



The Southeast Florida Association for Psychoanalytic Psychology

Local Chapter—Society for Psychoanalysis and Psychoanalytic Psychology:
Division 39 of the American Psychological Association

The SEFAPP Board of Directors would like to reach out to our members to signal our support and solidarity during these trying and uncertain times amid COVID-19. Although social distancing has become the norm these days, it is important for us to stay connected as a community and hope that this letter serves in that function. Our collective transitioning to telehealth/videoconferencing in our practices has added new dimensions to our clinical work, and although we recognize how fortunate we are as a profession to have technology on our side compared to so many others for whom work is at a total standstill, we are nevertheless having to adjust to this new modality. If any of you is in need of guidance with these adjustments, please do not hesitate to reach out.

We are of course disappointed to report that the remainder of our Spring events have been postponed following CDC guidelines and associated venue closures. The good news is these events will be rescheduled in the future, and we are already working on some very exciting events for the next season which we will announce as soon as we are able. We remain committed to providing the community with a variety of enriching programming, and very much look forward to coming back together at future events and social gatherings (remember those?)—please continue to check our website at www.sefapp.org for calendar updates.

Finally, a colleague has recently shared a YouTube video from a Toronto-based psychoanalyst, Dr. Donald L. Carveth, where he discusses some thoughts on the pandemic from a Freudian, Kleinian and Bionian perspective. Many of us found this short video quite compelling, and at the risk of intellectualizing as a defense, would like to share with any of you who may be interested.

Here is the link which you may copy and paste into your browser: <https://www.youtube.com/watch?v=zNqZmV02vbQ>

We hope this finds you and your loved ones in good health, staying safe and keeping strong.

Seth Lobdell, Ph.D.
SEFAPP President