



## Psychotherapy Dialogues

A Newsletter Exploring Integrative Psychodynamic Psychotherapy

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### Meet Kat Johnson Our Newest Associate!

Allisun Noe Conant Interviews  
Kat about her past and present  
experience as an integrative,  
LGBTQ+ affirming psychotherapist

[To Contact Kat Click Here](#)



**Allisun: Welcome to Lakeview Center for Psychotherapy, Kat! Please say a little bit about your journey as a psychotherapist up to this point.**

Kat: Hello, I'm Kat Johnson and I am a licensed clinical social worker. I got my master's degree from Loyola University in Chicago in 2014. After graduation I moved out to Los Angeles, CA where I worked with the houseless population until 2017. In 2017, I returned to Chicago where I began private practice work. Prior to Lakeview Center for Psychotherapy I was practicing in Evanston, Center on Halsted, and an LGBTQ group practice in Andersonville. I have a strong passion for social justice that I utilize in my work.

**A: You bring an interesting experience set to your work, particularly concerning LGBTQ+ clients and their unique concerns. What could you tell us about this area of your training and interests?**

K: I have worked at Center on Halsted as well as IntraSpectrum Counseling. Both practices focus on the queer and trans communities. Additionally, while working with the houseless population in Los Angeles, I was able to work specifically with the queer community and individuals with HIV. Throughout the different settings I've met with many folks on the gender spectrum who are interested in exploring various parts of their identity, as well as folks who are working on the coming out process. Additionally, I am part of the queer community which helps me connect to the work.

**A: The term "integrative psychotherapy" is meaningful to many people in the field these days. What does it mean to you in terms of how you work with clients?**

K: I generally interpret integrative psychotherapy to mean starting with a psychodynamic theoretical base and interweaving additional theories. What this looks like in practice can vary but usually involves understanding the client in the context of their family, patterns from the past,

thoughts, feelings, body sensations, various identities (race, gender, sexual orientation, etc.), and their experience within the therapeutic relationship. I use all of this information to understand how the client moves through the world both consciously and unconsciously.

**A: Outside of the office, what brings you joy?**

K: I love listening to music, seeing concerts, and attending as much live music as I can. Additionally, I am a huge fan of the Music Box Theater and enjoy seeing films there.

**We are a collaborative practice of independent psychodynamic therapists dedicated to providing inclusive, innovative, thoughtful, and compassionate psychotherapy. Our group is made up of professionals from various disciplines: psychologists, social workers, counselors and nurse practitioners. We work in a variety of therapeutic styles to best meet our clients' needs.**

## Our Therapists

Niquie Dworkin, PhD; Kate Fiello, LCSW; Sarah Seidler, LCSW; Spencer E Biel, PsyD; Nathan Dougal, LCSW, BCD; Tamara Gittelsohn, LCPC; Zack Hamingson, LCPC, SEP; Kat Johnson, LCSW; Glynis Kristal-Ragsdale, LCPC; Deirdre Levine, LPC; Allisun Noe Conant, PsyD; Joseph Reed, PhD; Leigh Rocklin, LCPC, MEd; Cayce McConnell, PMHNP; Lois Platt, PMHNP; Melissa Vitale, PMHNP; Bill Singerman, LPC (Senior Fellow); Sevil Aksoy, LPC (Fellow); Katie McCarty, MSW (Fellow); Riley Dean, LCSW, (Fellow); Katie Delfino, MSW (Fellow); Hali Garber (Extern); Kyle Steinke, (Extern)

[lakeviewtherapy.com](http://lakeviewtherapy.com)

## Current Groups

### All-Gender Interpersonal Process Group

Interpersonal process groups are led by a therapist specifically trained in psychodynamic group psychotherapy. These open ended groups have 8-10 members and meet weekly for 60-90 minutes. The structure allows members to assist one another to learn about and change limiting relational patterns. Lakeview Center's interpersonal process groups help clients increase awareness of their thoughts and feelings in the moment and to express them in emotionally constructive ways. Group members offer support and feedback to each other and experiment with new ways of relating that they can apply outside of the group.

Our process groups are in person and require vaccinations and masks.

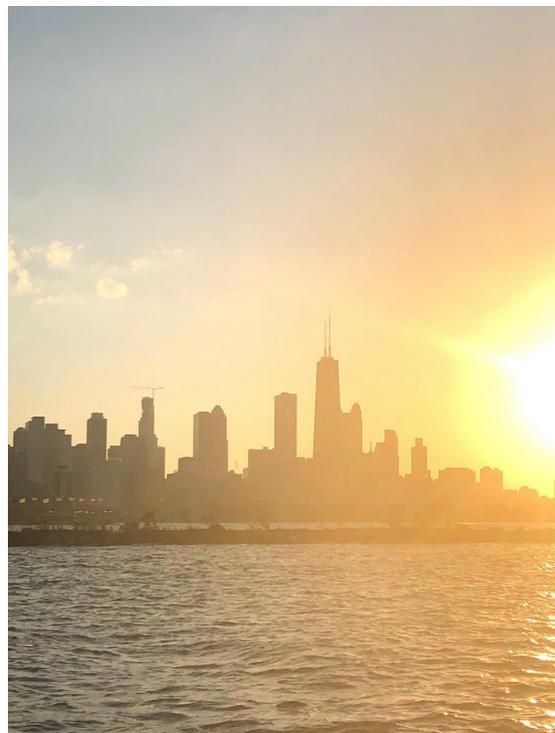


Image by Dasha Dworkin-Cantor

## Announcements

### **Dialectical Behavior Therapy (DBT) Skills Training Groups**

DBT skills offer strategies for managing strong emotions and can be a valuable addition to individual psychotherapy. DBT skills groups may be particularly useful to individuals struggling with eating disorders, self-injury, and other impulsive and compulsive behaviors. Groups are open to new members every six to eight weeks. Each unit focuses on one of the four DBT skill areas: core mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. DBT groups are offered to clients of all genders, aged 16 and older. To learn more about Dialectical Behavior Therapy visit our DBT page.

Our DBT groups are currently virtual.

Tuesdays 4 – 5:45 p.m.  
Sundays 10-11:45 a.m.

[Click Here for More Info on Lakeview Center Groups](#)

**Lakeview Center** welcomes our new associates, Kat Johnson, Deirdre Levine, and Joseph Reed, and our new trainees, Sevil Aksoy, Hali Garber, Katie McCarty, and Kyle Steinke! To read more about our new therapists [click here](#).

**Lakeview Center** has openings for full or part time multicultural therapists. For more info [click here](#).

**Lakeview Center can now provide medication management** through our nurse practitioner affiliates (LMHNPS): Cayce McConnell, Lois Platt, and Melissa Vitale. To refer a client to one of our nurse practitioners [click here](#).

**Zack Hamington** has completed Level 1 training in Internal Family Systems

**Tamara Gittelson** is starting a monthly Balint group sponsored by the Southwest Psychoanalytic Society. She has attended the American Balint Society national meeting , the Boston Balint leadership training and a conference of the British Balint Society at Oxford university. Tamara has also opened part-time virtual and in-person practices in Tuzson, AZ and San Diego, CA.

**Niquie Dworkin** has completed Gottman Level 2 Couple Therapy Training.

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## Offices for Rent

Lakeview Center has beautiful offices for rent on weekends only in 4, 6 or 8 hour blocks. Offices are bright and tastefully furnished. Our charming Victorian building is occupied entirely by therapists. Convenient location and street parking. For more information or to schedule a tour of the building, please click on the link below.

[Click Here To See Photos of Offices](#)



Many of our offices can accommodate groups

Opposite Me

A Personal Reflection on Boxing



Image by Dasha Dworkin-Cantor

by Tamara Gittelson

Opposite me, my boxing trainer, claims his place. Feet planted, stance confidently present, gloved fists hinting at only imagined menace in my peripheral vision, his eyes burn, at the same time gentle, inviting, daring, defiant and kind.

For this hour, the fight is fought in tandem. He demands and commands my attention, his passionate commitment to my evolution, a symphony of surrender, submission, overcoming and discovery. For this hour, spit, sweat, tears and feelings so powerful they threaten to knock me out long before the first punch, he is my beacon in the oceanic waters of becoming.

In the strangely-fractioned psychoanalytic 45-minute hour, I offer my time, ear, commitment and care to my patients, hoping for a different tandem joyride through the trench, to becoming. On the couch or eye to eye, we search for a dyadic transcendence.

Boxing has been my best teacher, the runner up, witnessing death.

When my dad was dying of a lung disease, struggling for air through a tube in his nose that only sometimes prevented the cacophony of coughing fits he courageously endured, he used to say; true to his British roots and familiarity with the Anglo-Indian cuisine popular in London: "Oxygen is like curry. You can never get enough." In his dying, as in life, he sought pleasure, valuing sensory stimulation, deep interpersonal connection and the familiarity of childhood tastes, to help him overcome suffocation. Breathing was not enough. What he wanted was expressivity. Satiation. Satisfaction....Transcendence.

There seems to be wisdom in that: to live free.

My experience of boxing and my dad's search for oxygen, literal and symbolic, strike me as a search similar to psychotherapy, psychoanalysis, or, familiar titles and longed-for neat categorization notwithstanding, the need for meaning, overcoming, and evolution.

My boxing trainer tells me, in this hour, I am not in control. He will not let my mind dictate whether to keep fighting to learn, oh so slowly, the art of throwing just one good punch. He demands, with a conviction I can only reach for but not quite attain, a belief that competence breeds confidence. No retreat. No surrender. He points out the strength of my right hook, then makes 100 corrections, a myriad of adjustments, an avalanche of demands to keep my hands up, take the hit and never, never, never give up. Like my dad's British heritage resurfacing, Churchill's war-time manifesto to encourage the nation, plays in my mind: "We shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets; we shall fight in the hills. We shall never, never, surrender."

Patients tell me they want to feel better; to live meaningfully, feel connected, find and be found. For

those who put their faith in me, I am still looking to learn how best to be of help: to fight this hour in tandem; and, in the therapeutic encounter rather than the boxing ring, for the skills and exquisite sensitivity to time, deliver, reset, and recover from the perfect punch.

My head is bloody but unbowed.

[Click Here For More Info on  
Psychotherapy at Lakeview Center](#)

