

## ALUMNI SPOTLIGHT

Created by the [Wright Institute Los Angeles Alumni Association](#) for the WILA Community

*We're proud of our alumni! You go on to serve as ambassadors for the excellent training and services provided at WILA. This Alumni Spotlight features distinguished WILA alumni and their reflections on their time at WILA, how being an alumnus has helped shape their career, and how they stay connected to the WILA community.*

### ALUMNI SPOTLIGHT: Dr. Harriet Kimble Wrye

By Lilly Gallay, Psy.D., Spotlight Editor



Harriet Kimble Wrye, Ph.D., ABPP, FIPA, class of 1978, was a member of the first cohort of WILA's graduate program, and is one of our most esteemed alumni. She is a training and supervising analyst emeritus and past president of the [Los Angeles Institute and Society for Psychoanalytic Studies \(LAISPS\)](#); a Fellow at The [American Board and Academy of Psychoanalysis \(ABPP\)](#); and an educator, supervisor, clinician, conference organizer, journal editor, prolific author, and highly sought after presenter on topics as diverse as gender, cinema through a psychoanalytic lens, and the mind-body connection. Among other accomplishments, she was a key promoter of the formation of [Division 39 of Psychoanalysis](#) within the American Psychological Association. Dr. Wrye is also a longtime practitioner of Buddhism in the tradition of Zen master Thich Nhat Hanh, and an ordained member of the [Order of Interbeing](#).

After thirty years in practice in L.A., inspired by WILA Dean Nancy Wood, she created a sabbatical and traveled the world for three years. She recently published [Pulling Up Stakes: Stepping Into Freedom](#), a memoir of this spiritual pilgrimage, which she hopes will be a beacon of inspiration for other therapists to create their own sabbaticals, and which was celebrated by Thich Nhat Hanh as "full of compassion and wise vision." She currently lives in Santa Cruz, where she offers mindfulness-based psychotherapy and consultation. In her [consulting practice](#), Dr. Wrye advises analytic therapists on incorporating mindfulness practice to their lives and work, as well as offering avenues of repair and healing when therapists or patients feel a particular treatment has "gone awry."

As a member of the founding class of the WILA graduate program, Dr. Wrye worked closely with Hedda Bolgar, Allen Yasser and others to establish WILA as a bastion of independent thought in graduate psychology education. She recalled, **"we took it as part of our social psychology project to create an institution; we learned social psychology by doing it, by observing ourselves."**

As for how WILA impacted her subsequent professional and personal growth, she said **"I believe it was Hedda's rigorous standards and inspiring example that fired my dedication to my own professional career. My close personal relationship with Hedda endured [after leaving WILA], and also nourished my own spiritual path toward socially engaged Buddhism."**

Reflecting on her time there, Dr. Wrye concluded, **"I feel forever indebted to WILA. It was an incredible privilege to be there."**

[CLICK HERE](#) for information about Dr. Wrye's consulting practice

[CLICK HERE](#) to check out her new book *Pulling Up Stakes: Stepping Into Freedom*



#### INSPIRING, ISN'T IT?

HELP ENSURE FUTURE GENERATIONS WILL  
GET THE TRAINING YOU GOT AND THE HELP YOU GAVE.

DONATE "A SESSION FOR A SESSION"

#### THAT'S IT. ONE

OF YOUR FULL-FEE SESSIONS WILL PROVIDE  
EXPONENTIALLY FOR OUR  
CURRENT STUDENTS AND PATIENTS!