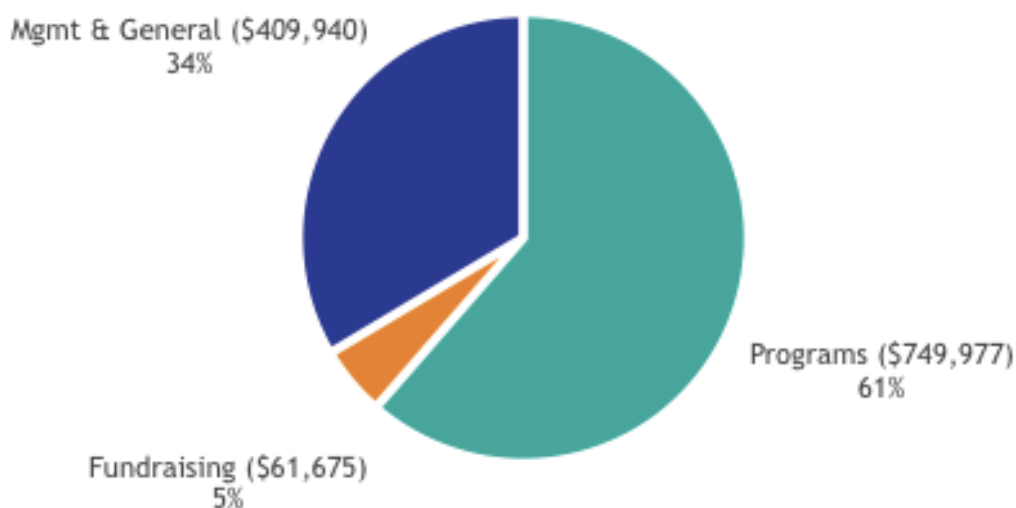
Winner: Tina Marie Dale MSW, LCSW
APP Graduate, Child Analytic Training Graduate
APP Director

FINANCIALS FOR FISCAL YEAR 2019-20

Revenues



Expenses



BECAUSE OF OUR DONORS

\$23.16

IS THE AVERAGE PRICE PER THERAPY HOUR FOR CLINIC PATIENTS
THE MARKET RATE IS \$100 OR MORE.

OUR NEW SPACE

After months of planning, the St. Louis Psychoanalytic Institute unveiled a new office and Clinic space made up of over 6,437 sq. ft in March 2020. The office holds seven offices, two meeting rooms for Board meetings, Committee meetings and for classes and an open gathering space with the Betty Golde Smith library.

While the office has remained closed due to concerns about COVID-19 since the Spring, leadership is optimistic for the day the Institute can fully open its doors.

President Phoebe Cirio believes the new location gives the Institute an advantage.

“There is more natural light in the interior space of the suite than at 8820, and the open feel

of the floor plan is quite pleasant,” Cirio said. “...I think we will be able to use the open floor plan for socializing, after the pandemic threat has been minimized, and the flow of the space from Classroom A, to the open library, to Classroom B, to the kitchen would work very well for open house events.”

Herbert S. Schiele Clinic Director Stuart Ozar is excited for the open space as well.

“We all hope that the very inviting, open space surrounded by our library volumes will soon be where we gather to talk and share our experience and accumulated wisdom. I would personally want to have times during the week when I would be available for informal chats with students,” Ozar

said.

Ozar said the new clinic space is simple, but professional, which makes it a very appropriate space to provide therapy in a dignified manner to all those in the community in need of emotional help.

During this time, Ozar said the clinic is benefiting from the large number of analysts and advanced candidates who provided expert supervision for our clinic therapists. “They enhance the credibility of our clinic efforts and thus increase the respect for the Clinic shown by referring agencies and the general public,” Ozar said.

Ozar would like others to know that he is proud of the carefully chosen student therapists and their ability to offer significant emotional

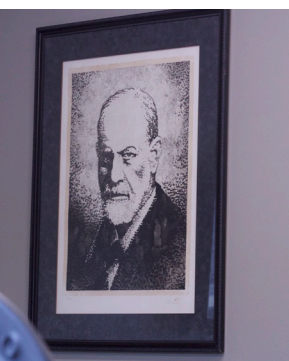
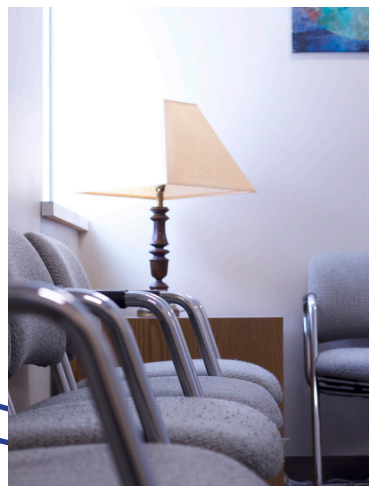
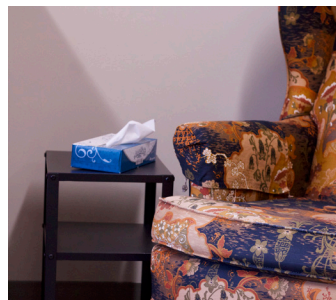
relief to so many who otherwise would not have access to quality care.

“We take good care of our therapists so that in turn they are prepared to take good care of their clients,” he said.

Cirio said the Institute remains deeply committed to bringing psychoanalytically-informed therapy, education, and consultation to our community - one way this happens is through the clinic.

“Now there is increasing high-quality research... indicates that not only is psychoanalytic psychotherapy effective for treating mental health problems, the benefits of our treatment method continues to increase for the patient--even after they have terminated their treatment. In fact, the benefits increase after the treatment has ended,”

Cirio said. “We have something very useful to bring to St. Louis.”



BOARD OF DIRECTORS

OFFICERS

Emily Gallop Coen, *Board Chair*

Mark Boheim, *Treasurer*

Simone Cummings, *PhD,*
First Vice Chair and Secretary

Lisa D. McLaughlin,
Vice Chair, Strategic Planning

Adrian Bracy, *Vice Chair, Real Estate*

Phoebe Cirio, *MSW, LCSW, President*

Catherine S. Bollinger, *MA, LPC,*
Chair, Nominating Committee

Mary Nielsen, *MD, Dean*

Michael Brog, *MD. Vice President*

Kirill Abramov,
Director

Jacque Phillips, *RN,*
BSN, Director

Gerald G. Sax,
At Large

Deanna Taylor,
Director

Scott Meyer, *JD,*
Director

Lawrence LeGrand,
At Large

Kim Cella, *MSW,*
Director

Ann Warren,
Director

Anita Buie Lamont,
Director

Kathleen M. Gantz,
Director

Keisha Ross, *PhD,*
Director

Kyra Ellis-Brown,
Director

John M. Engler, Jr.,
Director

LIFETIME DIRECTORS

Ann Liberman

Nancy Pechloff

Jim Schiele

Charles Cook

J. Curtis Engler

Sandy Sommer

Tedi Macias

Paul Wentzien

Moisy Shopper, *MD*

Robert W. Duffy

Lewis A. Levey

Susan Uchitelle, *PhD*

Sanford Neuman, *JD*

Thomas Cohn

Nathan Simon, *MD*

Hope Edison

OUR DONORS

THESE DONATIONS WERE MADE BETWEEN
JULY 1, 2019 AND JUNE 30, 2020.

Ann Vasquez	Douglas R. Beach	Janet Mug
Aaron Edison	Dr. & Mrs. Andrew Pickens	Jerome & Britt-Marie Schiller
Adrian E. Bracy CPA	Dr. & Mrs. Bernard Feinberg	Joan Goodson
Al and Ruth Siteman	Dr. & Mrs. Charles Salamone	Joanne & Joel Iskiwitch
Allyson B. Bass, M.D.	Dr. & Mrs. Moisy Shopper	Joe Behrmann, M.D.
American Psychoanalytic Foundation	Dr. & Mrs. Nathan M. Simon	Joel F. Achtenberg, MSW, LCSW
Andrew Chirchirillo, PhD & Jill Medintz, MSW	Dr. & Mrs. Volney P. Gay	John & Yvette Dubinsky
Anita and Jim Lamont	Dr. F. Thomas Ott	John Allan Love Foundation
Ann Liberman	Drs. Stuart Ozar & Betty Sonnenwirth	John M. Engler
Ann Warren	Dr. William H. Danforth	John Schweig
Anthony & Judy Kulczycki	Drs. Melvin & Harriet Kaplan	Judith and Richard Dubin
Audrey Kavka, M.D.	Dr. Michael Brog	Julio Morales, M.D.
Barbara & John Uhlemann	Drs. Stuart & Amy Forman	Kate Colton, MSW
Bliss Shands	Elaine & Marc Tenzer	Katherine W. Drescher
Breanna Parker-Gills, MSW	Elizabeth F. Pribor M.D.	Kathleen Gantz
Cardinals Care	Emerson Charitable Trust	Kaye Bock, MSW, LCSW
Catherine S. Bollinger, MA, LPC	Eric Moyer	Kirill & Hope Abramov
Centene Corporation	Faosat Adelani	Kylie Dennis, Ph.D.
Cheryl Griffin, MSW, LCSW	Gertrude & William A. Bernoudy Foundation	Larry & Gail Glenn, MEd, LPC
Cheryl Lawler Ph.D., MSW, LCSW	Harriet Switzer Ph.D.	Laura Cummings, MSW
Christie Kropp, MSW	Henry L. Roediger, III Ph.D.	Leigh Pratter
Christina Sprayberry	Herman & Phenie Pott Founda- tion	Lenita Newberg, MSW, LCSW
Cynthia Allen	Hope Edison	Lew & Jean Chase
Daniel A. Reich	Ivy Allen	Linda & Greg Petroburgo
David W. Levy, MSW	Jacque Phillips RN, BSN	Lisa McLaughlin
Denton Stewart Ph.D.	Jane H. Sommer M.A.	Lisa Melandri
		Logan Finerty
		Lourdes Henares-Levy, M.D.
		Lynn D. Kaufman



“For me, what the Institute offers is beyond the Psychodynamic program. Thinking in a “positive transfer” to this group, the Institute can become a family or “good enough” parents who can nurture and validate all the students that belong to the Institute. The instructors facilitate the learning process and reflection in the students and their capacity to express themselves. **This is what makes the Psychoanalytic Institute very unique; they teach a new way of thinking that can impact the students not just intellectually but also emotionally.** For me, this is what the Institute represents, a space for growing, so I can become the best of me.”

Alicia Naveas Leiva

M.A in Psychology and M.A in Community Psychology,
APP Alumni, Schiele Clinic Graduate

DONORS CONTINUED...

Margean Kastner, MSW, LCSW
Maris Berg
Margaret Hermes
Mary Anne Boston, MSW
Mary Jane Fredrickson
Mary L. Nielsen, M.D.
Mary R. & Ettie A. Jordan
Charitable Foundation
Matt & Emily Coen
Megan Gray
Melvin A. Tann, MSW
Mr. & Mrs. Andrew C. Taylor
Mr. & Mrs. Birch Mullins
Mr. & Mrs. Bryan E. Lundstrom
Mr. & Mrs. C. K. Casteel, Jr.
Mr. & Mrs. Charles J. Cook
Mr. & Mrs. Donald and Susan
Simpson, MA
Mr. & Mrs. Frank Rassieur
Mr. & Mrs. Hunt Bonan

Mr. & Mrs. J. Joseph Schlafly, III
Mr. & Mrs. Jack E. Thomas Jr
Mr. & Mrs. James Schiele
Mr. & Mrs. Lawrence Langsam
Mr. & Mrs. Lawrence LeGrand
Mr. & Mrs. Lewis A. Levey
Mr. & Mrs. Lisa Imbs
Mr. & Mrs. Michael Harris
Mr. & Mrs. Michael T. Deal, MA,
LPC
Mr. & Mrs. Norton Greenfeld
Mr. & Mrs. Robert Appleton
Mr. & Mrs. Van Lear Black, III
Mr. & Mrs. Whitelaw T. Terry Jr.
Gerald Sax
Nadia Ramzy, Ph.D.
Nancy Pechloff
Paul & Judith Putzel
Peter & Cathy Krane
Peter Ruderman, MSW, LCSW
Phoebe Cirio, MSW, LCSW
Randi Sarsfield
Richard Engelsmann
Richard Lightbody, M.D.
Rindskopf Roth Funeral Chapel

Robin Turner
Sally Markland
Sam & Marilyn Fox Foundation
Sanford Neuman
Sara Sidhu
Sarah Trulaske
Sheila Heckman
Steve & Jane Mitchell
Steve & Linda Finerty
Sue Gouaux, MSW, LCSW
Susan Barrett
Suzanne Cataldi Laba, Ph.D.
Tedi & Ed Macias
The Dana Brown Charitable
Trust
The Jackes Foundation
Trio Foundation of St. Louis
U.S Bank
Vicki Budd-Darby, LCSW
Vivian Zwick
Wells Fargo Capital Finance
William A. Kelly, M.D.
William Sant

LEGACY ALLIANCE

In 2002, the Institute established the Legacy Alliance to recognize the generosity of donors who have made planned gifts and to encourage new gifts that have a lasting impact on the Psychoanalytic Institute.

Any donor who has included the Institute in their estate plan, or made a planned gift is automatically a Legacy Alliance member and will be recognized in printed materials.

Our Legacy Alliance Members:

Anonymous
Howard F. Baer
Mr. and Mrs. Arnold Block
Dorothy A. Brockhoff
Mr. Ian Cramer
Mr. John M. Drescher, Jr.
Dorothy Dubinsky
Beatrice Edison

Ilene Edison
Nathan Golde
Lourdes Henares-Levy, M.D.
Barbara Lubin
Mrs. Robert Niekamp
Betsy O'Herin
Diane Rankin, M.D.
Mrs. Ann Repetto



CHECK OUT OUR
NEW WEBSITE

As part of the Institute's rebranding initiative, the stlpi.org website has been redesigned as of January 2020. Individuals can find information on Educational programs, Lectures & Seminars, as well as sign up for Clinic Services on the site. Individuals are also able to make gifts to the Institute using the Donate Tab on the website.

D.W. WINNICOTT SOCIETY

In the fall of 2002, the St. Louis Psychoanalytic Institute established the D.W. Winnicott Society to honor those who provide annual support of \$1,000 or more. Winnicott members are a vital component of the Institute and we extend our sincere gratitude for their support.

Thank you to the 2019-2020 Winnicott Members:

Aaron Edison	Mary L. Nielsen, M.D.
Al and Ruth Siteman	Matt & Emily Coen
Anita & Jim Lamont	Melvin A. Tann, MSW
Ann Liberman	Mr. & Mrs. Andrew C. Taylor
Drs. Stuart Ozar & Betty Sonnenwirth	Mr. & Mrs. Charles J. Cook
Dr. Michael Brog	Mr. & Mrs. Hunt Bonan
Gerald Sax	Mr. & Mrs. James Schiele
Hope Edison	Mr. & Mrs. Lawrence LeGrand
Jacque Phillips RN, BSN	Mr. & Mrs. Van Lear Black, III
Joan Goodson	Richard Engelsmann
Julio Morales M.D.	Sanford Neuman
Katherine W. Drescher	Susan Barrett
Kathleen Gantz	Tedi & Ed Macias
Kirill & Hope Abramov	

