

THE CENTER  
FOR RELIGION  
& PSYCHOTHERAPY  
OF CHICAGO

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Margaret Mason, M.A., ADTR.  
Marcia Pavlou, Ph.D.  
Warren Purkel, Ph.D.  
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# CRPCC NEWS

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DEAR FRIENDS AND COLLEAGUES,

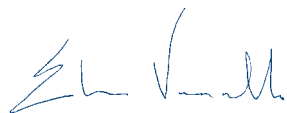
Recently we welcomed a new Board member to the Center, Pat McGinn. Pat brings to our common enterprise many gifts, not least of which is a lot of perspective on the field of which we are a part. We had a delightful introduction to this “gift” in our very first meeting with her.

After we collectively related for her a thumbnail history of the Center which included many of the recent developments you will read about herein, Pat unassumingly remarked: “Well I’ve seen so many wonderful institutions such as your own cease to exist.” It’s just this kind of remark that makes the stamina required to keep growing and changing feel more than worth it.

Indeed we are all humbled and amazed at the remarkable lifespan of the Center, now in the midst of our fortieth year. Those of you with very long associations with the Center will remember when the Center completely reconstituted itself as a non-hierarchical, consensual organization. More recently we reported on the need to change our Clinical Training Program into an Advanced Specialization Education program for professionals, due to changes in state licensure requirements. That program is thriving. At this juncture we look back on a year that involved saying goodbye to several members of our staff who desired to move into private practice and welcoming several more, each of whom brings new expertise and initiative to the Center.

It is something to have put in perspective the ongoing significance of an idea that brought a small group of pastors together 40 years ago: to provide mental health care that respects and values the religious and spiritual lives of individuals; to do so in a way that respects each party’s ability to pay; and to work together as a staff in a way that mirrors the values that are at the core of what we practice—mutuality, compassion, and hope.

We hope you enjoy reading about the new life coursing through the veins of our forty year old organization. We hope that you will send us your thoughts and feedback, and know how we continue to depend on your loyal interest and support.



Elena Vassallo  
*Editor*

## FOCUS *on* STAFF

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### THE CENTER WELCOMES:

CYNTHIA LINDNER, M.DIV.

Cynthia Lindner received her B.A. in English and Religion from St. Olaf College and the D.Min. degree from the Divinity School at the University of Chicago, with an emphasis in Religion and Psychological Studies and Ethics. She wrote her doctoral dissertation on theological models for ethical decision-making among adolescents. Cynthia served as associate pastor of First Congregational Church, Corvallis, Oregon, and then as co-pastor and senior pastor of First Christian Church in Albany, Oregon, where she remained for sixteen years. During her Albany pastorate, she resumed her formal education in counseling, obtaining an M.A. in Marriage and Family Therapy from Northwest Christian College in Eugene, Oregon. As part of her work toward that degree, Cynthia served a counseling internship at the Salem Pastoral Counseling Center in Salem, Oregon, and continued her practice of psychotherapy on the staff at the Pastoral Counseling Center of the Mid-Willamette Valley in Corvallis. Additionally, she served as spiritual care coordinator for Evergreen Hospice, and specialized in providing counseling and bereavement care to underserved and unchurched populations.

In 2002 Cynthia returned to Chicago, and is currently the Director of Ministry Studies and Clinical Faculty for Preaching and Pastoral Care at the Divinity School at the University of Chicago. She is an associate staff member at the Center and sees clients one day a week.

MARCIA PAVLOU,  
PH.D.

Marcia Pavlou is delighted to be joining the staff, following a wonderful experience in the CRPC training program. A clinical psychologist with thirty years of experience, Marcia received her Ph.D. in clinical psychology from Loyola University. She completed a residency at Rush Medical Center, and she then worked at that institution as a staff psychologist and medical school faculty member for another twelve years. Marcia developed a comprehensive program of psychological services for people with chronic disease and their families. She did research and writing, served on national boards and committees, conducted a training program for vocational counselors across the country, taught in medical and nursing colleges, and did clinical work. After entering full time private practice in 1983, Marcia was involved in a range of study groups, case conferences, and supervision. She had life-long interest in religion and developed a serious interest in the interface between religion and psychotherapy. Exploring this in relative professional isolation, she was very pleased to discover the Center and its programs and will be working to develop the Center's consultative services program with outreach to churches, hospitals and other clinicians and institutions.



## FOCUS *on* STAFF

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WARREN PURKEL,  
PH.D.

Warren Purkel is a licensed clinical psychologist who has been practicing in Chicago for the past ten years. For



most of that time he has worked with a not-for-profit social services agency, providing psychotherapy for individuals, couples and families, as well as in-depth psychological evaluations. Warren received his B.A. from Princeton University, and his Ph.D. from the Derner Institute for Advanced Psychological Studies in New York.

Warren's clinical orientation draws upon psychodynamic theory and the family systems model, including techniques from other orientations as well. He focuses with clients on appreciating the full range of their existing strengths, and maximizing their use of those abilities. His practice has included working with trauma and recovery, family conflict, major life transitions, and matters of faith. Warren's goal is a holistic collaboration with each client to achieve healing and personal growth. Warren joined the Center for Religion and Psychotherapy of Chicago in order to focus upon religious and spiritual development as a central aspect of that healing and growth. He is interested in exploring in therapy how these processes are aided via creativity, playfulness and an awareness of the sacred aspects of everyday life. He is currently writing a book on regaining the spirit of playfulness in adult life.



MARK H. VIRSHBO,  
J.D., LCSW,

Mark Virshbo is a graduate of Smith College School for Social Work and the Child and Adolescent Psychotherapy Training



(CAPT) Program of the Chicago Institute for Psychoanalysis. He has also been a student-at-large in the Ph.D. program at the Institute for Clinical Social Work in Chicago.

Prior to embarking on his career as a psychotherapist, Mark worked for many years as a lawyer, and he has an undergraduate degree in anthropology from the University of Chicago. Mark comes to the Center from a clinical social work internship at the Menninger Clinic in Topeka, Kansas, followed by agency work at Chicago's Ada S. McKinley Intervention Services. Mark works with adult individuals, couples, families and children and adolescents.

## FOCUS *on the* BOARD

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### THE CENTER WELCOMES:

**PAT MCGINN, LCPC** has conducted a private practice as a mental health counselor in Hyde Park for over 25 years. She works with individuals, couples, families and the occasional teenager. In her checkered career she has been a high school counselor (Washington, D.C.), a college counselor (Saint Mary's College, Notre Dame), and a family

therapist in an agency (The Depot). She is currently on the faculty of the Art Therapy Department of the School of the Art Institute. She is past president of the Illinois Mental Health Counselors Association. Pat has been familiar with the Center from its earliest years in Hyde Park and was very happy to be invited to join the Board.

## CLINICAL NEWS

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### CHILD/ADOLESCENT THERAPY NOW AVAILABLE

We are pleased to announce that the Center now provides treatment for children and adolescents and their families.

Staff therapist Mark Virshbo, a graduate of Smith College School for Social Work, is also a graduate of the Child and Adolescent Psychotherapy Training (CAPT) Program of the Chicago Institute for Psychoanalysis. He can help you assess your child's and family's needs and would be happy to discuss with you any questions you have about his treatment modality.

To make an appointment, call the Center's intake line 312-263-4368 x9090, or you may reach Mark Virshbo directly at extension 9173.

### WORKSHOP FOR COUPLES

The Center offers a three-hour workshop for couples, **Tune Into Your Partner, Tune Up Your Relationship.** This workshop, developed by Margaret Mason, is based on the cutting edge work of Daniel Siegel, *The Developing Mind: Toward a Neurobiology of Interpersonal Experience* and Daniel Stern, *The Present Moment in Psychotherapy and Everyday Life.*

The workshop is designed to help expand and enrich relationships through the sharing of "felt" moments and movement experiences. Through an embodied dialogue, partners will become more aware of their non-verbal communication and enhance their ability to attune to each other. Attunement facilitates a greater sense of connection and closeness.

For more information, contact Margaret Mason at 312-263-4368, ext. 9222.

## IMAGO RELATIONSHIP THERAPY AT THE CENTER

Center staff person Margaret Mason is a certified Imago Relationship therapist and workshop presenter offering **Getting the Love You Want Workshops** for couples.

This workshop was designed by Harville and Helen Hendrix and is based on their work as outlined in the books *Getting the Love You Want: A Guide for Couples* and *Keeping the Love You Find: A Guide for Singles*. The workshop is an intensive weekend for couples in any stage of their relationship and is designed to help couples develop greater compassion for their relationship difficulties, clearer understanding of each other, and new skills for effective communication.

Imago Relationship Therapy is a method of couples therapy based on the premise that our childhood relational experience profoundly influences our adult intimate relationships. The word “Imago” refers to the unconscious image we have of the positive and negative traits of our early caretakers. This Imago both determines how we select an intimate partner, i.e. we are all motivated to choose someone who resembles our early caretakers with the hope that this time around our childhood hurts and disappointments would be healed. It also provides a context for both the delight of Romantic love and what the Hendrixes

have defined as the second stage of a relationship—the “power struggle” in which the negative traits of each partner become more prominent causing re-injury to the sensitive wounds of childhood.

The Hendrixes describe the power struggle as inevitable, but at the heart of Imago theory is the idea that with consciousness and intentionality a couple can utilize the power struggle as a structure for growth and healing. Imago Relationship Therapy provides an effective pathway for helping couples learn how to become conscious of childhood expectations and of relationship patterns that interfere with achieving healthy adult relationships. Couples therapy is thus seen as a spiritual process or a courageous journey where we can seek the truth about our selves and our partners. This process brings a sense of purpose and meaning to the relationship.

Margaret Mason’s next **Getting the Love You Want Workshop** will take place on October 22-23, 2005. The workshop includes lectures, communication exercises and opportunities to practice new skills in a safe and private setting.

For more information see Margaret’s web page at [WWW.MARGARETLMASONCOUNSELING.COM](http://WWW.MARGARETLMASONCOUNSELING.COM). For more information about Imago Relationship Therapy see [WWW.IMAGOTHERAPY.COM](http://WWW.IMAGOTHERAPY.COM).

VISIT THE CENTER’S NEWLY-REVISED WEBPAGE AT  
[WWW.CRPOCHICAGO.COM](http://WWW.CRPOCHICAGO.COM)

## YOU MAY *be* INTERESTED *to* KNOW

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New clinical inquiries can now be made by email. Elena Vassallo, intake coordinator, continues to receive calls at 312-263-4368 x9090. But you may now also reach her at [newclientinquiry@comcast.net](mailto:newclientinquiry@comcast.net).

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The Center holds a monthly case conference open to all interested clinicians. The case conference is held on the third Wednesday of each month, from 9:30 – 11:30 AM, at 30 N. Michigan Avenue, Suite 1015. Each month a Center staff member presents a case, and all attendees are invited to join in the discussion that follows. The case conference is free of charge, with a fee of \$10 for CEU's. Call 312-263-4368 ext. 9075 for more information.

On Saturday, December 10th from 9am to 12 noon, The Institute for Psychoanalysis will present a panel entitled Serious Boundary Violations. The presenter will be Dr. Glen Gabbard who is a national expert on sexual boundary violations in the field of mental health. Don Browning, former long-time Board member and continuing friend of the Center, will be a discussant. He will be joined by Joseph Monahan, a legal expert and Brenda Solomon, a psychoanalyst. The next issue of the *Annual of Psychoanalysis*, published by the Institute for Psychoanalysis, will be devoted to papers on psychotherapy and religion. A newly published book, *Imago Relationship Therapy: Perspectives on Theory*, edited by Harville Hendrix and Helen LaKelly Hunt, contains articles by some prominent Imago thinkers. Included in the volume are a forward and three articles by the late Randall C. Mason, PhD, Founding Director of the Center for Religion and Psychotherapy of Chicago.

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A **Getting the Love You Want** Workshop will take place on October 22-23, 2005 at the Center. For more information see the article in this issue on Imago Relationship Therapy (page 8).

# CLINICAL SERVICES

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## MAKING A REFERRAL, FINDING A THERAPIST:

Elena Vassallo serves as the Center’s clinical coordinator and is available to speak with all new clients. If the caller is not requesting a particular member of the CRPC staff, but would like more information on our clinical services, Elena will be of assistance by referring the caller to that member of the staff who is best suited to work with him or her. During the call she is happy to discuss any questions. All calls are carefully handled by our answering service. Persons calling have the option of leaving a voice mail message for Elena at x9090, or of speaking with an operator. Calls will generally be returned within 24 hours.

## WHERE TO FIND US:

The CRPC central office is at 30 North Michigan Ave., Suite 1920, Chicago, Illinois 60602-3605. The staff can be reached at 312-263-4368.

## Staff extensions are:

- Celia Brickman — 9075
- Cynthia Lindner — 9077
- Margaret Mason — 9222
- Marcia Pavlou — 9074
- Warren Purkel — 9076
- Catherine Burris-Schnur — 9179
- Elena Vassallo — 9078
- Mark Virshbo — 9173
- Tom Zimmerman — 9079

## BRANCH OFFICES:

Please let the clinical coordinator know if you would like to see a therapist at one of our branch offices.

### EVANSTON

708 Church Street

### NEW LENOX

114 North Cedar

### HYDE PARK

1525 East 53rd Street, Suite 611

### OAK PARK

715 Lake Street

### BOURBONNAIS

201 Park Place, Suite 2

# OUR STATEMENT *of* PURPOSE

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**T**he Center for Religion and Psychotherapy of Chicago seeks the healing of self—psyche and soul—through therapeutic and pastoral relationships.



## WHAT WE DO:

- In-depth psychotherapy encompassing attention to the spiritual, psychological and social dimensions of experience
- Consultation, education and formation with groups, institutions and communities of faith
- Professional education in the integration of psychodynamic theory with religious and spiritual concerns
- Research that advances our clinical, educational and organizational understanding and practice

## WE ARE COMMITTED TO:

- Embracing ethnic and religious diversity in our practices and organization
- Serving persons and faith communities regardless of their financial means
- Engaging in open inquiry and dialogue with regard to our beliefs and practices
- Striving for mutuality in relationships
- A consensual model of organization and administration

## BOOK REVIEW

MINDING  
SPIRITUALITY

RANDALL LEHMANN SORENSON

*Hillsdale, NJ: The Analytic Press, 2004.*

In this recently published book, Randall Sorenson has contributed to the literature on psychoanalysis and religion by asking that psychoanalysis “mind” spirituality. Rather than attempt to explain religious experience in psychoanalytic terms, positively or negatively, Sorenson hopes to further a true conversation between the two areas of human endeavor, a conversation that would maintain and respect their differences from each other at the same time as it would encourage each to learn from the other.

Sorenson belongs to the relational school of psychoanalysis, and he goes over some of the major changes in psychoanalysis...that have led up to the emergence of this school...

A seminary-trained psychologist, a training and supervising psychoanalyst, and a professor in a seminary-based, APA-approved psychology program, Sorenson is well-versed in both psychoanalytic and theological thought.

Sorenson belongs to the relational school of psychoanalysis, and he goes over some of the major changes in psychoanalysis (and related philosophical changes) that have led up to the emergence of this school, changes which have allowed for a greater contemporary rapprochement between psychoanalysis and religion. He cites the re-evaluation of “illusion,” Freud’s damning epithet for religion made newly respectable by Winnicott and others; the waning of the positivism that has characterized much psychoanalytic thought; the acknowledgement of the unavoidable role of subjectivity in our understanding of the “objective” world; and the constructed nature of all human knowledge, even human knowledge of the divine. In addition, the tendency for relational theorists to give as much room to the current dynamics between client and analyst as they do to the past that the client brings to the analytic relationship ties in well with Sorenson’s plea for understanding spirituality as not entirely reducible to the past, but as having reference to something “genuinely new happening in the present.”

Sorenson’s book has two original angles. The first emerges from research he carried out with his doctoral students, all of them practicing therapists. He asked his students to write autobiographical essays addressing their religious experience before entering therapy, during therapy, and as therapists with others. His analysis of these essays demonstrates that the way a therapist or analyst attends to a client’s

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spiritual experience has a profound influence on the client's spirituality, an influence far deeper than that of either parents or community. Sorenson's studies give weight to his contention that attitudes of openness, interest and respect on the part of the analyst towards the client's spirituality have a therapeutic effect on the development of that client's spirituality.

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**This book brings together recent developments in relational psychoanalysis with an argument for a more nuanced relationship between psychoanalysis and religion...**

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The second original angle is Sorenson's proposal that seminary education, rather than the often more-admired university education, provides a good model for how psychoanalytic education might usefully evolve. Drawing on the sociology of religion, he compares psychoanalytic institutes to fundamentalist religious denominations. The strictness, dogmatism and intolerance of fundamentalism create the strongest of religious communities, which transmit their beliefs most successfully to succeeding generations. Sorenson sees a similarity to the orthodoxy taught in psychoanalytic institutes, which also has helped transmit psychoanalysis throughout the twentieth century. The price, however, has been that candidates have been trained to conform to

their teachers rather than to think independently and critically. Sorenson would like to see a psychoanalytic training that encourages a greater spirit of critical and independent thinking. Ironically, given that psychoanalysis has often been accused of being too much like a cult or a church, he believes that seminaries, even more than universities, encourage precisely the kind of independent and critical reflection within the context of respect for a tradition that he would like to see for analytic training.

This book brings together recent developments in relational psychoanalysis with an argument for a more nuanced relationship between psychoanalysis and religion, going over well-known developments in contemporary psychoanalysis and drawing out their implications for religion.

—*Celia Brickman, Ph.D.*

## FOCUS *on* EDUCATION

### EDUCATION PROGRAM BEGINS ITS EIGHTH YEAR

The Center for Religion and Psychotherapy is pleased to announce the beginning of the eighth academic year of our Advanced Certificate Program – *Self Psychology and Religion: Clinical Specialization and Applications*. Four new students began attending classes on September 23rd. Classes meet on Fridays from 8:00 to 12:00 p.m. from late September through early June.

Students come with a variety of professional experience ranging from twenty years of clinical practice to expertise in the hospital setting as a chaplain, or the parish setting as a pastor. All come wanting to know themselves and their clients/patients/parishioners more fully. The Integrative Case Conference provides an opportunity for students to engage with their colleagues around issues of transference and countertransference. In addition, the case conference provides a forum for the ongoing integration of clinical theory and interpretation of religion and spirituality into clinical practice.

Some students come with a theological background, while others come without formal religious or theological education. Our religion track provides a unique opportunity to engage around theoretical and clinical material through a broad religious lens which is open to an interfaith perspective. Readings include classic writings in spirituality and religious

philosophy, as well as comparative approaches to and critiques of contemporary studies of religion.

Theoretically, the education program provides an opportunity to understand concepts of self psychology. After forty years of educating clinicians from a Kohutian perspective, perhaps our education program could be thought of as the *home* for self

CRPC  
EDUCATION  
PROGRAM  
*8 years*

psychology and religion. The theory courses trace the origins of the psychology of the self, highlighting the psychoanalytic investigations of Freud, Winnicott, and Kohut. In addition, we address major theoretical developments in the psychology of the self as well as contemporary perspectives that integrate self psychology with intersubjective, relational, and social-constructivist theories. We are committed to engaging the ongoing dialogue between self psychology and religion as we attempt to integrate the two worlds, both theoretically and clinically.

We continue to offer an Apprenticeship Program which allows graduates of the Advanced Certificate

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Program the opportunity for further integration of their two-year academic experience. The Apprentice Program provides students the consultative process of working with a mentor and participation in the Integrative Case Conference.

If you have a longing to engage with like minds in such conversations, please leave us a message at 312-263-4368, ext. 9088 or visit our website at [WWW.CRPCCHICAGO.COM](http://WWW.CRPCCHICAGO.COM). We are currently accepting

applications for the 2006-2007 academic year.

Celia Brickman, Ph.D., faculty member, has been an integral part of the education program and will co-direct the program in the 2005-2006 academic year. We look forward to another exciting year ahead.

—*Catherine Burris-Schnur*



I am pleased to support The Center for Religion & Psychotherapy of Chicago with a tax-deductible gift of \$\_\_\_\_\_. My check is enclosed.

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