



THE HARLEM FAMILY INSTITUTE

ANNUAL REPORT 2017 & 2018



the harlem family institute
a multicultural psychoanalytic training institute

ANNUAL REPORT 2017 & 2018

Letter from the Chairman and President

Dear Friends,

We are pleased to bring you this update on the Harlem Family Institute and to tell you how we've thrived and grown, as we pursued our two-fold mission of providing psychoanalytic training and therapy in 2017 and 2018:

- HFI provided free or low-fee long-term psychotherapy, parent workshops, mother-baby classes and related services to more people than ever before over a two-year period.

In areas of NYC that especially need our help, our therapists worked with children, their parents, caregivers and others at our clinical sites in schools, community centers and houses of worship – including a new HFI training and service site at a Central Harlem church, Fresh Oils Ministries.

- We significantly increased enrollment of candidates in our training institute, expanding from 10 candidates in 2017 to 17 in 2018. This growth was facilitated by our gaining New York State approval in 2015 to train suitable individuals holding at least a Master's degree in any field to become licensed or certified psychoanalysts through our low-cost, diversity-sensitive training program.

HFI has received high praise for its work in attracting and training, as well as treating, people of color. With the Institute's deep roots in Harlem, we are especially involved with African American and Latinx individuals and communities. HFI believes that psychoanalytic theory and therapy need to transcend their Eurocentric, middle-class roots and more fully recognize and address the diverse sociocultural and historical backgrounds of those whom the profession seeks to serve today. As you will read in this report, this concern was also reflected in HFI Open House presentations addressing the legacy of slavery in America.

Over the past several years, we have intensified our efforts to ensure that HFI's training programs and treatment are extensively informed by inclusiveness and by the diverse aspects of the communities and individuals we wish to train and serve - be those aspects social, class, cultural, gender, sexual, religious or economic. Guided especially by the institute's African American board and faculty members, we are increasing the diversity and inclusivity of our Board of Trustees, faculty, candidates and programs. In 2019, more than 50% of HFI's Board are people of color.

Certainly, none of these achievements would be possible without the deeply appreciated dedication of HFI's trustees, faculty and supervisors, the involvement of our illustrious Advisory Council, and the spirited commitment of our candidates. Special thanks also go to our invaluable Program Administrator Sandra Fell and to our outstanding Clinical & Training Director Kim Arrington, who will be succeeded by Ernest P Smith in 2019. Both Kim and Sandra have played indispensable roles in the Institute's progress.

We also wish to extend heartfelt thanks to our wonderful donors – and to call upon potential contributors to please support our work. HFI needs your contributions! Although we maintain a very low budget (\$99,175 in 2019) and receive some grants and gifts from foundations and houses of worship, we urgently need *your* financial help.

Only with support from individuals like you can HFI continue, expand and strengthen its unique, low-fee training program and its highly valued treatment services for children and adults in our City's underserved communities. We thank you for helping us in these vital efforts!

Sincerely,

K.C. Vaughans

Kirkland C. Vaughans, PhD
Chairman of the Board

Michael G. Connolly

Michael G. Connolly, MPA, LP
President & Executive Director



HFI President Michael Connolly, left, and Chairman Dr. Kirkland Vaughans, right, listen to HFI senior candidate Rev. Sulton Stack at the Institute's 2018 Open House at Langston Hughes House on East 127th Street in Harlem, where the great writer and poet lived.

HFI's 2018 Open House at Langston Hughes House in Harlem



Psychoanalysts, from left, Dr. Fanny Brewster, who presented from her book *Archetypal Grief: Slavery's Legacy of Intergenerational Loss*, with Dr. Phyllis Cohen and Merle Molofsky, LP.



Award-winning journalist Lee Hawkins presents from his coming book *Nobody's Slave: How Uncovering My Family's History Set Me Free*.



HFI Clinical Director Dr. Kim Arrington, center, talks with other mental health professionals at the Open House.

More About the Harlem Family Institute

Chartered in 1991, the Harlem Family Institute was brought into being at the Children's Storefront School in East Harlem in the 1980s by psychoanalyst Stephen Kurtz. HFI is dedicated to offering low-fee psychoanalytic training and free or low-cost therapy - taking psychoanalytic work out into the community, where we give youngsters and adults a safe space to voice their feelings, learn to use their strengths to manage the challenges they face each day, and discover new ways to relate to others and to themselves.



Stephen Kurtz

Comparative studies increasingly confirm the more profound, longer-lasting value of the in-depth psychodynamic treatment we provide. But such treatment is sorely lacking nationwide and in NYC's public schools and underserved communities, where children are at greater risk for facing multiple obstacles to personal growth and academic success.

HFI is distinctive among psychoanalytic training institutes in its dual focus on serving residents of underserved neighborhoods and in seeking to train people - especially African Americans, Latinx and others underrepresented in the field - who want to become psychoanalysts, but who may need HFI's low-fee program and scholarship aid to do so.

In addition to providing training and treatment, HFI advocates for *systemic change* that supports increased recruitment and training of people of color. Advances in this sphere benefit the entire mental health field by broadening the pool of mental health clinicians providing services in the community. Besides serving as a model and "spokesperson" in this respect, HFI participates in and sponsors symposia and open houses that raise awareness of the need for greater openness and understanding of cultural and ethnic issues in psychoanalytic training.

We invite you to learn more about HFI on our website: www.harlemfamilyinstitute.org



"This Institute will breathe new life into the psychoanalytic movement."

— Robert Coles, Child Psychiatrist and Author of *The Moral Lives of Children* and *Children of Crisis*; HFI Founding Trustee and Current Advisory Council Member.

"Simply changing children's behavior should not be the goal of therapy. With the invaluable, long-term, in-depth help of HFI, we want to be building hearts and minds."

—Julie Zuckerman, Principal, Castle Bridge School (Washington Heights), who has drawn upon HFI's services for her students and parents for 15 years.

The Harlem Family Institute - Highlights of 2017 & 2018

Key Facts and Figures

Training: In 2017, HFI had 10 candidates in its training program. In 2018, we had 17 candidates – a dramatic increase of 70% over the previous year. In both years, we also had one clinician working under our aegis toward her LMHC (License in Mental Health Counseling) and one HFI graduate working with clients on a New York State limited permit while preparing to meet final requirements for licensure.

HFI's roster of candidates reflects a broad ethnic spectrum: African American, Latinx, Asian, Caucasian and mixed ethnicity. We have received much praise for our work in training, as well as serving, people of color.

In 2015, HFI was approved by the New York State Education Department (NYSED) to train individuals who are not already licensed health professionals – as well as those who are licensed. Achieving this "licensure-qualifying status" was a critical step for the Institute. We can now train a broader range of individuals to become Licensed Psychoanalysts, equipped to work in depth with children and adults experiencing emotional and psychological difficulties.

HFI offers a full-certificate Program in Psychoanalysis, requiring about five years part-time, as well as a short-certificate Program in Child & Adolescent Psychoanalytic Psychotherapy, which takes two to three years part-time. Our training gives our candidates exposure to a variety of psychodynamic approaches, which equips them as therapists

to expand their clients' self-awareness, reflectivity and creativity; their awareness of their emotions and inner worlds; and their ability to think analytically, to set and work toward solid goals, and to resolve life problems. HFI training also helps aspiring psychoanalysts to develop sensitivity in working with individuals from marginalized communities and diverse backgrounds.

Therapy: In 2017, six (6) HFI therapists worked free of charge at least once a week with 29 children and their parents/caregivers at two public elementary schools: Central Park East 1 in East Harlem and the Castle Bridge School in Washington Heights.

An additional four (4) HFI therapists worked with eight (8) children and 15 adults at our clinical center at the Franciscan Community Center (FCC) on West 97th Street. Operating at the FCC enables us to offer psychotherapeutic services at very low fees to individuals of *all* ages.

In 2018, 11 therapists worked at least once a week with 24 children and their parents/caregivers at our two Manhattan public schools, and with nine (9) children at the Franciscan Community Center. Seven (7) adults were seen at the FCC and private offices.

[Growing & Learning Program Serves Parents, Babies and Toddlers](#)

In 2017, the second year of this educational program at the Franciscan Community Center, HFI offered 25 very young children rich opportunities for socialization and play, while helping their parents/caregivers to better observe, understand, discuss and nurture their child's development. Parents also benefited from sharing their observations and experiences with one another and discussing their concerns with group leaders.

The groups met twice a week. Among the children served were several with developmental delays who were receiving outside services such as speech and occupational therapy and help with behavioral issues. Through our program, the parents/caregivers of these children learned about various factors that may contribute to early developmental delays and how they, as parents, might facilitate their child's progress.

In the spring of 2018, 11 children took part. For administrative reasons, the Growing & Learning Program went on hiatus in the fall. HFI is eager to resume these groups at the FCC and also to launch this program at a new clinical site we are developing at Fresh Oils Ministries on St. Nicholas Ave. at 118th St. in Harlem.

The Growing & Learning Program was created by HFI's Program Administrator Sandra Fell, along with several other HFI analysts who, like Sandra, were intensively trained in mother-baby and parent-child dynamics.

[HFI Expands Engagement in Harlem Community and Beyond](#)

HFI continues to pursue deeper engagement in the Harlem community. At the local level, we work with public schools, community centers and houses of worship that share our goal of improving the lives of children and families in underserved areas of NYC. Schools invite us to provide therapeutic services on site – services for which we do not charge. The Franciscan Community Center on West 97th Street leases space to us seven days a week for treating clients.

In 2017, HFI began working with the H.O.P.E. Center of First Corinthian Baptist Church on West 116th Street, which provides mental health services to the Harlem community. Our

new relationship paved the way for the Center to refer to us both individuals in need of therapy and potential candidates for training at HFI.

In 2018, we began a relationship with Fresh Oil Ministries, a Harlem church whose minister was among the new candidates enrolled in our psychoanalytic training program. Located on St. Nicholas Avenue, the church offered us a new clinical and training site, helping HFI begin to achieve its goal of training clergy at clinical sites located within Harlem houses of worship. At the same time, we began laying the groundwork for working with newly arrived Latinx families in the South Bronx through Sheltering Arms, a NYC service program for children and families since 1831.

Additional local partnering organizations include the NYC School Mental Health Program, which oversees mental health work in the schools, and the Community Coalition for Mental Health, which seeks to raise awareness of mental health issues in Harlem and to train people in “mental health first aid” to help them identify and assist those in need of therapeutic care. HFI is also listed as a mental health provider on the website of Black Psychiatrists of Greater New York & Associates.

In another collaboration, HFI draws many of its outstanding teaching faculty of more than 60 psychoanalysts from other NYC psychoanalytic institutes. Nationally, we actively participate in a number of psychoanalytic organizations including the National Association for the Advancement of Psychoanalysis (NAAP) and the American Board for Accreditation in Psychoanalysis (ABAP), where HFI Executive Director Michael Connolly serves as Treasurer. In 2017, we established a new relationship with the national College of Pastoral Supervision and Psychotherapy, some of whose chaplains want to train at our Institute.

[HFI Offers Talks and Workshops](#)

HFI offers talks and workshops on a range of timely issues (e.g., depression, anxiety, loss, parenting, raising a creative child, responding to violence, understanding and helping teens in transition, managing anger) to the general public, as well as to groups of parents, adolescents, educators and other special-interest groups at schools, community centers and houses of worship. These events are designed to raise public awareness of the Institute, as well as educate the community.

At our two public elementary schools in 2018, we implemented a highly successful and substantial series of parenting workshops and discussion groups that we had planned during the previous year. In 2018, 73 parents at the two schools took part. We offered five series of workshops consisting of three to six sessions each, for a total of 22 sessions. Some discussion groups focused on school and community issues. The parenting-skills workshops drew on the best-selling book, *How to Talk So Kids Will Listen & Listen So Kids Will Talk*, by Adele Faber and Elaine Mazlich.

HFI has found that parents are often their own best sources of information and support. Our groups brought together parents of children in the same grade to share what was going on with their children. In safe, open parent discussion groups, an HFI therapist facilitated exchanges on such topics as independence, safety, discipline and use of technology. Parents left the meetings feeling more connected to other parents in their community, with greater understanding of their own children and a sense of the multiple ways in which different people approach parenting.

Open Houses Focus on Discrimination and Slavery

HFI perceives a broad need to research, document, publish, broadcast and discuss information and opinion concerning the roots and long-term impact of discrimination both on our culture and on individuals who struggle with deeply painful life experiences.

To this end, we held two Open House events at the Langston Hughes House, where the great poet and writer lived in East Harlem. The first Open House, in 2017, focused on *Discrimination & Diversity*, and the second, in 2018, on *Slavery's Persistent Legacy in Contemporary America*. At our 2018 event, psychoanalyst Fanny Brewster and journalist Lee Hawkins made powerful presentations based on their forthcoming books dealing with the lingering multigenerational impact of enslavement on their families. In both years, our attendees engaged in a profound and poignant discussion about their personal and family experiences related to the evening's theme.

HFI's Open Houses offer the added benefits of raising community awareness of and connection to HFI, and helping potential candidates learn about applying to our Institute for training to become psychoanalysts. In the weeks following our 2018 Open House, we accepted applications to train at the Institute from seven new candidates including six individuals of color.

HFI believes that focusing on psychoanalysis against the background of slavery and its intergenerational impact is critical to the future of the psychoanalytic field in the U.S. and to fostering greater understanding and tolerance in our society. We plan to offer more events of this nature to illuminate and explore the continuing effects of slavery on African Americans today and how understanding this impact is critical for psychoanalytic treatment.

HFI Establishes Scholarship Fund



**Dr. Margaret
Morgan Lawrence**

In 2018, HFI established the Margaret Morgan Lawrence Scholarship Fund to help candidates in need of financial assistance to subsidize their low-cost psychoanalytic training at HFI. The Fund honors Dr. Lawrence, a founding trustee of our Institute, who was the nation's first African American woman pediatrician and first African American woman psychoanalyst. She remained on the Institute's Board until her death on Dec, 4, 2019, at the age of 105.

Dr. Lawrence was a seminal figure in pediatrics and child psychoanalytic work. She was chief of Harlem Hospital's Developmental Psychiatry Service for Infants and Children for 21 years, as well as associate clinical professor of psychiatry at Columbia University College of Physicians and Surgeons, retiring in 1984. Her work included clinical care, teaching and research into the development of ego strength in inner-city families, and she wrote two books on the mental health of these families.

Dr. Lawrence was also the first African American to join the New York State Psychiatric Institute (1948), as well as the first African American trainee at Columbia University's Columbia Psychoanalytic Center, gaining certification as a pediatric psychiatrist in 1951.

[HFI Elects New Treasurer](#)

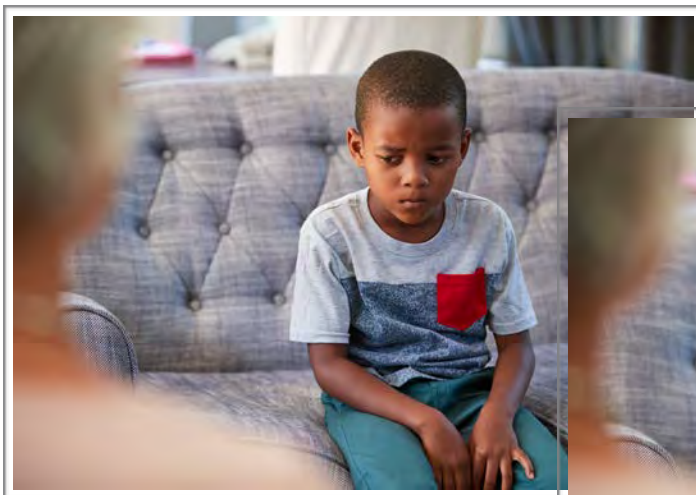
Michael Salhani, elected Treasurer of the HFI Board of Trustees in November 2018, is making HFI fundraising his top priority. Michael brings 50 years of experience as a board member, executive and consultant with companies involved in a wide range of activities including Internet strategies, community and commercial broadband, and online education for health-care professionals. He holds a Master's degree in political and economic philosophy.

[HFI Provides Clinical-Experience Opportunities](#)

In 2017 and 2018, HFI continued to provide placement and supervision for graduates in other behavioral health fields who are eager to accrue clinical practice hours for State licensing in their fields. These clinicians, who can provide therapy to HFI clients, include those with a NY State limited permit in mental health counseling, creative arts therapy, or marriage and family therapy. Clinicians pay HFI an annual administrative fee to cover the costs of clinical supervision and program administration. Others previously accepted by HFI to accrue clinical work credits include students in graduate programs in psychology and social workers with LMSW credentials.

[Mentors to Help Candidates Succeed](#)

In October 2018, HFI initiated a mentorship program for candidates studying at the Institute. HFI Executive Director Michael Connolly appointed four mentors to support and advise candidates throughout their matriculation at HFI. Mentors will also help candidates with their plans to establish their own therapy practices after graduation and licensure. The four mentors are Lee Jenkins, Pilar Jennings, Simone Sternberg and Judith White. All have played significant roles at the Institute (e.g., as Board members, faculty, supervisors) and are deeply familiar with its operations.





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** Donation totals from individuals who gave in both years.*



Award-winning journalist Lee Hawkins by the portrait of Langston Hughes in the writer's former home in Harlem, where HFI held its 2018 Open House. Mr. Hawkins presented from his coming book *Nobody's Slave: How Uncovering My Family's History Set Me Free*.

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