

**Dr. Enid B. Young, Ph.D.**  
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### **Education**

July 2007: Certificate of a Graduate Curriculum in Pain Management  
University of California San Francisco  
October 1996: Certificate in Psychoanalysis  
Psychoanalytic Institute of Northern California  
San Francisco, CA  
1989-1992: San Francisco Institute of Psychoanalytic Psychotherapy and Psychoanalysis  
June 1979: Ph.D. Counseling Psychology  
University of California, Berkeley  
June 1970: Ed.M. Counseling Psychology  
Harvard Graduate School of Education, Cambridge, MA  
June 1967: B.A. Brandeis University, Waltham, MA

### **Advanced Training**

2005 to 2006: UCSF year-long training to be certified in chronic pain treatment  
1994 (ongoing): Training in London and Buenos Aires in Kleinian and neo-Kleinian  
psychoanalysis  
1987: Professional in Residence Addiction Program: Betty Ford Center, Ten Day Program  
1977: Gestalt Institute, San Francisco  
1976: The Family Therapy Institute of Marin: Graduate of beginning and intermediate courses in  
family therapy  
1975: Berkeley Family Service Clinic: Counselor under supervision of individuals, children and  
families

### **Clinical Work**

**1979 to present: Ph.D. Private Practice, San Francisco and Berkeley. Psychotherapist,  
Psychoanalyst and Supervisor; Specializing in Addiction and Chronic Pain and Borderline  
and Narcissistic Personality Disorders**

1973 to 1976: Bonita House, Inc., Berkeley: Program Director/Counselor/Clinical Supervisor;  
Developed and evaluated programs for residents and supervised staff activities. On 24-hour call  
for crisis counseling. Co-leader of long-term group work.

1972: University of California, Berkeley: Project Potential: Teacher and Counselor;  
Instructed undergraduates in counseling skills; counseled adolescents in the Berkeley Public  
School System, particularly addressing issues of addiction.

1972: Teaching Assistant at U.C. Berkeley summer school. Mission-Neighborhood Center, San  
Francisco: Program Director; Developed, evaluated and supervised summer activities program  
for children aged six through ten; crisis counseling with children and their families.

1970 to 1971: Timilty Jr. High School, Roxbury, MA: Counselor/Consultant; Individual and  
group therapy with students; consultant to administrative and teaching staff.

1969 to 1970: Frank V. Thompson School, Dorchester, MA: Counselor.

1968 to 1969: Newton High School, Newton, MA: Teacher and Counselor.

1968: Harvard Upward Bound, Cambridge, MA: Teacher and Counselor.

1967: Roosevelt Towers, Cambridge, MA: Counselor.

## **Teaching**

*1996-2008 Classes*

### **Northern California Society for Psychoanalytic Psychology:**

Melanie Klein

Tustin and addictive states

Developed a two year intensive study group program in the East Bay and San Francisco entitled "The Kleinian Development" with Dr. Elizabeth Bianchedi, Dr. Horacio Etchegoyen, Dr. David Rosenfeld, Dr. James Gooch and Dr. James Grotstein as guest speakers

The Transformation of the Oedipus complex in Freud, Klein and Bion  
Klein and Bion

Bion

The Impact of Bion on Psychoanalysis

Class on Freud's Life and Death Instincts

Class on a Neuropsychoanalytic Approach to Trauma

Class on Neuropsychoanalysis Approach to Transference/Countertransference: How mirror neurons change our view of the analytic couple

### **Psychoanalytic Institute of Northern California:**

Melanie Klein

Ronald Britton and the Post-Kleinians

The Oedipus Complex in Freud, Klein, and Bion

South Bay: The Oedipus Complex in Freud, Klein, and Bion; Class on Bion

South Bay Annual Lecture: Presentation of a Kleinian Approach to a Case Study

Elizabeth Bianchedi Reader

Study Group on Bion and Neuroscience

Developed a Neuropsychoanalysis Program, leading neuroscientists in dialogue with master clinicians and neuropsychoanalysis study groups

### **Berkeley Psychotherapy Institute:**

Class on a Psychoanalytic Approach to Addiction

Class on a Psychoanalytic Approach to Chronic Pain

The Integration of Neuroscience and Psychoanalysis

## **Presentations and Published Papers**

### **Addiction**

September 1996: "*A Kleinian Approach to Addiction*," NCSPP addiction conference.

December 1995: "*A Psychoanalytic Approach to Addiction: The Formation and Use of a Precocious Paranoid-Schizoid-Depressive Organization*," NCSPP scientific meeting: published in the *Journal of Melanie Klein and Object Relations*, 1996, 14(2), 177-195.

July 1995: "*The Role of Incest Issues in Relapse and Recovery*" in *Psychotherapy and Substance Abuse*, editor Arnold Washton.

October, 1994: Presentation of a paper entitled, "*A Psychoanalytic Approach to Addiction: The*

***Formation and Use of a Precocious Paranoid-Schizoid Depressive Organization,*** NCSPP Scientific meeting, San Francisco.

June, 1994: Training and supervision in Kleinian and Neo-Kleinian theory: Tavistock, England.

January, 1995: ***Presentation of a Kleinian and Neo-Kleinian approach to a case study:*** South Bay NCSPP lecture series.

May 1991: Speaker at the 27<sup>th</sup> annual conference of the California Association of Marriage and Family Therapists: "***Incest: a Root of Addiction and a Psychoanalytic Treatment Plan.***"

June 1990: "***The Role of Incest Issues in Relapse***" in Journal of Psychoactive Drugs.

1989: Speaker at various groups on the subject of addiction recovery.

January 1988: Developed and presented a weekend workshop entitled, "***Women in Addictive Relationships: Breaking the Cycle.***"

November 1987: Professional supervision of psychotherapist focusing upon addiction issues.

September 1987: "***Co-Alcoholism as Disease: Implications for Psychotherapy***" in Journal of Psychoactive Drugs

### **Psychoanalysis**

2006 April: Study group leader at Ron Britton conference, Seattle Psychoanalytic Society.

2005 March: Discussion Paper in response to Dr. Eric Brenman's paper on the Superego; "***The Ethical Superego,***" Seattle Psychoanalytic Society.

2004 April: Presentation of "***On the Analyst's Capacity to Bear Love:***" Seattle Psychoanalytic Society, discussed by Jeffrey Eaton.

2002 December: Response to paper entitled: "Concrete Transference: a Function of Time, Space, and the Impermeability of the Object: "***The Role of Reparation in Psychic Growth.***"

2000 May: "***Response to Dr. Ronald's Britton's paper: Hyper-subjectivity and Hyper-objectivity in Narcissistic Disorders,***" Northern California for Psychoanalytic Psychology annual lecture.

2000 April: "***The Use of the Analyst in the Separation of the Mother-Infant Couple,***" presented at the Division of Psychoanalysis (39) American Psychological Association conference in San Francisco.

2000 Feb.: "***On the Analyst's Capacity to Bear Love,***" presented at International Conference in Florence, Italy and to be presented in Madrid, February 2001.

1999: "***The Role of Envy in Psychic Development,***" published April 2000: Fort Da.

1998: "***On Envy,***" response to Horacio Etchegoyen's talk on Envy: NCSPP conference.

September 1997: "***The Transformation of the Oedipus Complex: from a linear to a vertical perspective,***" NCSPP introductory meeting with Dr. James Grotstein.

December 1996: "***On Love,***" Discussion of Love from a Bionian Perspective: Division of Psychoanalysis (39) Newsletter.

October 1996: "***On the Analyst's Capacity to Bear Love,***" UC Laurel conference center

### **Neuropsychanalysis and Chronic Pain**

2008 April: paper to be published by the American Pain Society and the American Pain Society bulletin entitled "*The 12 Steps and Chronic Illness*"

2007 August: book review published by the American Pain Society in the American Pain Society bulletin entitled, "*The Body and its Pain*" by Gabriel Burloux."

2007 April: "*A Psychoanalytic Approach to Chronic Pain*" presented to the University of Washington Pain Clinic by invitation from Dr. John Loeser

2007: August: presentation of paper entitled "*Psychoanalysis and Neuroscience in the Consulting Room; Two Clinical Cases*" American Psychological Association, Division 39, Moscone Center, San Francisco

2007: May: presentation of paper at Neuropsychoanalysis conference UC Laurel Center San Francisco, entitled "*What is Intuition?: Psychoanalysis and Neuroscience Join Forces*," in response to Dr. Oliver Turnbull

2007: January: presentation of paper at neuropsychoanalysis conference UC Laurel Center San Francisco, entitled "*The Effect of the Neuroscientific Discoveries on Memory in Clinical Work*."

2006 January: "*Crossing the Synapse: Neuroscience and Psychoanalysis Join Forces*" with Dr. Mark Solms and Dr. James Grotstein

2005 January: Abstract entitled "*From Coping to Understanding: The Integration of a Neurobiological and Psychological Approach to the Treatment of Chronic Pain*" submitted to American Pain Society Annual Meeting and to University of Rochester School of Medicine Conference: Mechanisms and Treatment of Neuropathic Pain

2005 October: Class entitled "*The Psychosomatic Matrix: The Integration of Neuroscience and Psychoanalysis*." Berkeley Psychotherapy Institute

2004 October: Class entitled "*A Psychoanalytic Approach to Chronic Pain*." Psychotherapy Institute

### **Professional Affiliations**

Member: International Psychoanalytic Association

Member: International Neuropsychoanalysis Association

Psychoanalytic Institute of Northern California: Graduate and Faculty

Northern California Society for Psychoanalytic Psychotherapy: Intensive Study group planner and faculty

UC Mt Zion: supervising faculty

American Psychological Association (Div. 39): Member

Training and Supervision in Kleinian and Neo-Kleinian Theory, Tavistock, England: June 1994  
*Journal of Melanie Klein and Object Relations*: editorial board: special guest editor for an issue on addiction

Bion Conference: Buenos Aires: July, 1999

London Psychoanalytic Case Study Group

Supervision in Kleinian Technique with Dr. James Grotstein (LA), Dr. Ronald Britton (London): 1994-present

Bion Group with Dr. James Grotstein: 2003  
Member: American Pain Society and American Chronic Pain Association  
Member: New York Psychoanalytic Institute Neuropsychoanalytic Society

**Postgraduate Education Courses involving Addiction, Chronic Pain, Psychoanalysis and Neuropsychoanalysis**

2007 through 2008; Study Group on Neuroscience with Dr. Maggie Zellner from New York by videoconferencing  
2006 through 2007: year-long course at UCSF in pain management leading to a certificate in pain management  
2005: Harvard Medical School pain treatment conference  
2005: Introduction to Neurobiology  
2004: Introduction to Neurophysiology  
2004: Chronic Pain class  
1989-1991: All-Day Conferences: Harold Searles, Otto Kernberg, Paulina Kernberg, Joyce McDougal, and Arnold Goldberg.  
1990: Conference on Relapse Prevention: Washton and Marlatt; San Francisco.  
1990: Multiple Addictions Conference, San Diego, CA: "Relapse Prevention in the Multiply Addicted."  
1987: Professional-in-Residence: Betty Ford Center. Ten day program.  
1984, 1985: National Association of Adult Children of Alcoholics Conference.  
The Treatment of Shame and Guilt in Adult Children of Alcoholics; Solano Center.  
The Treatment of Codependence; Anne Wilson Schaef.  
A Developmental Model of the Treatment of Adult Children of Alcoholics: An Advanced Clinical Seminar; Stephanie Brown. Two day workshop.  
The Sexually Abusive Family: Diagnosis & Treatment; Miriam Ingebritson. Two-day workshop.  
Breaking the Cycle: Assessment & Treatment of Child Abuse & Neglect; Eliana Gil.  
Psychotherapy and Hypnosis; Jesse S. Miller, Ph.D. & Paul Minsky, Ph.D.; 1985  
CAMFT 23rd Annual Conference; April 1987. Borderline Personality Disorders: Theoretical and Practical Considerations; Karla R. Clark, Ph.D. Addictive Behaviors: Problems in Treatment with Borderline Patients; Shelley Barlas Nagel, Ph. D.  
The Diagnosis and Treatment of Character Disorders; Solano Center.  
The Masterson Approach to the Treatment of Personality Disorders; Shelley Barlas Nagel.  
Continued supervision.  
The Interpersonal World of the Infant; Dan Stern  
Self-Psychology: Theory and Applications; Douglas Detrick, Michael Basch, Robert Stolorow.  
The Use of Transference in Psychotherapy; Douglas Detrick.