

2013 NEWSLETTER

Created by the Wright Institute Los Angeles Alumni Association for the WILA Community

Remembering Hedda

By Allen Yasser, Director



It's been about two months since Hedda died. Even in her last days she was so much more about living than dying. Hedda loved being alive and she engaged with life in such an appealing way. She was so wise, so smart, so in the moment, and so enchanting. It felt wonderful to be in her presence. As a person, an analyst, a conversationalist, Hedda was brilliant. She deeply understood the human condition. And there was her amazing absence of aging. She was still beautiful at 103 and manifested virtually no cognitive decline. One recent example, we were talking about old times and I said, "Remember that meeting we went to in 1976?" She replied "It was 1975," and she was right.

I knew Hedda for 45 years. In the beginning I was her post doc. She was a dazzling supervisor. The other post docs and I were crazy about her. We often dreamed about her. In my own favorite dream she was Cleopatra lying on a red analytic couch. You might say we idealized her. I remember telling Hedda that she was the only real doctor I had ever met.

Then for about 10 years we were colleagues developing and running the Wright Institute. I've often wondered how I could have done that since in the beginning I was only 31 and Nancy Wood was 32. I think a large part of our success was due to the power of Hedda's personality and her ability to infuse us with her confidence and optimism. Something she brought to the creation of WILA, LAISPS and CSPP.

As the years went by I became the Director of Wright Institute and she was my strongest supporter. By then we were very close and had been through a lot together. She became more like a mom, freely giving great advice on love and relationships. After I married Kathleen, the three of us became a family. More years went by and towards the end, she got very old and frail. Like a family she was a bit like our child and we her parents. And then it ended.

Thinking back on all the memories this is the one I love the most. It's about how adorable Hedda was when we would pick her up for dinner. She often wore a new outfit and she would stand there and giggle and say "Do you like it?" And then we would kiss her and say, "We love it, it's you," and we would think about how beautiful she was.

Links to tributes published by the Los Angeles Times:

["Hedda Bolgar dies at 103; renowned psychoanalyst" By Steve Chawkins](#)
[Steve Lopez: She worked past age 100, inspired many more](#)

Continuing A Legacy

By Michele Gomes, Clinical Director

As Clinical Director, I feel a deep sense of responsibility to continue and build upon Hedda's legacy. She had such tremendous joy and respect for the transformative power of psychoanalysis. At WILA, our goal is to not only keep psychoanalysis alive, but to share and celebrate it as Hedda did.

In that spirit, I hope you will join me on Saturday, September 7th for two wonderful events honoring the work of **Dr. Otto Kernberg**, one of the leading psychoanalysts of our time. In the morning, the WILA Alumni Association, along with co-sponsor New Center for Psychoanalysis, will present a continuing education lecture by Dr. Kernberg on "[New Developments in the Treatment of Severe Personality Disorders](#)." That same evening, Dr. Kernberg will be the honoree at WILA's 39th Anniversary Celebration. An invitation to both events will be mailed out mid-July.

The Anniversary Gala is a fun celebration and a fantastic time to reconnect with the WILA community. It also raises funds for WILA's programs through its commemorative journal and silent auction. You can show your support for WILA by participating in our Commemorative Journal and/or by donating to our Silent Auction. Thank you so much. I look forward to seeing you in September!



Join Us!

By Patrice Spinner, WILA Alumni Association President

We on the WILA Alumni Board mourn the loss of our precious Hedda, as do all the alumni. Those of us who were lucky enough to be supervised or taught by her were illuminated and inspired by her knowledge, her compassion, her charm and her wit. There will never be another Hedda. To honor her memory, our Board is working hard to help grow WILA and the WILA Alumni Association into the next generation.

This next year promises to be an exciting time for our Association. Changes are in the air and an impressive slate of events has been lined up. We hope you will find time to join us for one or more of the activities we have planned.

Along with social events, fundraisers and CE events, one of the services offered by the WILA Alumni Association is a Trainee Appreciation Day, when an Alumni Association board member brings coffee and bagels to the current class to show gratitude for all their hard work. Also, the Association participates in the Trainees' graduation day to celebrate their accomplishment

With the aid of your dues and support for our activities, the WILA Alumni Association was also recently able to replace all the chairs in the WILA conference room. This was a much appreciated gesture that benefited the trainees, faculty and staff.

The WILA Alumni Association is gratified by the support of the Wright Institute and the Association members who have all worked to enable the Alumni Association agenda to move forward and thrive.

More Alumni Association Events

- Saturday, August 17, 2013, 2-5pm - PRACTICE DEVELOPMENT WORKSHOP for trainees and recent graduates. Hear practice tips from top WILA Alumni. Watch your email for more info.
- Sunday, October 13, 2013, 2-5 pm - WILA ALUMNI SOCIAL Our fall social is dedicated to welcoming new members. Whether you are a graduate of a past or recent class, we invite you to join us for appetizers and drinks at The Wilshire Restaurant, 2454 Wilshire Blvd., Santa Monica, CA 90403. More info to follow.



WILA's Spring Alumni Social at the Huntley Penthouse in Santa Monica. (back row) Patrice Spinner, Chelsea Gottfurcht, Maya Shlanger, Ryan Janis, Max Feirstein, Albert Morell (front row) Kathleen Fitzgerald, Allen Yasser, Carol Mayhew, Barbara Racy

Alumni Gift Makes Big Impact

Last year we were thrilled to receive a grant from WILA Alum Dana Kiesel and her husband Paul to fund a new development position on the WILA staff. In October, Linda Schultz was hired as Director of Development. In that capacity, she is working on improving our overall fundraising efforts and taking a leading role in planning our September 7th benefit. She is engaged in a major effort to develop and enlarge our Board of Directors and has become a consultant for the Alumni Board. She is also working to improve our marketing and further develop and communicate the WILA "brand."

A graduate of Boston University and UCLA's Fundraising Program, Linda brings experience in both the non-profit and corporate sectors. We're excited about what the addition means to WILA and are grateful to Dana and Paul for their commitment to our future.

*The Alumni Association newsletter
is edited by Lilly Gallay, Psy.D., Class of 2014*



THE WILA ALUMNI ASSOCIATION is a valued partner of Wright Institute Los Angeles. Members are active in fundraising, sponsoring CE programs, and honoring WILA trainees and graduates. The Association also publishes the WILA newsletter and meets for social events. To join or for more information contact alumni@wila.org

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