

SAINT LOUIS
PSYCHOANALYTIC
INSTITUTE

EDUCATION. TREATMENT. COMMUNITY.

THE PERSEVERANCE OF
PSYCHOANALYSIS
THROUGH
THE YEARS

ANNUAL REPORT 2020-21

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

TABLE OF CONTENTS

- 1 TABLE OF CONTENTS
- 2 WORDS FROM INSTITUTE PRESIDENT & BOARD CHAIR
- 3 WORDS FROM INSTITUTE DEAN & DEAN OF CANDIDATES
- 4 WORDS FROM INSTITUTE APP DIRECTOR & COMMUNITY ED CHAIR
- 5 EDUCATIONAL PROGRAMS
- 6 CLASS OF 2021 GRADUATES
- 7 FINANCIALS FOR FISCAL YEAR 2020-21
- 8 WORDS FROM CLINIC DIRECTOR
- 9 TIMELINE OF INSTITUTE HISTORY
- 10 PHOTO GALLERY
- 11 WORDS FROM INSTITUTE EXECUTIVE DIRECTOR
- 12 OUR DONORS
- 13 OUR BOARD OF DIRECTORS
- 14 D.W. WINNICOTT SOCIETY & LEGACY ALLIANCE

WORDS FROM THE INSTITUTE PRESIDENT



Phoebe A. Cirio
President
26 years with the Institute

In his 2017 book, *Wisdom Won from Illness*, Jonathan Lear, a psychoanalyst and philosopher, examines a question that may be useful for our times (particularly for the psychologically minded,) “What is psychoanalysis good for?” Lear contrasts the insights of Freud about the workings of the mind, with Aristotle’s philosophy. For Aristotle, evidence of health lies in our rational mind, employing reason, and coherent argument, to live a planful, and therefore

gratifying life. But Lear, the psychoanalyst, demonstrates with clinical material, that our minds are shaped by our lived experience, driven by unconscious processes, and resistant to reason when it contradicts the beliefs forged through a lifetime of living in circumstances over which we have limited control. Of course, the very essence of childhood is that we are thrust into circumstances we did not choose, equipped only with our genetics and temperament, and hopefully surrounded by those who love us who can foster our development--and then essentially having to do the best we can. Being thrust into the world in this way can lead us to establish beliefs about ourselves, and the world, that are distorted, and which cause us to form expectations of the future that can be limiting of new possibilities.

Lear explores the ways in which these expectations, forged in childhood, shape and even

define the way we think about our lives well into adulthood. But he remains optimistic that humanity is not doomed to only repeat the past. Rather, the psychoanalytic method of exploration of the mind, and the unconscious thoughts within it, can allow us to redirect the course of our lives. In fact, he argues that the reflective process, which enables us, in conjunction with our therapist, to explore the truth about ourselves, is the essence of a healthy mind at work. Often the truth we must reconcile ourselves to is that we have been inducing in ourselves the very conditions which make us sick. When this realization occurs, not through some abstract thinking, but through concrete lived-experience in the psychotherapeutic setting, it can be transformative. We can free ourselves from the shackles of the past.

Now, we are all in the throes of sickness. In our current

times, the physical sickness is Covid, and it has shaped all of our lives in ways we cannot yet fully apprehend. But there is also a sickness of belief. Out of confusion and desperation many people cannot or do not trust the science which has produced a vaccine against this insidious virus, and so Covid continues to cripple our Institute. Our classes are all remote, our clinic sees patients remotely, and we cannot yet have parties or in-person gatherings, which deprives all of us of comradery. Can we make use of our reflective process to help ourselves, and our community to grapple with the myriad effects of Covid? I don’t really know. But I am certain that our ability to reflect on our feelings about Covid, and the ways it is curtailing our lives, and our relationships will make this time more tolerable, and eventually enable us to restore and strengthen our psychoanalytic community.



Henry Bud Luepke
Chair, Board of Directors
10 years with the Institute

There is a symbiotic relationship between physical and mental health that often escapes our notice. When our physical health is in jeopardy, our mental

health may suffer as well. And when we feel any strain or stress against our mental or emotional well-being, it has an adverse impact on our physical health.

Yet, taking care of our mental health is not just another means of taking care of our bodies. It also is a method of caring for our relationships, of helping interact with the world around us, and of strengthening and enhancing our sense of who we are. In this way, mental health is not just a destination that we all should aim

towards. It is not just about where we are going; it is also about how we are driving.

In the past year, the St. Louis community – like so many others – has faced continuing and potentially catastrophic threats to the physical health of its members. The worldwide pandemic has continued to infect and demand our attention, and as it has continued to do so, the mission and the work of the St. Louis Psychoanalytic Institute has become ever more critical to the

overall well-being – both physical and mental – of those around us.

The Psychoanalytic Institute is stepping up and providing the necessary means and methods for navigating past these difficult challenges and so many others we may have to confront. It is a certain knowledge, understanding, and wisdom that the Institute is uniquely able to share and to teach to others. That is the work of the Institute, and it is that work that has been and continues to be our mission.

WORDS FROM THE INSTITUTE BOARD CHAIR



PHOTO FROM INSTITUTE ARCHIVES

WORDS FROM THE INSTITUTE DEAN



Mary Nielsen, MD
Institute Dean
25 years with the Institute

As Dean, I am very glad to report steady enrollment in our Analytic, APP, Community Education, and Clinical Training

Programs during the past year

Our committed Faculty, Staff, Candidates and Students worked together during many challenging months to keep our programs running smoothly, pivoting to virtual programs during the pandemic.

It is an exciting time for psychoanalysis. As always, we continue to deepen our understanding of the mind and human behavior. Now, more than ever, our understanding is increasingly backed up by scientific studies and discoveries. I am looking forward to a great year as we continue to flourish.

FOR INFORMATION ABOUT PROGRAMS THAT THE
ST. LOUIS PSYCHOANALYTIC INSTITUTE OFFERS,
PLEASE VISIT STLPI.ORG

WORDS FROM THE INSTITUTE DEAN OF CANDIDATES



Cheryl Lawler, PhD, MSW, LCSW
Institute Dean of Candidates
31 years with the Institute

As Dean of Candidates I am happy to report that we have made good use of Zoom technologies to stay connected with our current and advanced Candidates in analytic training over this extended COVID pandemic and lockdown.

Over the course of the

year, these online meetings have allowed me to meet with Candidates and to hear their perspectives and concerns and to share them with Committee members from the various Institute Committee meetings--Education Committee, Curriculum Committee, Admissions Committee and Faculty meetings--that I am privileged to attend as Dean of Candidates. We have also held recruitment and informational meetings with prospective Candidates which have been well-attended.

I have also met individually with those interested in training at our Institute over the phone or Zoom. I am very encouraged by the number of those interested in joining our Fall 2022 class and I expect it to be robust.



Tina Marie Dale, LCSW
APP-Child Enhanced
Program Director
18 years with the Institute

Despite the Covid 19
 Pandemic, the St. Louis
 Psychoanalytic Institute continued

WORDS FROM THE INSTITUTE ADVANCED PSYCHODYNAMIC PSYCHOTHERAPY DIRECTOR

to have strong enrollment with interested, committed students in the psychotherapy program.

Since accepting the role of Chair for the Child Advanced Committee as well as Advanced Psychodynamic Psychotherapy Director, I have worked collaboratively with others within the Institute and the Child Adolescent Committee members to combine our Advanced Psychodynamic Psychotherapy

(APP) and our Child Advanced Psychodynamic Psychotherapy (CAPP) programs.

By combining these two programs, our first-year curriculum included more child and parent focused courses and we recruited eight child-adolescent analysts to teach child-adolescent courses.

We also created the structure for a clinical consultation group with the goal of engaging students

in child-adolescent training and awareness of how child training can enhance adult treatment.

The Institute is now also connecting with other experts across the globe in child-adolescent work via the national traveling child-adolescent scholar program.

Much work has been accomplished over the last year and I look forward to the months and years ahead!



Edmund Sprunger, MSW, LCSW
Community Education Chair
17 years with the Institute

Despite a national health crisis that has made in-person events impossible, our Community Education programming continued to reach out into the community.

WORDS FROM THE COMMUNITY EDUCATION CHAIR

In the past year, for example, St. Louis psychoanalyst Andrew Chirchirillo, PhD, tirelessly offered a series of “Town Halls” that allowed participants to meet via Zoom and speak about concerns in their lives.

These concerns tended to focus on the pandemics of COVID 19, racism, and anxiety. We offered our large annual lectures online, and they included the Dewald Lecture entitled “Understanding Oppression,” presented by Julie Nagel,

PhD, and the Cohn lecture—“Reconciling Psychoanalysis and Neuroscience”—presented by Mary Nielsen, MD. Former President of the American Psychoanalytic Association, Mark Smaller, PhD, was the speaker for our annual Presidents’ Day Child Development Conference, and his topic was “The Mourning Process and Integrating the Loss of ‘Normal’ and Predictable: The Traumatic Impact of COVID-19 on Children, Adolescents, Parents, Schools, and Communities.”

Our smaller, seminar-style courses also remained popular. Whether online or in-person, large lecture or small seminar, Community Education remained focused on offering a variety of courses that were meaningful to people in the St. Louis area and all over the globe and we continue to search for offerings that help us understand and address racism.

No matter the topic or the format of the course, we welcome your ideas for future programming.

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 others. Clients 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 ripple out widely.

EDUCATIONAL PROGRAMS



PHOTO FROM INSTITUTE ARCHIVES

ANALYTIC TRAINING PROGRAM

The Analytic Training Program is an intensive program for established professionals working toward a career in either Child or Adult Psychoanalysis. St. Louis Psychoanalytic Institute is the only Institute in St. Louis that can give certification of Psychoanalytic training.

COMMUNITY EDUCATION

The St. Louis Psychoanalytic Institute offers Continuing Education credits through classes and is approved to provide advanced education by the following: the American Psychoanalytic Association, Accreditation Council for Continuing Mental Education, American Psychological Association, National Board for Certified Counselors and the Department of Health & Senior Services, Section for Child Care Regulation.

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.

OPEN ANALYTIC 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.

WORDS FROM STUDENTS



"Joining the St. Louis Psychoanalytic Institute has been one of the best decisions I have made during the process of completing my master's degree. The St. Louis Psychoanalytic Institute has provided me with knowledge about theories, but also has allowed me to learn the skills that I would need to eventually open my private practice.

At the St. Louis Psychoanalytic Institute, I have been able to access the support that a beginning clinician needs via experienced supervisors and helpful staff. St. Louis Psychoanalytic Institute has helped me find my style and myself as a new therapist and has provided me with a great support during this exciting journey."

Katherine Lozano, MS, CIT, Clinical Trainee



"I chose the St. Louis Psychoanalytic Institute (STLPI) because I was intrigued using psychodynamic therapy in a climate of evidence-based practices that seemed to not include psychodynamic therapy. My experience at STLPI due to the changes of COVID worked well to complement one of my goals in becoming a therapist; to provide teletherapy to those in need in rural areas.

To incoming students of STLPI I would say, enroll in APP. It will be so very helpful. The extended sense of community gained by being in APP and clinic training program was extremely helpful."

Deborah Zweifel, MSW, APP & Clinic Graduate

CLASS OF 2021 GRADUATES

SCHIELE CLINIC TRAINING PROGRAM



Katherine Lozano,
MS CIT



Michael Salinas,
MA, PLPC



Deborah Zweifel,
MSW



David Oliver, MS,
LPC, NCC



Fallon Collins-Garden



Marianne Rosenthal



Tina Vora, MA



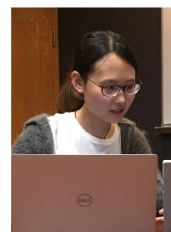
Johnny Kim



David Ross



Michelle Woods,
LPC, NCC



Amy Song

ADVANCED PSYCHODYNAMIC PSYCHOTHERAPY PROGRAM



Donna Strickland, LPC



Jessica K. Dowling,
MEd, PLPC



Deborah Zweifel, MSW



Shannon Elizabeth
Gartland, LPC



John C. Lucas, MA



Kate Bellows Stewart,
M.A., LPC

ILENE EDISON 2020-21 APP TEACHER OF THE YEAR AWARD

THIS YEAR'S RECIPIENT FOR APP YEAR I
AWARD, IS JAQUELINE LANGLEY, PH.D.

THE APP YEAR II RECIPIENT IS PATRICK
COUSINS, MA

LYNNE K. MORITZ 2020-21 AWARD

THIS YEAR'S RECIPIENT FOR THE
LYNNE K. MORITZ AWARD IS
JULIANA VARELA, LCSW

FINANCIALS FOR FISCAL YEAR 2020-21

INCOME STATISTICS

\$20

AVERAGE PAYMENT
FOR ONE THERAPY
HOUR

Average Client Income:

\$29,442

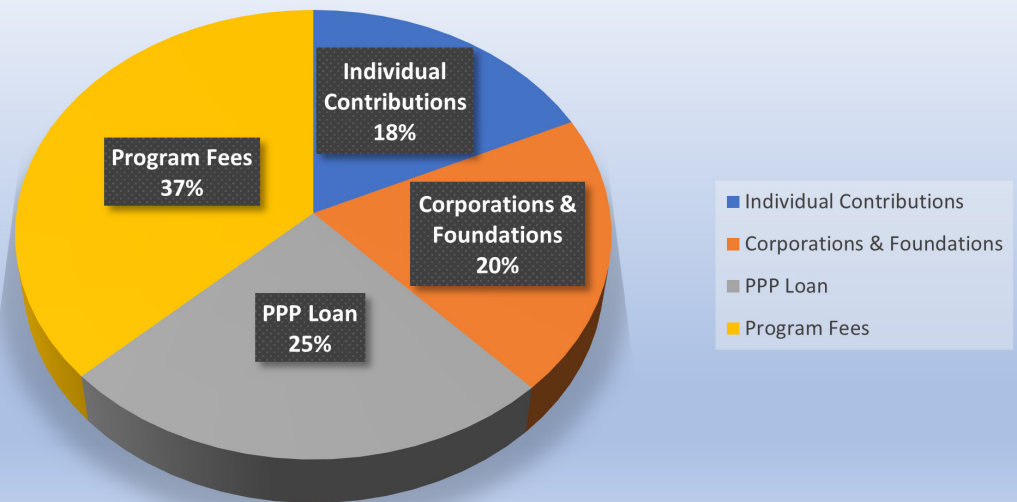
78%

CLIENTS WITH REPORTED
INCOME BELOW \$40,000

64%

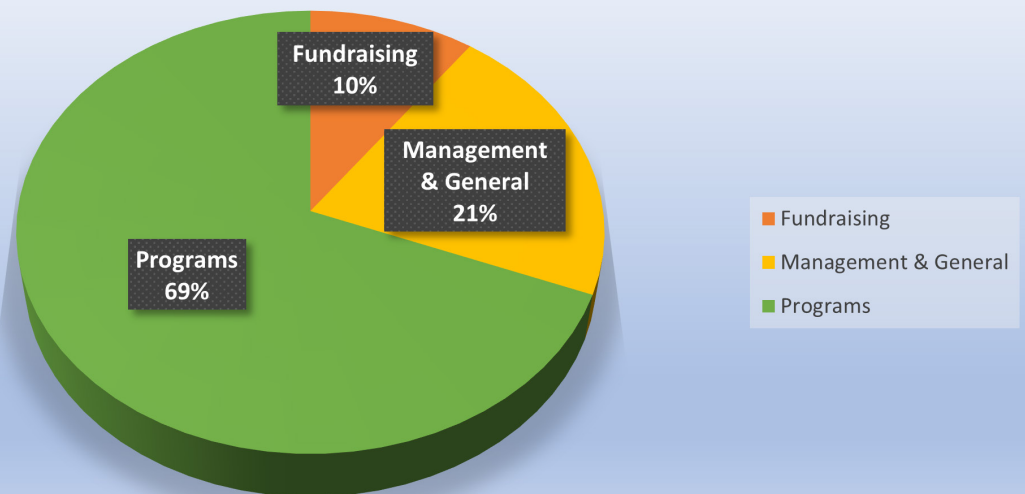
CLIENTS WITH REPORTED
INCOME BELOW
POVERTY LINE (\$26,500)

REVENUE



*One-time government PPP grant to cover lost revenue due to the global pandemic. \$145,135 recognized in FYE21 and \$9,075 recognized in FYE22. No additional funds are expected for this program going forward.

EXPENSES



THANK YOU.

4,141 hours of treatment cost Schiele Clinic clients just over \$60,000. At market rate, this costs at least \$414,100. Donors like you make it possible for people to access affordable mental health care.

WORDS FROM THE CLINIC DIRECTOR



Stuart J. Ozar MD
Clinic Director
29 years with the Institute

There are many reasons to be proud of the large team of student therapists, supervisors and staff members who have maintained the high level of excellence of the Schiele Clinic over the past year.

We have been able to consistently and effectively respond to the always present need in our community for low cost psychotherapy, while, in line with the mission of the Institute, providing intensive training to early career clinicians.

At any one time we have a panel of ten to fifteen carefully selected and diverse students who are drawn to the clinic because of the reputation of the Psychoanalytic Institute. It is well known that all students benefit from a large pool of dedicated supervisors, all of whom are experienced faculty members, advanced candidates, and seasoned APP alumni.

They provide invaluable support and therapeutic wisdom based upon their own study and experience of psychodynamic therapies. It is not surprising that many of the clinic students find a professional and intellectual home at the Institute, enrolling in psychotherapy and psychoanalytic training programs.

Adapting to the restrictions imposed by the realities of the Covid pandemic has gone surprisingly well.

While we look forward to the time that we can once again see patients in person in our comfortable and professional clinic space, we have reinvented the clinic as a provider of virtual therapies.

We must thank and acknowledge the dedication and creativity of our staff for providing the digital platforms and systems for keeping the operation running efficiently.



HERBERT S. SCHIELE CLINIC CREATED IN 1957, NAMED IN 1995

The Schiele Clinic of the St. Louis Psychoanalytic Institute is a community resource that provides quality assessment and treatment for fees based on the client's ability to pay. The Clinic helps individuals assess the nature of their problems and provides appropriate treatment. The Clinic is staffed by clinical trainees who are supervised by expert psychotherapists and psychoanalysts. The Schiele Clinic partners with Casa de Salud's Mental Health Collaborative and KIPP St. Louis Public Schools to provide mental health services to the people these organizations serve.

KIPP ST. LOUIS SCHOOLS

18 KIDS SERVED

Knowledge Is Power Program (KIPP) is a network of 270 public charter schools educating early childhood, elementary, middle, and high school students while focusing on college preparation and character building. The Institute provides mental health care to KIPP St. Louis students at no cost to the schools or student families.

CASA DE SALUD

20 CLIENTS SERVED

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 people who are foreign-born. The Institute is one of the founding partners of the MHC and recruits bilingual clinical trainees to provide care in the native language of their clients.

OUTCOMES & STATISTICS

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

73% OF ALL CLIENTS REPORT
A DECREASE IN **DEPRESSIVE**
SYMPTOMS WITHIN FIRST THREE
MONTHS OF TREATMENT

64% OF ALL CLIENTS REPORT
A DECREASE IN **TRAUMA**
SYMPTOMS WITHIN FIRST THREE
MONTHS OF TREATMENT

185

TOTAL PATIENTS
SERVED BY THE
CLINIC

30 CHILDREN & ADOLESCENTS
SERVED BY THE CLINIC

4,141

TREATMENT SESSIONS PROVIDED

83%

OF CLIENTS DEVELOPED BETTER WAYS TO COPE
WITH STRONG EMOTIONS & DIFFICULT SITUATIONS

86%

OF CLIENTS FEEL SATISFIED WITH THEIR
SERVICES

88%

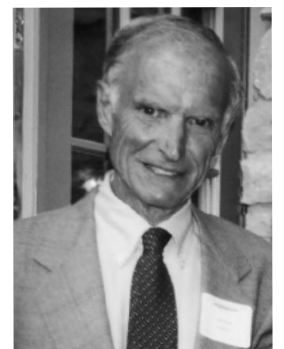
OF ALL CLIENTS GAINED INCREASED
AWARENESS OF THEIR EMOTIONS.

THROUGH THE YEARS

1956	FOUNDATION IS ESTABLISHED TO DEVELOP PSYCHOANALYTIC TRAINING IN ST. LOUIS
1957	BETTY GOLDE SMITH LIBRARY AND LOW-FEE CLINIC ESTABLISHED
1961	FOUR ST. LOUIS CANDIDATES BEGIN TRAINING ON A COMMUTING BASIS AT THE CHICAGO INSTITUTE
1963	GROUND BREAKING FOR FIRST OFFICE LOCATION ON FOREST PARK
1966	PSYCHOANALYTIC SOCIETY ORGANIZED WITH 11 FOUNDING MEMBERS
1974	FIRST CLASS OF 7 CANDIDATES BEGINS TRAINING IN ST. LOUIS / ST. LOUIS RECEIVES FULL ACCREDITATION / FOUNDATION BECOMES THE ST. LOUIS PSYCHOANALYTIC INSTITUTE
1981	PILOT PROGRAM FOR DAYCARE WORKERS BECOMES CHILD DEVELOPMENT PROGRAM (CDP) & ADVANCED PSYCHODYNAMIC PSYCHOTHERAPY (APP) PROGRAM
1982	TRAINING BEGINS IN CHILD PSYCHOANALYSIS
1987	CELLULOID COUCH FILM SERIES INITIATED AT THE SAINT LOUIS ART MUSEUM
1991	21ST CENTURY FUND ESTABLISHED TO PLAN FOR THE INSTITUTE'S FUTURE
1994	ILENE EDISON TEACHER OF THE YEAR AWARD ESTABLISHED
1995	FIRST PAUL A. DEWALD, MD LECTURE / LOW COST CLINIC NAMED AFTER HERBERT S. SCHIELE
1997	REORGANIZATION OF PUBLIC LECTURE PROGRAM TO CREATE COMMUNITY EDUCATION PROGRAM
2002	INITIATION OF \$2 MILLION ENDOWMENT CAMPAIGN / INSTITUTE MOVES TO 8820 LADUE ROAD
2004	SCHIELE CLINIC TRAINING PROGRAM LAUNCHED / INAUGURAL MEETING OF FORMER BOARD PRESIDENTS & FORMER DIRECTORS
2006	MERIT BASED SCHOLARSHIP FUND ESTABLISHED / SOMMER VISITING INSTRUCTOR & SPEAKER FUND CREATED
2008	INTERACTIVE WEBSITE LAUNCHED WWW.STLPI.ORG
2009	MERIT-BASED SCHOLARSHIP FUND ESTABLISHED / OPEN ANALYTIC THEORY CLASSES PROGRAM BEGINS
2010	DISTANCE LEARNING COMMENCES AS FACULTY AND STUDENTS BEGIN SKYPING IN TO CLASSES
2012	INAUGURAL SCHOLARSHIP LUNCHEON HELD
2015	BOTH BILINGUAL TREATMENT SERVICES IN CLINIC & PILOT PARTNERSHIP WITH CASA DE SALUD BEGIN / SOCIAL MEDIA COORDINATED CAMPAIGN
2016	RESEARCH FELLOWSHIP PROGRAM INITIATED WITH TWO FELLOWS / BILINGUAL CASE CONFERENCE BEGAN / PODCAST & YOUTUBE CHANNEL LAUNCHED
2017	K. LYNNE MORITZ, MD, LEADERSHIP AWARD ESTABLISHED / INAUGURAL CHILD DEVELOPMENT DAY HELD
2018	PILOT PARTNERSHIP WITH KIPP ST. LOUIS PUBLIC SCHOOLS BEGINS

CELEBRATING

- 65 years since the start of Psychoanalytic training in St. Louis (1956)
- 55 years with the Psychoanalytic Society
- 47 years since first Candidate class & formation of the Institute
- 40 years since the Child Development and Advanced Psychodynamic Psychotherapy programs began
- 26 years since the Herbert S. Schiele Clinic was named
- 24 years since the start of Community Education Program



^ Spring 2020 - The St. Louis Psychoanalytic Institute Moves to 7700 Clayton Road, Ste 200, St. Louis MO 63117 / Photos from Institute Archives



Lynn Huelsmann, MPPA, CFRE
Executive Director

I joined the team of the St. Louis Psychoanalytic Institute at the height of the pandemic. As the months of working in a pandemic turned into

WORDS FROM THE EXECUTIVE DIRECTOR

years, I have had the pleasure of experiencing firsthand the incredible teamwork that has happened at the Institute as we pivoted to a completely virtual platform. I am proud to say that over the course of the last year, the Institute's programs and services have seamlessly adapted to our new normal. APP, Analytic, Open Analytic Theory classes, and Community Education courses were provided via a virtual environment. As a matter of fact, the Institute has not only survived, but thrived!

We have more individuals engaged in our educational programs from across the globe than ever before. Additionally, telehealth services provided by clinical trainees via the Schiele Clinic, ensured that

our most vulnerable friends and neighbors continued to receive excellent mental health care.

Our success would not be possible without the leadership of our Board of Directors, faculty, and our staff. We are grateful for the resilience and dedication of our students and candidates and the individuals who we are privileged to serve via the Schiele Clinic. We also want to thank the individuals, corporations, and foundations who continue to invest in quality mental health education and treatment through the Institute and our Schiele Clinic. We are grateful for your support, and we eagerly anticipate the great opportunities that lie ahead as we continue to persevere.

OUR DONORS

THESE DONATIONS WERE MADE BETWEEN
JULY 1, 2020 AND JUNE 30, 2021.

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Faosat Adelani
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Lewis & Leslee Levey	Parkside Financial Bank & Trust	St. Louis Philanthropic
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Eve Lipschitz	Marco Posadas & Javier Santos	St. Louis Service Bureau
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Georgiana	Sam & Marilyn Fox Foundation	Stephen Luanne Zwolak

WHEN YOU MAKE A DONATION TO THE ST. LOUIS PSYCHOANALYTIC INSTITUTE...

- You support low fee treatment for individuals who may not otherwise be able to access care;
- You develop the next generation of psychotherapists by underwriting the training of graduate level and provisionally licensed therapists;
- You advocate for mental well-being for our community

Each gift is used thoughtfully. Over 80 cents of every dollar raised goes to mental health education and services in the St. Louis Community. Thank you to our donors for your generosity and continued support.

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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 2020-2021 Winnicott Members:

Catherine Bollinger	Cheryl Lawler Lynch & Ed Weiss
Hunt & Donna Bonan	Anna & Jake Leath
Andrew Chirchirillo & Jill Medintz	Lawrence LeGrand
Phoebe Cirio & John Tieman	Ann Liberman
Thomas & Sarah Cohn	Henry Bud Luepke
Charles & Barbara Cook	Tedi & Ed Macias
Katherine Drescher	K. Lynne Moritz
Hope Edison	Sanford Neuman
Aaron Edison	Mary Nielsen
Richard Engelsmann	Stuart Ozar & Betty Sonnenwirth
David & Kathleen Fischhoff	Diane Rankin
Cynthia Florin & Andrew Shaw	Caroline Meyer Sant
Volney & Barbara Gay	James & Joane Schiele
Leigh Gerard	Al & Ruth Siteman
Sue Gouaux	Andrew & Barbara Taylor
Cheryl Griffin	Robin Turner

LEGACY ALLIANCE

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