

FONYA LORD HELM, PhD, ABPP

CLINICAL PSYCHOLOGIST
PSYCHOANALYST

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PROFESSIONAL EXPERIENCE:

- 1975 - Present Independent Practice. Psychoanalysis and psychotherapy of adults. Psychotherapy of adults. Couples psychotherapy.
- 1998 - Present Institute for Contemporary Psychotherapy and Psychoanalysis. Training and Supervising Analyst, Vice-Chair, 2014 – 2015, and Faculty, 1998 – Present, at the Training Program in Psychoanalysis.
- 2002 - Present Analytic Process Scales Group. Member. The research group studies analytic process and therapeutic action. The group is led by Sherwood Waldron, M.D.
- 1991 - Present Contemporary Freudian Society. Training and Supervising Analyst, Instructor at Washington, DC Training Program in Psychoanalysis.
- 2012 - Present Psychoanalytic Research Consortium
Board of Directors, 2014 – Present
Member, 2012 – Present
- 1983 - Present Washington School of Psychiatry. Member.
Dynamics of Psychotherapy Training Program.
Chair, 1984-1994. Vice-Chair, 1983-1984.
Faculty, 1983-1997.
Central Concepts Program. Faculty, 1999-2009.
- 1996 – 2005 The George Washington University.
Supervising Faculty, Center for Professional Psychology
(Psy.D. Program).

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EDUCATION:

- 2003 American Board of Professional Psychology. Certification Number 5751.
- 1990 Contemporary Freudian Society. Certification in Adult Psychoanalysis.
- 1975 The George Washington University. Ph.D. Clinical Psychology
- 1974 - 1976 Baltimore-Washington Center for Psychoanalysis. Two years of courses.
- 1971 - 1972 Area C Community Mental Health Center. Washington, DC. Internship.
- 1965 - 1966 California State University at Los Angeles. Undergraduate psychology courses.
- 1963 Harvard College. B.A. English Literature.

ORGANIZATIONS:

- 1972 - Present American Psychological Association. Member. Board of Directors, Division 39, Section I 2014 – Present. Representative Division 39, Section IV from Washington Professionals for Psychoanalysis, 1990 – 2000, 2014 – Present.
- 2003 - Present American Psychoanalytic Association. Member.
- 1978 – Present Baltimore-Washington Center for Psychoanalysis. Member.
- 1990 - Present Contemporary Freudian Society. Member. Board of Directors, At-Large Member, 1996 - 1998.
- 1998 - Present Institute of Contemporary Psychotherapy and Psychoanalysis. Member.
- 1993 - Present. International Psychoanalytic Association. Fellow.

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ORGANIZATIONS, CONT.:

- 1982 - Present Washington Professionals for the Study of Psychoanalysis.
Section IV, Division 39, American Psychological Association.
2006 – 2007 Treasurer
2005 – 2006 President
1999 - 2000 Division 39 Representative.
1983 - Present Study Group Leader.
1984 - 1985 President.
1982 –1983 Treasurer.
2014 – Present Division 39 Representative.
- 1983 – Present Washington School of Psychiatry. Member.
Chair, Dynamics of Psychotherapy Training Program,
1984 -1994, Faculty, 1983 – 1997. Faculty, Central Concepts
Program, 1999 – 2009.

PUBLICATIONS:

Helm, F.L. (In press). Free association continues. Discussion of paper, Free association as the foundation of the psychoanalytic method and psychoanalysis as a historical science, by H.Z. Lothane. *Psychoanalytic Inquiry*.

Waldron, S., Moscovitz, S., Lundin, J., Helm, F.L., Jemerin, J., and Gorman, B. (2011). Evaluating the outcomes of psychotherapies: The personality health index. *Psychoanalytic Psychology*, 28: 363-388.

Helm, F.L. (2006). Book Review of *Dissidence and Controversy in the History of Psychoanalysis* by Martin Bergmann. New York: Other Press, 2004. *Psychologist-Psychoanalyst*, XXVI, No. 4, Fall.

Helm, F.L. (2006). Book Review of *Good Goodbyes* by Novick, Jack and Novick, Kerry Kelly. New York: Jason Aronson. *Psychologist-Psychoanalyst*, Vol. XXVI, No. 2 Spring.

Helm, F.L. (2005). Book Review of *Affect Intolerance in Patient and Analyst* by Stanley Coen. *Psychologist-Psychoanalyst*, Vol. XXV, No. 4 Fall.

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PUBLICATIONS, CONT.

Helm, F.L. (2004). Hope is curative. *Psychoanalytic Psychology*, 21: 554-566.

Waldron, S. and Helm, F. (2004). Psychodynamic features of two cognitive-behavioural and one psychodynamic treatment compared using the Analytic Process Scales. *Canadian Journal of Psychoanalysis*, 12: 346-368.

Helm, F.L. (2004). Book Review of *Subliminal Explorations of Perceptions, Dream and Fantasies: Pioneering Contributions of Charles Fisher*, edited by Howard Shevrin. *Psychologist-Psychoanalyst*, Vol. XXIV, No. 3 Summer.

Helm, F.L. (2004). Book Review of *Beginnings: The Art and Science of Planning Psychotherapy* by Mary Jo Peebles-Kleiger. *Psychologist-Psychoanalyst*, Vol. XXIV, No.1 Winter.

Fritsch, E., Ellman, P., Basseches, H., Elmendorf, S., Goodman, N., Helm, F. and Rockwell, S. (2001). The riddle of femininity. *International Journal of Psychoanalysis*, 82: 1171-1183.

Helm, F.L. (2000). A continuum of listening and interventions. *Psychoanalytic Psychology*, 17: 730-749.

Helm, F.L. (1998). Enactments leading to insight for patient, therapist and supervisor. In Ellman, S. and Moskowitz, M. (Eds.), *Enactment: Toward a New Approach to the Therapeutic Relationship*, New York: Jason Aronson, Inc.

Basseches, H.I., Ellman, P., Elmendorf, S., Fritsch, E., Goodman, N.R., Helm, F. and Rockwell, S. (1996). Hearing what cannot be seen: A psychoanalytic research group's inquiry into female sexuality. *Journal of the American Psychoanalytic Association*, 44, Supplement: 511-528.

Helm, F.L. (1992). Book Review of *Cry of the Invisible* by Michael Susko. *The Journal of Mind and Behavior*, 13: 419-420.

Basseches, H.I., Goodman, N. and Helm, F. (1989). Panel: A case presentation applying four psychologies. *WPS Periodical*, 1: 6-7.

DeLong, F.L. and Levy, B.I. (1974). Cognitive effects of marijuana, described in terms of a model of attention. *Psychological Reports*, 33: 907-916.

DeLong, F.L. and Levy, B.I. (1974). A model of attention describing the cognitive effects of marijuana. In L.L. Miller, (Ed.), *Marijuana--Effects on Human Behavior*. New York: Academic Press.

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PRESENTATIONS:

“Altered States of Awareness: Dreaming.” Discussion Group 1. To be presented with Maurine Kelber Kelly, Ph.D., FIPA at the Winter Meeting of the American Psychoanalytic Association, New York, NY February, 2018.

“Altered States of Awareness: Dissociation.” Presented with Maurine Kelber Kelly, Ph.D., FIPA at the Annual Meeting of the American Psychoanalytic Association, Austin, TX, June 9, 2017.

“Dream Interpretation.” Presented at the Fellows Program sponsored by the Institute of Psychotherapy and Psychoanalysis in Washington, DC on March 11, 2017.

“Online Dating.” Interviewed by Cheryl Beversdorf on radio program “AGING MATTERS,” WERA 96.7 FM Arlington, Virginia, February 14, 2107.

“Altered States of Awareness: Near-Death Experiences.” Discussion Group 1. Presented with Maurine Kelber Kelly, Ph.D., FIPA at the Winter Meeting of the American Psychoanalytic Association, New York, January 18, 2017.

“What People Say Helps Them in Therapy.” Presented at the Virginia Academy of Clinical Psychologists, Spring Conference, Norfolk, Virginia, April 21, 2016.

“Dream Interpretation.” Presented to the Fellows Program sponsored by the Institute of Psychotherapy and Psychoanalysis in Washington, DC on March 21, 2015, March 18, 2016.

“Change Processes and Outcomes in Two Psychoanalyses.” Moderator, Sherwood Waldron, M.D. Discussant, Fonya Lord Helm, Ph.D., ABPP. Presented at the Society of Psychotherapy Research Conference, June 21, 2012.

“Nonverbal Parallel Process in Therapy and Supervision: The Gaze.” Presented by Fonya Lord Helm, Ph.D., ABPP and Margaret DuVall, Ph.D. at the Virginia Psychoanalytic Association in Richmond, VA, September 23, 2011.

“The Importance of Context: One Psychoanalyst’s Experience of Moving a Practice and Continuing the Work by Phone and Skype.” Presented by Fonya Lord Helm, Ph.D., ABPP at the hospitality suite of Division 39 at the Annual Meeting of the American Psychological Association in Washington, DC August 7, 2011.

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PRESENTATIONS, CONT.

“Love and Attachment.” Presented as part of a Discussion Group titled “Love, Sex and the American Psyche,” Co-Chairs: Curtis Bristol, M.D. and Stefan Pasternack, M.D., Presenter: Fonya Helm, Ph.D., ABPP, Discussant: Maurine Kelly, Ph.D., at the Annual Meeting of the American Psychoanalytic Association, San Francisco, CA, June 9, 2011.

“Nonverbal Parallel Process in Therapy and Supervision: The Gaze.” Presented by Fonya Lord Helm, Ph.D., ABPP and Margaret DuVall, Ph.D. at the Annual Meeting of the Virginia Psychological Association at the Homestead, Hot Springs, VA, April 15, 2011.

“Nonverbal Parallel Process: The Gaze.” Presented as part of a panel for Section V, Division 39, “Focus on Parallel Process,” at the Annual Meeting of the American Psychological Association, August, 2010 in San Diego, CA. Presenters: Sandra Ullman, Ph.D. and Fonya Helm, Ph.D., ABPP, Discussant: Hedda Bolgar, Ph.D.

“Multi-theoretical Integration of Close Process Attention Listening.” Presented as part of a Colloquium at the Baltimore-Washington Center for Psychoanalysis, April, 2010.

Discussion of Dr. Georgia Royalty’s paper at the Psychoanalytic Forum. Baltimore-Washington Center for Psychoanalysis, November, 2009.

“Problems and Solutions in Evaluating the Results of Psychoanalysis.” Presented with Sherwood Waldron, American Psychoanalytic Association, January, 2009.

Discussion of Clinical Case, Joint Institutes Candidates Symposium, Baltimore-Washington Center for Psychoanalysis, October, 2008.

“Love Strengthens the Self.” Presented at the Institute for Contemporary Psychotherapy and Psychoanalysis, Bethesda, MD, February, 2008.

“Transference-Countertransference Enactments.” Presented at the Washington Society for Psychoanalytic Psychology, Bethesda, MD, January, 2008.

Discussion of a “Case of Internet Obsession” presented by Lenore Shapiro. Meyer Treatment Center. Washington School of Psychiatry, April, 2007.

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PRESENTATIONS, CONT.

“Love in the Psychoanalytic Situation.” Discussion Group presented with Maurine Kelly, Ph.D. and E. Lisa Pomeroy, Ph.D. at the American Psychoanalytic Association meeting in Washington, DC, June, 2006.

“Assessing personality change in long-term therapy using the Shedler-Westen Assessment Procedure (SWAP): development of the Personality Health Index (PHI)” by Sherwood Waldron, Jonathan Shedler and Fonya Helm (Discussant). A panel presented at the American Psychological Association, Division 39 meeting in Philadelphia, PA in April 2006 and the American Psychoanalytic Association meeting in Washington, DC in June, 2006.

“Love and Attachment.” Paper presented at the Meyer Treatment Center, Washington School of Psychiatry, Washington, DC, February, 2006.

“Unconscious and Nonconscious Communication in Psychoanalysis and Psychotherapy: The Implicit Memory System of Priming.” Paper presented at the Institute for Contemporary Psychotherapy and Psychoanalysis, January, 2006.

“Iatrogenic Aspects of the Psychoanalytic Situation—Safety and the Uncanny.” Paper presented at the 28th Annual International Conference on The Psychology of the Self. October, 2005. Baltimore, MD

“A Psychoanalytic Patient Viewed Through the Lens of the SWAP, early clinical picture, change, and change in clinical picture and level of illness.” Sherwood Waldron, Jonathan Shedler and Fonya Helm. Presented at the International Meeting of the Society for Psychotherapy Research. June, 2005. Montreal, Quebec, Canada.

“Romantic Passionate Love.” Presented at the 25th Spring Meeting of the Division of Psychoanalysis (39), American Psychological Association. April, 2005. New York, NY.

Panel: “The Use and Misuse of Psychotherapy Research: What Every Psychodynamic Clinician Needs To Know.” Discussant of the research of Drew Westen and the research of Ken Levy. 25th Spring Meeting of the Division of Psychoanalysis (39), American Psychological Association. April, 2005. New York, NY.

“Hope is Curative.” Presented at the Tampa Bay Psychoanalytic Association, Tampa, Florida. March, 2005.

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PRESENTATIONS, CONT.

“A CBT Case Viewed Psychodynamically.” Presented with Sherwood Waldron, M.D. at the 35th Annual Meeting of the Society for Psychotherapy Research. June, 2004. Rome, Italy.

“Hope in the Clinical Exchange.” Presented at seminar sponsored by the Institute of Contemporary Psychotherapy and Psychoanalysis. April, 2004. Washington, DC.

“Transmission of Trauma in Psychoanalytic Institutions.” Presented at the 24th Annual Spring Meeting of the Division of Psychoanalysis (39), American Psychological Association. March, 2004, Miami, FL.

“Conscious, Unconscious and Nonconscious Communication: Subliminal and Supraliminal Priming.” Presented at the Winter 2004 Meeting of the American Psychoanalytic Association. January, 2004, New York, NY.

“Hope as Curative in the Affective Exchange.” Presented at the 23rd Annual Spring Meeting of the Division of Psychoanalysis (39), American Psychological Association. April 3, 2003, Minneapolis, MN.

“Aspects of Conscious, Unconscious and Nonconscious Communications: Clinical Examples of Subliminal and Supraliminal Priming.” Presented at the

25th Annual International Conference on the Psychology of the Self. October, 2002.

“Treatment of the Sexually Traumatized Patient.” All day workshop sponsored by the District of Columbia Psychological Association. September, 2001.

“Conscious, Unconscious and Nonconscious Aspects of Communication: Priming in Psychoanalysis and Psychotherapy.” Presented at the Tampa (Southwest Florida) Psychoanalytic Society. March, 2001.

“Theory and Its Influence on a Long-Term Psychotherapy Case.” Presented with Margaret DuVall, Ph.D. at the Washington School of Psychiatry, Washington, DC. May, 1999.

“Priming and Psychoanalysis.” Presented as a working paper at the New York Freudian Society, Washington, DC. March, 1999.

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PRESENTATIONS, CONT.

“Treatment of the Trauma of Sexual Abuse.” Presented at the 21st Annual Conference, District of Columbia Psychological Association, November, 1998.

“The Riddle of Femininity: A Study Group's Inquiry into the Relationship between Primary Femininity and the Phallic Castration Complex.” Presented with Elizabeth Fritsch, Ph.D., Harriet Basseches, Ph.D., Paula Ellman, Ph.D., Susan Elmendorf, C.S.W., Nancy R. Goodman, Ph.D., and Shelley Rockwell, Ph.D. at both the 18th Annual Spring Meeting of Division 39, American Psychological Association in April, 1998 and the 40th Congress of the International Psychoanalytic Association in Barcelona, Spain in July, 1997.

“Self and Object Disturbances in Adults Sexually Abused as Children.” Presented at the Center for Psychoanalytic Studies at Eastern Virginia Medical School as part of the 1997 - 1998 Continuing Medical Education Seminars. March, 1998.

“Creativity in Dreaming and Slips of the Tongue.” Presented at DCPA Day, an annual meeting sponsored by the District of Columbia Psychological Association. November, 1997.

“Dream Interpretation.” Workshop presented at both the 1997 Professional Practice Conference sponsored by the Maryland Psychological Association/Foundation in March, 1997 and the Annual Conference of the District of Columbia Psychological Association in December, 1994.

“Supervisor as Intruder.” Presented with Margaret DuVall, Ph.D. at the Meyer Treatment Center, Washington School of Psychiatry. April, 1996.

“Hearing What Cannot Be Seen: A Psychoanalytic Research Group's Inquiry into Female Sexuality.” Presented with Nancy Goodman, Ph.D., Harriet Basseches, Ph.D., Paula Ellman, Ph.D., Susan Elmendorf, C.S.W., Elizabeth Fritsch, Ph.D. and Shelley Rockwell, Ph.D. 16th Annual Spring Meeting, Division 39, American Psychological Association. April, 1996.

“Long-Term Psychodynamic Therapy Flourishing Creatively in the 1990s.” Discussant of case presented by Nancy Lee, LCSW-C, Chair, Richard Ruth, Ph.D. Other discussants: Denise Fort, Ph.D. and Charles Parks, Ph.D. Professional Practice Conference, Maryland Psychological Association. February, 1996.

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PRESENTATIONS, CONT.

“In the Mind of the Psychoanalyst: Capturing the Mind Before Speaking: A Collaborative Paper.” Presented with Nancy Goodman, Ph.D., Harriet Basseches, Ph.D., Paula Ellman, Ph.D., Susan Elmendorf, C.S.W., Elizabeth Fritsch, Ph.D. and Shelley Rockwell, Ph.D. 14th Annual Spring Meeting, Division 39, American Psychological Association. May, 1994. An earlier version was presented at the 38th International Psychoanalytical Congress, Amsterdam, The Netherlands. July, 1993. Presented in Vienna, Austria, Istanbul, Turkey, and Jerusalem, Israel in October, 1994 and Oslo, Norway in October, 1995.

“Anne Sexton: The Development of Her Creative Work.” Presented at a conference on Anne Sexton, Washington School of Psychiatry. March, 1994. (Southwest Florida) Psychoanalytic Society. March, 2001.