



Psychotherapy Dialogues

A Newsletter Exploring Integrative Psychodynamic Psychotherapy

College Mental Health: Expanding Access to Outstanding Clinical Care By Spencer E. Biel, PsyD

Image by Philip Dworkin-Cantor

College life engages several developmental tasks – consolidating identity, strengthening social links, and establishing membership as an adult in the world. Currently, these tasks are exceptionally daunting. The pandemic has exacerbated social instability, turmoil, and isolation, deepening feelings of insecurity, mistrust, and loneliness.



In this context, college students are suffering alarming rates of anxiety, depression, hopelessness, and suicidality. In December of 2021, Surgeon General Dr. Vivek Murthy issued an advisory on the mental health crisis facing youth and young adults. He emphasized that the pandemic is not the cause of the crisis but has intensified it considerably. Toward the end of his report, he stated: “This is a moment to demand change.”

Essential ingredients of change include mental health parity and the provision of accessible, affordable, culturally competent, outstanding clinical care. In November of 2021, harnessing learning from the first year of the pandemic about how to deliver robust, effective treatment remotely, the Austen Riggs Center launched a Remote Access Intensive Outpatient Program (IOP) for Massachusetts College Students. Through partnerships with colleges, we are bringing additional services to students and counseling centers facing unprecedented strain. Our multidisciplinary IOP team integrates psychodynamic psychotherapy, medication management, family consultation, and groups focused on building self-knowledge and resilience through relationships.

Moving beyond crisis management, we promote recovery by addressing underlying causes of distress. Through peer and staff support, patients explore how they have

learned to face adversity, clarifying their strengths and their struggles. As they translate symptoms and problematic behaviors into meaningful efforts to bear and express what overwhelms and confuses them, they establish more resources, within themselves and through the relationships they develop, to address their challenges and proceed developmentally.

Dr. Spencer Biel is an associate at Lakeview Center for Psychotherapy and Director of the Austen Riggs Center Remote Access IOP for College Students

For Info On Intensive Psychodynamic Therapy at Lakeview Center
[Click Here](#)

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 collaborative group structure allows each therapist to grow and flourish, while also promoting long-standing commitment to our shared mission. We both support and challenge each other to expand our perspectives and deepen our work.

Our Therapists

Niquie Dworkin, PhD; Kate Fiello, LCSW; Sarah Seidler, LCSW; Spencer E Biel, PsyD; Nathan Dougal, LCSW, BCD; Tamara Gittelson, LCPC; Zack Hamingson, LCPC, SEP; Kat Johnson, LCSW; Glynis Kristal-Ragsdale, LCPC; Deirdre Levine, LCPC; 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); Nicole Glass, MA, (Fellow); Katie Delfino, MSW (Fellow); Hali Garber (Extern); Kyle Steinke, (Extern)

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 group is currently in person and requires vaccination.

Saturdays 10:15AM-11:15PM

Dialectical Behavior Therapy (DBT) Skills Training Group

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 group is currently virtual.

Tuesdays 4 – 5:45 p.m.

New Integrative Psychotherapy Consultation Group

This group is open to new therapists who have just finished a graduate program as well as therapists who wish to integrate new orientations and interventions into their repertoire. We will focus on combining symptom-focused, insight-oriented, and unconscious focused interventions from the psychodynamic, cognitive/behavioral, and experiential traditions, and will discuss cases from an integrative relational perspective.

Saturdays, Monthly, time TBD

Contact: [Niquie Dworkin, PhD](#)

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

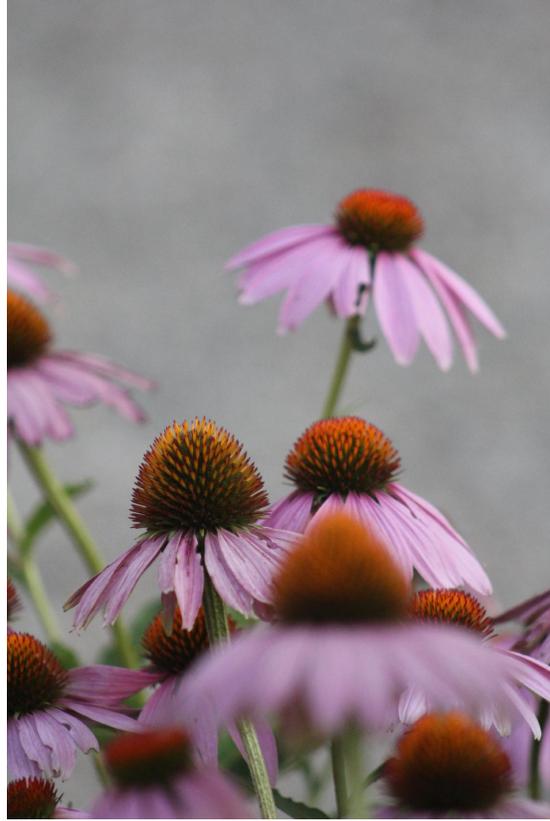


Image by Lucy Altvater

Announcements

Lakeview Center has an opening for a full time experienced psychodynamic therapist. For more info [click here](#).

Lakeview Center welcomes our new psychotherapy fellows: Nicole Glass, MA and Katie Delfino, MSW. To read more about our new therapists [click here](#).

Deirdre Levine, LCPC has become fully licensed. Congratulations Deirdre!

Hali Graber, one of our current psychotherapy externs, will be staying with us for our two year post-graduate fellowship. Congratulations Hali!

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](#).

Offices for Rent

Lakeview Center has beautiful offices

available for rent, one full time, and many on weekends only in 4, 6 or 8 hour blocks. Offices are bright and tastefully furnished. Our charming 4 floor 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](#)



3rd floor Therapy Office.
Many of our offices are large enough for groups

Book Review



Image by Phillip Dworkin-Cantor

Transforming Sexual Narratives: A Relational Approach to Sex Therapy By Suzanne lasenza

A Brief Book Review by Niquie Dworkin

Transforming Sexual Narratives approaches sex therapy in a manner that is practical and focused, yet grounded in depth-oriented psychodynamic theory. lasenza encourages sexual partners to explore their sexual histories and early implicit beliefs about sex, gender, and relationships in order to open up possibilities of connecting in more flexible, fulfilling ways. She encourages couples and readers to begin redefining sex and desire so sex can be more playful and emotionally intimate. By applying psychodynamic principle to queer, kink-oriented and polyamorous couples, she dismisses outdated perspectives on these dynamics and demonstrates that all of these configurations hold the potential for healing corrective emotional experiences. lasenza describes techniques such as deep exploration of fantasy, the creation of a shared sexual menu, and the introduction of a willingness continuum as avenues for making the sexual unconscious conscious, and for translating insight into action and satisfaction. This book is indispensable for any contemporary psychodynamic therapist couples' therapist, and for any therapist working with queer and alternative couples.

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



