



A M E R I C A N

**PSYCHOANALYTIC**

A S S O C I A T I O N

## **Psychotherapy E-Newsletter**

Fall 2019

*Dear Colleagues,*

*Thank you for reading! In this newsletter, we look back to the Spring and the American Psychoanalytic Association's 108<sup>th</sup> Annual Meeting in June, held in San Diego, CA. We also look forward to the 2020 National Meeting, February 11-16, in NYC. You will see that the Psychotherapist Associates Committee is working hard to provide interesting, stimulating, and relevant content to inform clinical practice.*

### **What you'll find in this issue:**

- ***Psychotherapist Associates Update from Co-Chairs Margo Goldman, M.D. and Simone Hoermann, Ph.D.***
- ***Brief Report from APsaA's 108<sup>th</sup> Annual Meeting (June 21-23) in San Diego, CA***
- ***Update on the Psychotherapy Action Network***
- ***Information on the upcoming 2020 National Meeting (February 11-16) in NYC***
- ***Call for newsletter contributions***

## **Psychotherapist Associates Committee Update**

**Fall 2019**

**Margo P. Goldman, MD  
Simone Hoermann, PhD  
Co-Chairs, Psychotherapist Associates Committee**

Registration for the [2020 National Meeting](#) from February 11<sup>th</sup>-16<sup>th</sup> at New York City's Grand Hyatt Hotel is now open through January 7<sup>th</sup>. We are delighted to continue sponsoring special programs for Psychotherapist Associates. We have provided a list

of psychotherapy-focused sessions [here](#), and you can access the Preliminary Program [here](#).

- We are thrilled that **Dr. Glen Gabbard** will be the discussant for **“Psychotherapist Associates Present: Treatment Interrupted,” Thursday, February 13<sup>th</sup>, 9-11 AM** (with Co-Chairs Drs. Margo Goldman and Petra Pilgrim). Dr. Margaret Tuttle will present a therapy in which unanticipated life events triggered treatment disruption. We anticipate a lively, well-attended session - make sure you pre-register!
- Drs. Michael Groat, and Jonathan Kersun will Co-Chair the popular **Business of Practice Workshop, “Working with the Concrete and Difficult to Engage Patient.”** Dr. Victoria Lollo will present to discussant Dr. Andrea Celenza on **Friday, February 14<sup>th</sup>, 2-3:30 PM.**
- Please attend the 5th **Psychotherapy Department Dine Around at Emporium Brazil on Tuesday, February 11<sup>th</sup> at 7 PM.** To sign-up for the Dine Around, email [meetadmin@apsa.org](mailto:meetadmin@apsa.org). For additional information click [here](#) or contact hosts [Drs. Margo Goldman](#) or [Anna Schwartz](#). We also encourage first-time registrants to attend the First Time Attendees Gathering on Tuesday, February 11, 6 PM (sign-up when registering for the meeting sessions) and remember to introduce yourself to the PA Committee member there to welcome you!
- **The Psychotherapy Department Networking Event, Thursday, February 13<sup>th</sup>, 7-9 PM is open to all psychotherapist registrants;** you may RSVP [here](#) or click [here](#) for more information. Please note the new Thursday evening time.

### ***Report from APsaA’s 108<sup>th</sup> Annual Meeting***

During APsaA’s **108<sup>th</sup> Annual Meeting** this past June in San Diego, the PA Presents Discussion Group featured Susana Rodriguez-Perea, M.S. who presented a case of premature termination to discussant, APsaA’s President-Elect, Dr. William Glover. Co-Chairs Drs. Michael Groat and Bruce Gainsley facilitated this fascinating session.

The following is a brief report from Co-chair Dr. Bruce Gainsley:

*This discussion group was very well attended. The presenter is a therapist who lives and works in Tijuana, Mexico. The subject was Making Sense of Premature Terminations. A printed summary was available to the attendees. The discussion focused on transference and counter transference phenomena. The presenter courageously shared a great deal of her reactions to the patient, and the discussant helped the attendees develop formulations regarding the transference issues. The contributions by the attendees were meaningful, and the discussion evolved in a very sophisticated and enlightening manner. During the seminar, I was reminded of an excellent book I read over 10 years ago: Endings and Beginnings by Herbert Schlesinger.*

*Over the years, I have attended numerous group discussions for psychotherapists, and this was amongst the best.*

## **PA Committee News**

The PA Committee continues with Co-Chairs Margo Goldman, MD, and Simone Hoermann, PhD, and members Petra Pilgrim, MD, Michael Groat, PhD, Jonathan Kersun, MD, Bruce Gainsley, MD, Jacques Gourguechon, MA, LPC, and Linda Michaels, PsyD; Carol Reichenenthal, PhD, remains an emeritus member. Due to several members' job-related moves, we now need representation from the Southwest, Southeast and Pacific Northwest. If interested in serving on this committee, please e-mail Margo or Simone to arrange to meet during the National Meeting.

The PA committee continues its E-Newsletter (with new editors, Drs. Kersun and Pilgrim), and organizes educational programs and networking events at APsaA's Meetings. The Committee collaborates with the Committee on Psychoanalytic Psychotherapy Training Directors (COPPT) and recently acquired representation on APsaA's Membership Committee (Linda Michaels), Scientific Program Committee (Michael Groat) and the newly formed Psychotherapy Task Force (Linda Michaels and Simone Hoermann). Committee member Linda Michaels liaisons with the Psychotherapy Action Network (PsiAN) to bolster psychodynamic psychotherapy practice (see Linda's PsiAN update below). *We appreciate committee members' commitment and hard work!*

We received the Psychotherapist Associates Survey responses and greatly appreciate those of you who took the time to complete the questionnaire. We sent out the survey to 275 PAs and 126 answered. Of note, the large majority of respondents (93.5%) support full APsaA membership. The main reasons people joined as PAs were networking opportunities and conference content. As a result of the survey, we are working on finding ways to improve upon the exceptional benefits offered to PA's including strengthening the PA community's feeling of connection to the larger APsaA community. As always, we welcome your feedback and ideas.

Due to the growth of PA programs and costs required to implement them, we regretfully found it necessary to modestly increase dues from \$100/year to \$125/year. This occurred in the context of having no dues increase for at least 10 years, and will be reflected in your upcoming 2020 PA renewal request.

Please be sure to peruse APsaA's [website](#) for information about our work, [advanced psychoanalytic psychotherapy training programs](#), the latest [PA Directory](#) and February's [National Meeting](#). Consider sharing this with your colleagues, students or supervisees to help expand our reach. We encourage you to spread the word about the tremendous benefits of [PA affiliation](#) and APsaA meeting attendance!

We would love to connect with you either before or during the National Meeting so please feel free to contact us with questions or suggestions.

Warm regards,

Margo P. Goldman M.D.  
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Simone Hoermann, Ph.D.  
[hoermann@nym.hush.com](mailto:hoermann@nym.hush.com)  
Co-Chairs, Psychotherapist Associates Committee

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## *In Other News*

### ***Update from the Psychotherapy Action Network (PsiAN):***

The Psychotherapy Action Network (PsiAN) is a nonprofit organization dedicated to advocating for therapies of depth, insight and relationship. Together with our Strategic Partners -- one of which is APsaA -- we work to educate and advocate with legislators and policy-makers, fellow professionals and the public to increase awareness and understanding, as well as assure the availability of optimal mental health treatments for those who need it most.

PsiAN was formed following a multidisciplinary conference held in Chicago in 2017. The conference aimed to explore the threats to psychotherapy posed by legislation, insurance policies, marketplace interests, biases in research and training, and cultural pressures, but also to suggest hopeful directions for collective action. PsiAN was created to carry the momentum forward, and has been gathering steam ever since! Membership is free! To learn more and join us, visit our website, [PsiAN.org](http://PsiAN.org)

**BIG NEWS: Nancy McWilliams, PhD, ABPP**, has agreed to become an Advisor to PsiAN! Nancy joins Jonathan Shedler, Mark Solms, Todd Essig and Enrico Gnaulati in our circle of wisdom!

We also welcome the following new **Strategic Partner** organizations:

- William Alanson White Institute of Psychiatry, Psychoanalysis and Psychology
- The Metropolitan Institute for Training in Psychoanalytic Psychotherapy
- Blanton-Peale Institute and Counseling Center
- Austin Psychoanalytic (local Division 39 chapter)
- CG Jung Institute of Chicago
- Institute for Clinical Social Work, in Chicago

PsiAN's Branding Project team continues to work on **re-branding therapy in the public eye**.

Why is this so important? Psychoanalytic psychotherapy/psychoanalysis has a branding problem. We have been out-positioned and negatively branded by powerful industries and interest groups. The treatments we offer are perceived as antiquated, never-ending, too expensive and only for the privileged.

Yet, we know in profound ways that this is not true.

Our team of volunteer marketing, advertising and market research experts has been working diligently on this branding problem, applying the same tools and strategies that corporate America uses. We have conducted three iterative waves of qualitative research – in-depth, 1-on-1 interviews with over 30 individuals. We are working on quantitatively testing the learnings and hypotheses that resulted from this qualitative research.

While PsiAN does pretty much everything on a pro bono, 100% volunteer basis, this quant research is something we need to hire out. You can help support this important research, which will benefit all of us – clinicians and patients, now and into the future – by donating here: [Re-Brand Talk Therapy](#)

## Recent presentation on psychoanalysis

PsiAN presented a panel of papers at the annual meeting of the American Psychological Association in August 2019. The theme of the APA conference was “othering,” and PsiAN decided to take a look at the treatment of psychoanalytic thought and therapies through that lens. Our panel was called The Othering of Psychoanalysis, and Oksana Yakushko, Linda Michaels, and Janice Muhr presented papers, with a discussion by Nancy Burke.

These presentations look in turn at the history of Freud bashing in the United States through the lens of psychology’s historic ties to eugenics; the evidence base for psychoanalytic therapies; and PsiAN’s efforts to transcend the effects of marginalization. You may find our papers on our website, by clicking below:

- [Freud Bashing in Psychology, By Oksana Yakushko](#)
- [Psychoanalysis in a CBT-centric Era: What Does the Evidence Say?, By Linda Michaels](#)
- [Transcending Otherness: PsiAN and the Othering of Psychoanalysis, By Janice Muhr](#)
- [Discussion, By Nancy Burke](#)

## Conference Update: San Francisco, 13-15 December, 2019

- Our conference, *Advancing Psychotherapy for the Next Generation: Rehumanizing Mental Health Policy and Practice*, promises to be a fascinating and energizing weekend.
- You won’t want to miss Jonathan Shedler, Farhad Dalal, Bill Meyer, Enrico Gnoulati, Susan Lazar, Meriam Bendat, and many more!
- Registration is filling up, so you’ll want to [register now!](#)

For more info or get involved in PsiAN, please feel free to reach out to me.

We’d be honored to have you as a member! **Membership is FREE** for individuals and organizations, and you and your affiliated organizations, institutes, associations, etc, can join here: <https://psian.org/join-us/>

Linda Michaels, PsyD MBA  
Co-Chair Psychotherapy Action Network  
[lindamichaels@psian.org](mailto:lindamichaels@psian.org)

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## APsaA's 2020 National Meeting

Click [here](#) to register today!



### Look out for our special programming:

- Visit the [Psychotherapy Meeting Page](#)
- Review the [Psychotherapist Associates Sessions](#)
- Find a list of programming of interest for Psychotherapist Associates [here](#).

### Don't Miss the Fun Social Events

- Psychotherapy [Dine Around](#)
- Psychotherapy Department's [Networking Event](#)

Peruse the [Preliminary Program](#) for ALL of the details!

**SAVE THE DATE**  
[www.apsameeting.org](http://www.apsameeting.org)

**109<sup>th</sup> Annual Meeting**  
**June 19-21, 2020**  
Chicago Hilton, Chicago, IL

**2021 National Meeting**  
**February 10-14, 2021**  
Grand Hyatt New York, NYC

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## Are you interested in contributing to the next Newsletter?

**Going to the February Meeting?** Why not **write a summary** of one of the panels, symposia, discussion groups, or workshops featured at the *2020 National Meeting in New York City (February 11-16, 2020)*? Do you have any other contributions in mind that you think might be of interest to fellow Psychotherapist Associates, such as articles about books or movies, talks or research reports? We'd love to hear from you.

Please contact Petra Pilgrim, M.D. or Jonathan Kersun, M.D. ([kersun@mac.com](mailto:kersun@mac.com)) with suggestions, inquiries, or regarding contributions to the Psychotherapy E-Newsletter.

**Information:** Please click on the link for information about joining APsaA's Psychotherapist Associates. Benefits include a discounted meeting fee plus much more. Or contact APsaA's Membership Services Assistant, Bronwyn Zevallos ([membadmin@apsa.org](mailto:membadmin@apsa.org)) for more information.

You are currently on APsaA's list to receive the *Psychotherapy E-newsletter*. If you do not wish to receive future issues, please let us know by sending an email containing your name to **APsaA's Manager of Membership Services, Debbie Steinke Wardell** ([dsteinke@apsa.org](mailto:dsteinke@apsa.org)), and we will remove you from our e-newsletter distribution list.

12/2/2019

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