



# Training the Next Generation of St. Louis Psychoanalytic Professionals

The mission of the St. Louis Psychoanalytic Institute is to advance psychoanalysis and psychoanalytic thought, through training, treatment, education, and research to benefit the mental health of our diverse community.

# WORDS FROM THE INSTITUTE PRESIDENT



Phoebe A. Cirio  
**President**

In 1918, Sigmund Freud addressed the Fifth International Congress of Psychoanalysis in Budapest. He described how the Berlin Psycho-Analytic Institute, which after 10 years, was enjoying considerable success in treating patients using psychoanalysis, for the fees they could afford to pay. The clinic furthered an important goal of Freud and the early members of the Psychoanalytic movement, “to make our therapy accessible to the great multitude who suffer under their neuroses no less than the wealthy, but who are not in a position to meet the cost of their treatment.” The clinic also furthered the two other main goals of the early psychoanalysts, “to provide a center at which analysis can be taught theoretically,” and “perfecting our knowledge of neurotic illnesses and our therapeutic technique.” The educational programs flourished where there

were those who needed education in order to treat their patients.

In fact, the Berlin clinic spawned other clinics in Vienna, Budapest, London, Paris, Zagreb, Moscow, and Frankfurt, among others; a total of 12 clinics were established. The clinics in Germany and Austria thrived until the rise of the Nazis when the Jewish analysts were discharged. The advent of the Second World War in Europe forced the departure of many analysts to the United States, England, and South America, and other nations where they took their method and began teaching psychoanalytic theory and practice wherever they landed.

Our own Institute is a part of that great tradition, and in fact, our core values are congruent with the original psychoanalytic values. Psychoanalysts have a theory we believe can ease the suffering of our fellow human beings. We do that through the psychoanalytic method, whether applied in its fullest sense, in meetings 4 to 5 times per week, or in the form of psychodynamic psychotherapy, which utilizes the same principles and skills, but which is generally 1 to 2 times per week. Our goal is to make treatment available through the Schiele Clinic to those who cannot afford to pay full fees, to teach our method of treatment, and the theory which underpins it to interested students, and to bring psychoanalytic thinking to the community at large.

Our Institute is actively striving to

implement this vision in the greater St. Louis community. Our Schiele Clinic had in the past fiscal year 13 therapists-in-training, who have seen 251 patients for a total of 4,218 sessions. All of our clinic students have advanced clinicians as individual supervisors who monitor their clinical work, and impart advice on developing their clinical technique.

We have educational programs geared to the educational needs of the general public interested in learning about psychoanalysis and how it applies to thinking about our culture, society, and the arts, and programs that help those just beginning in the mental health field to learn more about psychoanalytic approaches. We also offer psychotherapy training to mental health professionals, and full psychoanalytic training for those treating adults, adolescents, and children at the deepest and most intense levels. Currently all of our programs are growing and developing thanks to the careful stewardship of the program chairs, and our academic deans.

Our Institute is a vital part of the St. Louis community now, and we are actively involved in developing our outreach to communities we have not served as effectively up to now. This Institute is exploring ways to be actively anti-racist and fully supportive of diversity. Enhancing our diversity is part of our vision for the future, and is essential in 2023 and beyond as we continue the early mission of the founders of psychoanalysis.

# WORDS FROM THE INSTITUTE BOARD CHAIR



Henry Bud Luepke  
**Chair, Board of Directors**

In the past year, the St. Louis Psychoanalytic Institute has continued to establish itself as a St. Louis center for psychoanalytically informed mental health education, understanding, and treatment. The Institute has done so through the courses that its faculty teach; the Schiele Clinic, staffed by the Institute's trainees; and the lectures, forums, and podcasts the Institute continues to host. As the Institute's efforts in the community continue to expand, the Board of the Institute has tried to foster more engagement with other organizations and groups around town, including Washington University and St. Louis University.

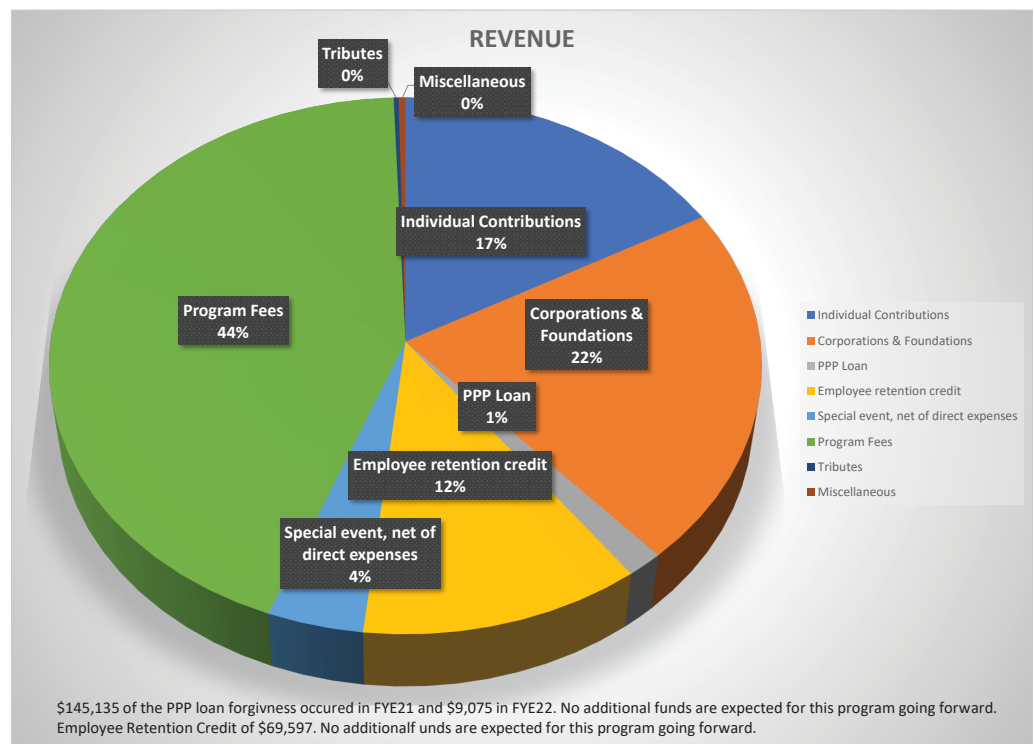
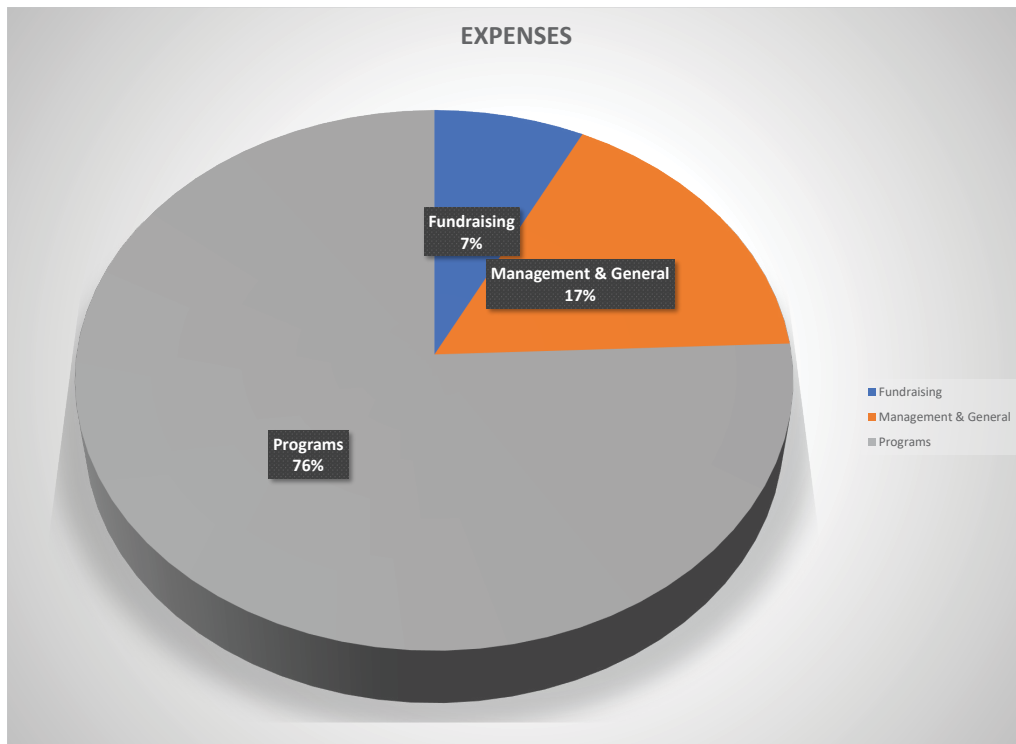
With the Board's help last year, the Institute continues to work closely with St. Louis University and moving forward, we will be offering tuition assistance to qualified students. Over the last year, the Institute has turned more of its focus on outreach toward communities of color,

which are less represented among our Board, faculty, students, and patients. In the coming year, the Institute will become more diverse, for the Institute's own benefit, as well as of those whom we teach and serve.

As part of these efforts to provide tuition aid and to expand our reach and engage more with our community, the Board this year will renew its commitment to fundraising. Among other activities and events, the Institute is planning a very large lecture in collaboration with St. Louis University. With this event, we hope to not only raise funds but awareness about psychoanalysis and psychodynamic psychotherapy.

The past year for the Institute has been one of stabilization and centering. The Institute is financially secure, and we are well positioned for further growth in the next year.

# FINANCIALS



## THANK YOU.

4,218 hours of treatment cost Schiele Clinic clients just over \$60,000. At market rate, this treatment costs at least \$421,800. Donors like you make it possible for people to access affordable mental health care.



# TREATMENT & TRAINING



## **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.

## **CHILD, ADOLESCENT, AND ADULT PSYCHODYNAMIC PSYCHOTHERAPY PROGRAM**

The Child, Adolescent, and Adult Psychotherapy program is a two-year program for mental health professionals that provides theoretical and clinical training in psychoanalytically oriented psychotherapy.

## **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.



## **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.

# CLASS OF 2021 GRADUATES

## CHILD, ADOLESCENT, AND ADULT PSYCHOTHERAPY PROGRAM

Those in the Child, Adolescent, and Adult Psychotherapy program Cohort include Matt Anderson, M.Ed, PLPC; Julie Atkinson, MAC; Ashley Blake, MSW, LCSW; Marianne Tettlebaum, Ph.D.; and Dr. Gulshan Singh, MBBS, MSW.

## SCHIELE CLINIC TRAINING PROGRAM

Those completing the Schiele Clinic Training program include Matt Anderson, M.Ed, PLPC; Steven Portnoy, MA; Dr. Gulshan Singh, MBBS, MSW; Marianne Tettlebaum, Ph.D.; Lynn Wolfe, MA, and Melissa Fasoldt, MA.

## ANALYTIC TRAINING PROGRAM

Those from the Analytic Training Program include Joseph E. Wise, MD, and Katharine Nicodemus, PsyD., Sundeep Jayaprabhu, MD and Linda Horrell, MDiv, MSW

# THE HERBERT S. SCHIELE CLINIC



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 to provide mental health services to the people the organization serves.

## OUTCOMES & STATISTICS

**53%** OF CLIENTS REPORT  
DECREASE IN **TRAUMA**  
**SYMPTOMS** WITHIN FIRST THREE  
MONTHS OF TREATMENT

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

**65%** OF CLIENTS REPORT  
DECREASE IN **DEPRESSION**  
**SYMPTOMS** WITHIN FIRST THREE  
MONTHS OF TREATMENT

**251**  
SCHIELE CLINIC  
TOTAL SERVED

**22**  
CHILDREN AND ADOLESCENTS SERVED

**25** CASA DE SALUD  
CLIENTS SERVED

**4,218**  
TOTAL SESSIONS PROVIDED

**84%** OF CLIENTS REPORT AN INCREASE IN STABILITY  
IN THEIR LIVES SINCE BEGINNING THERAPY

**90%** OF CLIENTS FEEL SATISFIED WITH THEIR  
SERVICES

**85%** OF ALL CLIENTS DEVELOPED BETTER  
WAYS TO COPE WITH STRONG  
EMOTIONS AND DIFFICULT SITUATIONS

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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 2021-2022 Winnicott Members:

Catherine Bollinger  
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## 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.

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# OUR DONORS

THESE DONATIONS WERE MADE BETWEEN JULY 1, 2021 AND JUNE 30, 2022.

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