

PSYCHOTHERAPIST MEMBERS AND PSYCHOTHERAPY TRAINEES

Below are sessions geared for Psychoanalytic Psychotherapists and Trainees. See the Preliminary Program for more information including faculty and educational objectives.

Tuesday, February 6, 2024

7:00 p.m.

SOCIAL EVENT: DINE AROUND

Wednesday, February 7, 2024

11:30 a.m. – 1:30 p.m.

DPE Psychotherapy Section Workshop: Balint Groups: Teaching and Experiencing the Unconscious

Co-chair: Carlos E. Almeida, M.D. (New York, NY)

Co-chair/Presenter: Mark Moore, Ph.D. (Philadelphia, PA)

Presenter: Sonja Ware, Th.M., M.Div. (Mohnton, PA)

The experiential workshop will demonstrate how Balint groups can be used to integrate experiential learning into training programs. In Balint groups, one participant presents brief clinical material and then listens, without participating, to the group elaborate their understanding of the therapist and patient's experience and their relationship. Group leaders help them use their associations, fantasies and emotional experience to do so. Following an introduction to the Balint group process, eight audience members will be invited to participate in a discussion of clinical material run by two facilitators. Other participants will observe while seated in an outer circle. We will end with a discussion of the experiences of the group participants and audience observers, and how it relates to psychotherapy and psychoanalytic training.

Thursday, February 8, 2024

9:00 a.m.– 11:00 a.m.

Discussion Group 37: Psychotherapists Present: Living with Your Patients: Experiences in a Therapeutic Milieu

Co-chairs: Petra M. Pilgrim, M.D.* (New Canaan, CT)
Margaret Cheng Tuttle, M.D. (Arlington, MA)

Presenter: Emily Calderone, Psy.D.* (Stamford, CT)

Discussant: Todd Essig, Ph.D. (New Paltz, NY)

In-depth psychodynamic psychotherapy in an inpatient setting has become a rare intervention. There are only a handful of such programs across the country. Now, more than ever, this type of treatment is needed. The goal of this discussion group is to demonstrate the value of this type of treatment and promote the development of more programs that feature psychodynamic therapy in an intensive, time-limited treatment milieu. The presenter is a psychologist at a residential program where she provides both individual and group therapy. With an office on-site, she is also part of the milieu. She will present two cases to illustrate how the intimate setting intensifies treatment and how observing patients' interpersonal interactions advances the treatment. She will also share data on patients' symptoms at the beginning, middle, and end of treatment.

Thursday, February 8, 2024

2:00 p.m. – 4:00 p.m.

APsA Scientific Paper Prize: Randomized Controlled Trial of Regulation Focused Psychotherapy for Children: A Manualized Psychodynamic Treatment for Externalizing Behaviors

Chair: Barbara Milrod, M.D. (New York, NY)
Presenter/Prize Winner: Tracy A. Prout, Ph.D. (Cold Spring, NY)
Discussant: Theodore Shapiro, M.D. (New York, NY)

The Scientific Paper Prize committee has chosen Dr. Tracy Prout and colleagues' work, representing a solid demonstration of the utility for an evidence-based, reliably reproducible, psychoanalytically based, brief psychotherapeutic intervention for children with disruptive behavior disorders. This intervention, and the scientific work underpinning it, represents a sea change in the evidence base, underpinning treatment of children with disruptive behavior disorders. Dr. Prout, the PI of this study and an expert in this area, will present the research. Dr. Shapiro, a senior psychoanalyst and long-time Division Chief of Child and Adolescent Psychiatry at Weill Cornell Medical College, with a deep understanding and experience in psychotherapy research methods, specifically in children and adolescents will discuss this achievement and its overall clinical importance.

2:00 p.m. – 4:00 p.m.

Discussion Group 45: The Relationship Between Psychoanalysis, Psychoanalytic Psychotherapy, and Neuroscience

Chair: Virginia C. Barry, M.D. (Evanston, IL)
Presenter: Maggie Zellner, Ph.D., L.P.* (New York, NY)

This discussion group is geared for psychoanalysts, psychotherapists, researchers, and trainees. The discussion group format allows active learning and evaluation of strategies. Utilizing the presentation of current research findings and clinical examples, this session will increase competence, knowledge and performance of psychoanalysis, expanding psychoanalytic therapeutic tools. Dr. Zellner has over 20 years of experience in neuropsychoanalysis. She is the current director of the Neuropsychoanalysis Foundation.

2:00 p.m. – 4:00 p.m.

Discussion Group 48: Facing the Facts: Self Disclosure and the Analytic Relationship

Chair: Stephanie R. Brody, Psy.D. (New York, NY)
Presenter: Jane V. Kite, Ph.D. (Cambridge, MA)

Note: This program is intended to satisfy the requirements of those states that require CME credits in the area of risk management or medical ethics for medical license renewal, but the final judgment for such qualification is made by each state's medical board.

Self-disclosure remains a controversial issue in psychoanalysis and psychotherapy. Consequently, important *personal* experiences that have the potential to definitively shape new theoretical developments are typically sidelined or excluded from discussion. In this discussion group, Jane Kite will describe the emergence of a compelling interest in what we actually mean by ethics in psychoanalysis, linking the concept to the inevitably enigmatic structuring of the unconscious in the analyst. She will describe how her interest grew out of a personal event that was impossible to ignore or to hide from the larger community. Inevitable challenges that are encountered when the personal lives of analysts/psychoanalytic therapists are abruptly and traumatically disrupted will be discussed.

Thursday, February 8, 2024

7:00 p.m.

SOCIAL EVENT: PSYCHOTHERAPY DEPARTMENT INFORMATION & NETWORKING EVENT

Friday, February 9, 2024

2:00 p.m. – 4:00 p.m.

Committee Sponsored Workshop #7: The Business of Practice: Sponsored by the Psychotherapist Committee: Psychoanalytic Practice in a Rapidly Changing Landscape: Lessons from the Research and Advocacy of Psychotherapy Action Network (PsiAN)

Co-chairs: Kathryn Fleming-Ives, M.D. (Providence, RI)

James Michael Woody, Psy.D. (Houston, TX)

Presenter: Linda L. Michaels, Psy.D., M.B.A. (Chicago, IL)

Discussant: Eric M. Plakun, M.D., DLFAPA, FACPpsych (Stockbridge, MA)

This workshop's target audience is psychoanalytic psychotherapists, trainees and anyone interested in learning more about the work of the Psychotherapy Action Network (PsiAN). Psychotherapy practices do not exist in a vacuum. The last few years have witnessed an unprecedented upheaval in the areas of politics, social justice, the natural world, and public health. It is vitally important for all practices and communities to thrive to be informed about what people are looking for in mental health treatment. Using market research collected by PsiAN, both pre- and post-pandemic, implications of this data on how we can best use our individual and collective action urges for good while at the same time maintaining our psychoanalytic sensibility will be discussed.

Saturday, February 10, 2024

11:30 a.m. – 1:30 p.m.

Committee Sponsored Workshop #9: "Everywhere you Look": Incorporating Psychodynamic Psychotherapy into Medical Student Education

Chair/Presenter: Himanshu Agrawal, M.D., MBBS, DF-APA (Hartland, WI)

Presenter: Meghan Schott, D.O., FAPA* (Washington, DC)

Therapeutic alliance and professionalism are a core competency in medical school education. Psychodynamic principles are fundamental for teaching medical alliance-building and professionalism, since they involve introspection, the development of empathy, understanding transference/countertransference and addressing conflict. This workshop introduces trainees and educators to an innovative curriculum (originally developed for acute care settings), to discuss transference/countertransference, attachment, rapport, stigma, and sociocultural concerns.

2:00 a.m. – 4:00 p.m.

Science Department Session 2: Trauma Focused Psychodynamic Psychotherapy

Chair: John H. Porcerelli, Ph.D., ABPP (Bloomfield Hills, MI)

Presenters: Jack Keefe, Ph.D.* (New York, NY)

Barbara Milrod, M.D. (New York, NY)

This session, designed to familiarize the audience with the nuts and bolts of Trauma Focused Psychodynamic Psychotherapy, a manualized, 24 session, 12 week psychoanalytic intervention for posttraumatic stress disorder, will describe the psychoanalytic basis of the intervention, describe the ways in which the intervention is designed to focus specifically on symptoms and psychological underpinnings of PTSD, and will present the ongoing research that the presenters have thus far conducted toward demonstrating its efficacy. Few psychoanalysts or psychodynamic clinicians thus far are practicing an organized, PTSD-focused form of treatment for this ubiquitous disorder, and this session will attempt to bridge this gap.