



A M E R I C A N

PSYCHOANALYTIC

A S S O C I A T I O N

Psychotherapy E-Newsletter

Fall 2018

Dear Colleagues,

Registration for the upcoming 2019 National Meeting in New York is now open! Please have a look at the Psychotherapist Associates Update below, in which we provide you with information on special PA programming at this conference and on recent activities by our committee.

We also offer information about last June's conference: Margo Goldman, MD, reports on June's 107th Annual Meeting's Opening Session about societal violence. Jacques Gourguechon, MA, LPC, tells us about a panel on community violence, and Benjamin Schwartz, PhD, writes about his experience as a presenter in the Discussion Group on Psychodynamic Psychotherapy and Psychoanalysis. Moreover, PA committee member Linda Michaels, PsyD, gives an update on activities initiated by the Psychotherapy Action Network.

We hope you find this newsletter informative and hope to see you at the conference. Happy Holidays!

*Simone Hoermann, PhD
Editor, Psychotherapist Associates E-Newsletter
Co-Chair, Psychotherapist Associates Committee*

What you'll find in this issue:

- ***Psychotherapist Associates Update from Co-Chairs Margo Goldman, MD and Simone Hoermann, PhD***
- ***Brief reports on APsAA's 107th Annual Meeting in June***
- ***Information on the Psychotherapy Action Network***
- ***Information on the upcoming 2019 National Meeting***
- ***Call for newsletter contributions***

Psychotherapist Associates Committee Update

As mentioned above, registration for the 2019 National Meeting from February 5-10 at the New York Hilton is now open. We are delighted to once again offer special programming for Psychotherapist Associates:

This year, we are thrilled to have Otto Kernberg, MD, as the discussant in our Psychotherapist Associates Present Discussion Group on *Split Treatment and Splitting in Treatment* on Thursday, February 7th, from 9 to 11AM. Ms. Joyce Davis, LICSW, from Massachusetts will be presenting a case of split psychotherapeutic and psychopharmacological treatment. We expect an engaging and interesting conversation facilitated by our Co-Chairs Petra Pilgrim, MD, and Margo Goldman, MD.

Our Business of Practice Workshop, co-chaired by Michael Groat, PhD, and Jonathan Kersun, MD, promises to be fascinating as well. It will feature Rachel Gross, MD, as presenter and Lynn Friedmann, PhD, as discussant, and will be about *Initiating Psychoanalytic Psychotherapy*. The panel will be addressing questions around socializing patients into psychoanalytic therapy.

Please join us to meet fellow Psychotherapist Associates at our 4th [Psychotherapy Department Dine Around](#) at Emporium Brazil on Tuesday, February 5 at 7pm. Pre-register for "Dine Around #2." at apsameeting.org when registering for the conference.

In addition, the [Psychotherapy Department Information and Networking Event](#) on Friday, February 8 at 7:30pm is open to all psychotherapists registered for the scientific meeting. To RSVP please click [here](#).

If you are a first-time registrant, you might want to join the First Time Attendees Gathering on Tuesday, February 5th from 6-7pm. Please register for this when you register for the Meetings.

We have compiled a list of sessions that might be of special interest for Psychotherapist Associates [here](#), and you can access the complete conference program [here](#).

At APsaA's 107th Annual Meeting last June in Chicago, we were delighted to have past-president Prudence Gourguechon, MD, as our discussant for the PA Presents Discussion Group, "*Who Did You Vote For? The Effect of Politics on Transference and Countertransference*". Her expertise in the interplay between politics and psychoanalytic psychotherapy, together with a case presentation by Holly Passi, PsyD, provided the foundation for an enriching discussion about the impact of one's political beliefs on the treatment process.

Our informal networking lunch for Psychotherapist Associates took place at the Cliff Dweller's Club on Michigan Avenue. We were able to enjoy getting to know other Psychotherapist Associates, together with excellent food and a stunning view of the city. Thanks to PA Committee member Jacques Gourguechon, MA, LPC, for helping us organize this.

Our PA Committee now consists of Margo Goldman, MD, and Simone Hoermann, PhD, as Co-Chairs, and Michael Groat, PhD, Jonathan Kersun, MD, Bruce Gainsley, MD, Jacques Gourguechon, MA, LPC, Linda Michaels, PsyD, Petra Pilgrim MD, as members and Carol

Reichenthal, PhD, as emeritus consultant member. We now have representation from North East, South East, West Coast, South West, Mid Atlantic and Mid West regions. Shari Thurer, PhD, retired from the committee and we would like to thank her for her contributions.

The PA committee continues to be active in putting together the bi-annual newsletter and organizing conference programming and networking events. We collaborate and coordinate with the Psychotherapy Department and APsaA membership committee, COPPTP and Institute Training Directors. Through our committee member Linda Michaels, PsyD, we interface with PsiAN around bolstering psychodynamic psychotherapy.

We are also working on trying to better understand your needs and objectives as a Psychotherapist Associate. We would like to know what it is that you value and are seeking to find through your Psychotherapist Associates affiliation with APsaA. Please be on the lookout for a brief online survey, which we plan to distribute within the next few weeks. Your opinion is important and we value your feedback!

Lastly, as always, we encourage you to spread the word and talk to your psychotherapist friends and colleagues about the tremendous benefits of Psychotherapist Associate status and scientific meetings attendance.

Be sure to peruse the APsaA website for information about our work, advanced psychoanalytic psychotherapy training programs, the PA Directory and February's 2019 National Meeting. Consider sharing these links with your colleagues, students or supervisees to help us expand our reach.

We look forward to connecting with you either before or at the 2019 National Meeting, and please do not hesitate to contact us if you have additional questions or suggestions.

Warm regards,
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Simone Hoermann, Ph.D.
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Co-Chairs, Psychotherapist Associates Committee

Reports from the 107th Annual Meeting

Opening Session: The Group and the Individual: How Large Groups Stimulate and Regulate Violence

The June 107th Annual Meeting's Opening Session set the tone for the Scientific Meeting's heightened focus on the world at large. This program dealt with violence as a significant societal problem, from three perspectives: 1) Violence as a public health issue; 2) Group dynamics' role in the promotion and regulation of violence; 3) Societal patriarchy as a contributing factor in perpetuating violence.

The first presenter, Brent Decker PhD, made a compelling case for violence as an infectious disease. Factors facilitating violence are analogous to large-scale epidemics, including exposure, size of the inoculums, modes of transmission, high-risk behavior and social norms. For example, people directly witness (and are *exposed to*) violence in the community, home

or school. The media also broadcasts violent incidents, resulting in further *dissemination*. Dr. Decker presented evidence that brain circuitry is affected by violent experiences and perpetuates behavior that models violence as a social norm. Using this framework, he suggested potential interventions to reduce the spread of community violence: 1) Interrupt transmission and exposure by mapping high risk zones, identifying trusted people with ties to perpetrators in the community who can be “credible messengers” of behavior change; 2) Modify conduct via non-judgmental engagement with affected community (i.e. gang) members; 3) Work to change social norms that otherwise promulgate violence’s contagion. He cited several impressive studies of this approach: Cease Fire (Chicago); Safe Streets (Baltimore); and Cure Violence (NYC). More information about this public health model of violence is at www.cureviolence.org.

The second presenter, Robert Galatzer-Levy, MD, observed that large-scale violent incidents (i.e. school shootings) evoke an immediate public outcry, and are subsequently forgotten. Using psychoanalytic principles, he framed this as an initial *identification* with the victims and survivors, followed by rapid *counter-identification and denial*. He raised a fascinating question: What is the mechanism behind perpetuating group violence, and what can be done to intervene and break the cycle? He presented the theory of emergence, in which interactions between elements leads to a particular outcome, i.e. a chemical reaction between hydrogen and oxygen yields water; metamorphosis creates butterflies; and enormous collaboration enables birds to migrate. He proposed if we can identify the key *emergent structures* that promote or regulate violence, maybe we can find the optimal way to introduce structures to break the vicious cycle. For example, if we engage potentially violent group members in a non-violent mutual purpose, perhaps we can prevent or reduce human brutality.

Carol Gilligan, PhD, completed the program with an inspiring discussion of women’s voices and their potential to mitigate social violence. She posed questions about ways in which women can help men prevent war, and wondered whether women’s voices are integral to preventing violence. She noted the persistence of patriarchy in our culture, and how it opposes democracy; she said tension exists between the two, and if women’s voices were brought into the human conversation, perhaps it could shift the balance in favor of democracy and peace. She pointed out that silence represents abdication of responsibility and communication encourages relationships. However, our culture values empowerment over love, and this affects individuals’ psychological development. She concluded that since individual psychology and cultural forces intersect, it is necessary to effect psychological *and* political change in order to alter the power balance between patriarchy and democracy. And because “women’s silence is the societal counterpart of male violence,” it is crucial for women to actively engage in efforts to stop the progression of aggression. She referred to the powerful impact in 1983, of the 14-mile Women’s Human Chain at Greenham Common, England in which women mobilized to demonstrate opposition to nuclear proliferation. Dr. Gilligan asked, “where are the women now?”

This scientific session kicked off a stimulating 107th Annual Meeting that underscored the application of psychoanalytic concepts far beyond the consulting room.

Margo Goldman, MD

APSAA on Capitol Hill – Long Term Trauma Caused by School and Community Violence

All of us are shocked by the spate of school shootings in this country, but what is it like to actually experience one? Katherine Smaller, LCSW, one of the excellent presenters of this

session at the 107th Annual Meeting in Chicago spoke about just that. Katie began the session by describing her experience as a first grader during a shooting attack at her grade school in a wealthy Chicago suburb. In an immensely moving presentation, she described the lingering impact this experience has had on her then and still to this day. Drawing from her personal experience as well as from a psychoanalytic perspective, she allowed us a window into the immediate and long-term effects of violence on survivors and their families.

Her presentation set the stage for Peggy Tighe, J.D. who serves as APsaA's legislative attorney in Washington DC. Peggy presented a well-organized and clear review of gun legislation in congress. She covered APsaA's advocacy and action before congress, the public's views, research regarding gun control and the historical and current positions in congress today.

Peggy spoke eloquently about her activity as legislative attorney for APsaA, covering topics such as ownership and use of firearms, criminal background checks, concealed carry, school and community safety, and the Stop School Violence Act.

The panel was expertly moderated by past APsaA president Mark Smaller, PhD, who offered psychoanalytic perspectives on violence, prevention, and treatment. For more details on APsaA's position statements, which have been carefully developed by a committee of experts and approved by the Association's Board of Directors, please go [here](#).

Jacques Gourguechon, MA, LPC

Discussion Group: Psychoanalysis and Psychodynamic Psychotherapy: A Comparative Consideration of Method, Technique, and Therapeutic Action

As a first-time attendee to an APsaA Meeting, I was thrilled about the opportunity to both attend the conference and present a case that would open up a space to compare and contrast psychoanalysis and psychodynamic psychotherapy. Having recently completed the two-year Adult Psychoanalytic Psychotherapy Program at the Chicago Institute for Psychoanalysis, I have been reflecting deeply on what it means to practice from an analytic mindset as a psychotherapist, meeting with patients once or twice a week face to face and sitting up in contrast with analysands laying on the couch four times a week. The discussion that emerged from this session, titled "Psychoanalysis and Psychodynamic Psychotherapy: A Comparative Consideration of Method, Technique, and Therapeutic Action" was precisely that, a lively conversation examining two rich cases with overlapping and diverging processes.

Ralph Beaumont, MD, introduced the session, sharing some historical context for the talk, which is housed within the Psychotherapist Associates Committee. Clinical material followed, as I first presented a psychotherapy hour and Deborah Kass, LCSW, an analytic hour. Our discussant, Alan Sugarman, PhD, then shared thoughts about the nature of the processes, differences between transferences, and the role of interpretation in both hours. While feeling somewhat anxious to present clinical material to a new group of colleagues, I found the experience enriching and well balanced between support and challenge. Attendees inquired into my reasoning for certain interventions, which led to conversation about my relationship with this once-a-week psychotherapy patient that took into consideration the patient's ability to tolerate certain interpretations as compared to the analytic patient presented by Deborah Kass, LCSW.

Participants consisted of analysts and analytically-oriented therapists, and it was interesting to hear each group identify with both processes in overlapping and diverging ways. Themes

of anger, sadistic-masochistic patterns, and money utilized as a relational currency were highlighted and explored during the session. Overall, while certain departures in the treatment processes were illustrated, it was clear by the conclusion of the presentation that both psychoanalysis and psychodynamically oriented psychotherapy are more alike than they are different and that both modalities can facilitate deep therapeutic growth and change. I left looking forward to attending the conference in the future and hopefully the opportunity to present again to such a dynamic group.

Benjamin Schwartz, PhD

In Other News

Update on The Psychotherapy Action Network's Activities

Since introducing you to the Psychotherapy Action Network (PsiAN) in the previous newsletter, there are several exciting updates to share. First, I am pleased to announce that APsaA has formally endorsed PsiAN and joined PsiAN as a Strategic Partner. To strengthen the connection between APsaA and PsiAN, please join PsiAN individually. Membership is FREE, and it only takes a few seconds to sign up: <https://psian.org/join-us/>.

APsaA's endorsement came out of the growing connections between the two organizations, and the presentation PsiAN made to the Psychoanalytic Consortium in May, 2018, of its project to re-brand talk therapy in the public eye. Led by clinicians with former careers in marketing, branding and advertising, our ambitious branding project is focused on understanding how best to address beliefs and biases about psychological treatment so that individuals are more likely to choose psychodynamic psychotherapy. Primary market research is launching now, and the team is conducting in-depth individual interviews with the general population. Interviews with therapists, professors, and MDs will follow.

Regarding this project, there are a few ways you can help:

1) Find folks for us to interview! Think about whom you can contact in the general population -- from age 18 - 80, any gender, any ethnicity, any education or SES. Also we have no preference about whether they have ever been to therapy or not. The only restrictions are no therapists or spouses/partners/children of therapists, no recommenders of therapy (ie, internists, psychiatrists, OB-GYNs), no students training to become therapists. We will interview these folks in later rounds.

Importantly, we will not be asking any personal questions of these people.

Some people you could ask might be: neighbors, people who work in your building, shopkeepers in your neighborhood, cousins, friends of your spouse or your children, etc.

Please contact me and I can provide you with an email to send out to these folks with complete instructions. We are only asking for an hour of their time, which will be well spent and help a non-profit working on a good cause.

2) Please consider assisting this project – which will benefit all of us – monetarily. You can do that here: <https://psian.org/>. PsiAN is a non-profit 501(c)(3), and your deductions are tax-deductible per current tax law.

In addition to the branding project, PsiAN has been hard at work on the following:

- We submitted our comments to the American Psychological Association in response to its Guideline for the treatment of depression. We outlined our concerns about the APA's guideline development process, as well as its overly narrow definition of evidence and its short-term focus on measuring immediate outcomes. Importantly, the guideline authors themselves stated that they were unable to determine which types of therapies actually work best. They endorsed therapies for which a large number of research studies have been completed – confusing quantity of research with quality and meaning of research results. At most, the guideline is a listing of the RCTs that have been conducted. This effort was similar to our objections to the APA's PTSD guideline. You can still sign the petition we helped to draft, which has garnered over 57,000 signatures to date (<https://psian.org/sign-ptsd-petition/>). Following the launch of the petition, we also met with BCBS of Illinois and helped influence them to remove the PTSD guideline from their website.
- We played a key role in educating our profession and the public about the ethical, treatment, and truth-in-advertising concerns we had about Talkspace, a company that sells asynchronous texting services. We were very pleased when the APA notified us that it decided to no longer allow Talkspace to advertise in its journals and at its conferences.
- In collaboration with Sections II and V of Division 39, one of our strategic partners, we published a pamphlet, in English and Spanish, for parents who were separated from their children at the border, to help them understand the psychological effects of separation and trauma in their children. We also had an active presence – with letters, petitions and national media interviews – to help end separations and reunify families. Please feel free to download and share the pamphlets, which are located here: <https://psian.org/publications/>
- Our Children's Committee is working to influence how a new Illinois law requiring social-emotional screening of all school-aged children is implemented. We are concerned about potential over-diagnosis and over-medication of children, and also see other states proposing such laws as misguided responses to violence in schools.
- And much more, on our website <https://psian.org/>

To date, we have 22 organizations that are Strategic Partners, nearly 500 individual members, and Jonathan Shedler, Enrico Gnoulati and Todd Essig as Advisors to our Steering Committee.

We'd be honored to have you as a member! Again - membership is free, 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
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PRE-REGISTRATION IS OPEN NOV 6, 2018 – JAN 8, 2019



Registration for APsAA's 2019 National Meeting in New York February 5-10, 2019 is now open!

Look out for our special programming:

- PA Presents Discussion Group (Thursday 2/7, 9AM)
- Business of Practice Workshop (Friday 2/8, 2PM)

Don't Miss the Fun Social Events at the 2019 National Meeting

- Dine Around (Tuesday 2/5, 7PM)
- Psychotherapy Department Information and Networking Event (Friday 2/8, 7:30PM)

Find a list of programming of interest for Psychotherapists Associates [here](#).

Are you interested in contributing to the next Newsletter?

Are you interested in writing a summary of one of the panels, symposia, discussion groups, or workshops at the *108th Annual Meeting in San Diego June 21-23, 2019*? 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?

Please contact Simone Hoermann, PhD, Editor, sh@simonehoermann.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. Or contact APsAA's Membership Services Assistant, Bronwyn Zevallos (membadmin@apsa.org) to receive a brochure.

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), and we will remove you from our e-newsletter distribution list.

12/10/18

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