

Press Release

For Immediate Release

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A Theologian Takes on Scrooge for Short-Term Intensive Therapy

*Los Angeles Psychoanalytic Institute hosts production of
Dickens' **A Christmas Carol** + paper on Metapsychology of Change*

*December 12, 2010, 4 PM
New Center for Psychoanalysis
2014 Sawtelle Blvd., Los Angeles, CA 90025*

A Canadian priest-psychologist has written a paper on Scrooge's character change in Charles Dickens' **A Christmas Carol**, and a Los Angeles psychoanalytic institute is presenting it along with a dramatic reading of Dickens' novella.

Joseph (Jody) Clarke, PhD, an Anglican priest (married with kids) who teaches at a Nova Scotia seminary, will present his analysis of the psychological changes of Ebenezer Scrooge in Los Angeles at the New Center for Psychoanalysis on Sunday afternoon December 12.

Scrooge has a personality disorder based on childhood trauma, which is known to reflect horrors in Dickens' own childhood.

Psychiatrist Thomas Brod MD has arranged for a dramatic reading of Dickens' **A Christmas Carol** from the script Dickens used to present the novella on tour. Professional actors Scott Hoxby and Kendrick Hughes, both trained in England, will play narrator and Scrooge and local psychoanalysts will play the other roles.

Dr. Clarke says, "We glory in the human capacity to recover from loss and the effects of trauma. Scrooge's transformation is deeply spiritual, predicated upon themes of

meaning, relationship, and forgiveness. It is a journey that delivers him from a state of isolation to one characterized by empathy and emotional integrity. Written 60 years before Freud and psychoanalysis, Dickens seems aware that the internal forces that give rise to repression are the very forces that hold the key to redemption.”

Brod and Clarke met in Montreal, studying with psychiatrist Habib Davanloo MD who has developed a form of short-term psychotherapy known by the acronym ISTDP (Intensive Short-Term Dynamic Psychotherapy). Davanloo’s method has received extensive empirical validation, particularly through the research of Dr. Allan Abbass at Dalhousie University in Halifax¹². Most recently, Abbass has an article in press on the successful treatment of personality disorders with short-term psychotherapy³.

Dr. Clarke is both a theologian and a psychotherapist. He is Associate Professor, Atlantic School of Theology, Halifax and publishes on the interface of spirituality and psychotherapy. His paper on Scrooge was published in the *Journal of Spirituality in Mental Health*⁴

Program coordinator Thomas Brod, MD⁵ is Associate Clinical Professor, Psychiatry, Geffen UCLA School of Medicine, faculty New Center for Psychoanalysis, and in private practice. He has coordinated several programs with Los Angeles MOCA and recently organized a symposium on the films of Charlie Kaufman.

Scott Hoxby, (Narrator) is a Licensed MFT in private practice, a professor of Psychology at LACC and has been a professional actor and Voice Over artist since 1977. He trained in London and has performed on stage, screen and T.V.

Kendrick Hughes (Scrooge) attended L.A.M.D.A. in London, with productions at the Young Vic in London , performed on TV and Film in the UK , and then in the US worked in TV , film, and radio and voice over.

Admission is \$15 per family (with the warning that children are likely to be very bored by the formal paper which is interwoven with the production), including refreshments.

¹ <http://psychiatry.medicine.dal.ca/people/abbass.htm>

² <http://psychiatry.medicine.dal.ca/centreforemotions/media.htm#publications>

³ http://psychiatry.medicine.dal.ca/centreforemotions/STPP_press.pdf

⁴ Clarke (Jody) , Joseph H. 'The Metapsychology of Character Change: A Case Study of Ebenezer Scrooge', *Journal of Spirituality in Mental Health*, 11:4, 248 - 263

⁵ <http://tbrod.bol.ucla.edu/>