



# PSYCHOTHERAPY DEPARTMENT EVENTS

## TWO-DAY CLINICAL WORKSHOP #4: PSYCHOANALYTIC PSYCHOTHERAPY

Wednesday, January 28, 2026, 4:30 P.M. – 6:30 P.M. (Part 2 on Thursday same time)

Co-chairs: Ann Dart, LCSW (Portland, OR), Richard F. Summers, M.D. (Bryn Mawr, PA)

Presenter: TBD

This clinical workshop, sponsored by the Psychotherapy Department and DPE of APsA, will focus on psychotherapy process and technique. The workshop will feature a San Francisco trained psychodynamic psychotherapist presenting detailed process notes from several sessions, and a skilled discussant who will help highlight aspects of the case. After a close reading of the material, the unfolding process will be the main topic of discussion, along with other psychoanalytic principles that come into play. Participants will deepen their understanding of how these principles and techniques inform and contribute to the psychotherapy process. An informal, collegial atmosphere will provide ample opportunity for in-depth and interactive group discussion. This program is appropriate for all levels of clinical experience and is open to all.

## DISCUSSION GROUP 34: PSYCHOTHERAPISTS PRESENT: IS IT ME OR YOU? I SEE MY TRAUMA IN MY ADULT PATIENT

Thursday, January 29, 2026, 9:00 A.M. – 11:00 A.M.

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

Presenter: Michael Burke, LCSW (New York, NY)

Discussant: Bonnie J. Buchele, Ph.D., President-Elect, APsA (Kansas City, MO)

What might happen if your new patient shares your unique background? This case will address how to manage strong countertransference reactions that occur when a similarly shared childhood trauma emerges in the treatment of an adult patient. The presenter in this case was a childhood “star” in the arts who discovered that his new patient had experiences in childhood. Case material will be presented highlighting the unique set of overlapping schemas between patient/therapist. This case highlights the importance of making use of highly charged countertransference as a way of deepening the treatment. The group’s intended audience is psychoanalysts and psychotherapists who are interested in trauma, dissociation and how transference reactions from a similarly shared traumatic childhood history can influence the treatment.

## APSA SCIENTIFIC PAPER PRIZE CO-SPONSORED BY THE DEPARTMENT OF PSYCHOTHERAPY: PSYCHOANALYTIC INTERPRETATIONS AND TREATMENT OUTCOMES:

### A SYSTEMATIC REVIEW AND META-ANALYSIS

Thursday, January 29, 2026, 2:00 P.M. – 4:00 P.M.

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

Presenters: Cynthia Lucas, LCSW (Los Angeles, CA), Jack Keefe, Ph.D. (New York, NY)

Discussant: Richard F. Summers, M.D. (Bryn Mawr, PA)

This session presents the first systematic review and meta-analysis examining whether interpretations—a cornerstone of psychoanalytic therapy—are associated with treatment outcome. Drawing on data from nearly 900 patients/clients across 16 studies, the findings demonstrate that therapists’ use of interpretations is significantly linked to better outcomes, with a robust, medium-sized effect. The session explores how interpretations function across diverse techniques and clinical contexts. The presentation examines how interpretations help patients/clients connect past and present experiences, relationships, and emotions in ways that support psychological growth. By providing a rigorous empirical foundation for a central psychoanalytic concept, this presentation fosters dialogue between research and clinical work to enhance psychotherapy effectiveness and training.

## COMMITTEE SPONSORED WORKSHOP #6: THE BUSINESS OF PRACTICE: SPONSORED BY THE PSYCHOTHERAPIST COMMITTEE: MENTAL HEALTH COVERAGE: CLOSING THE GAPS IN INSURANCE POLICY

Friday, January 30, 2026, 2:00 P.M. - 4:00 P.M.

Co-chairs: Kathryn Fleming-Ives, M.D. (Providence, RI), James M. Woody, Psy.D. (Houston, TX)

Presenter: Joseph M. Feldman, MBA (Wilmette, IL)

Discussant: Linda L. Michaels, Psy.D., MBA (Chicago, IL)

Successfully navigating insurance reimbursement for mental health services is often challenging and complex for both clients and clinicians, particularly when seeking coverage for longer-term, depth-oriented psychotherapies. This workshop will systematically outline the obstacles to successful reimbursement and provide highly practical steps clients and clinicians can take to increase the likelihood of obtaining coverage for substance abuse or mental health treatment. In addition, the workshop will discuss the psychodynamic issues that arise clinically for both patient and therapist/analyst when encountering this key treatment issue. The workshop is intended for any psychoanalyst or psychotherapist who wishes to better understand mental health insurance and more effectively advocate for appropriate levels of coverage.



# Social Events:

## DINE AROUND

Tuesday, January 27, 2026, 6:30 PM  
@ TROPISUEÑO

Reservations are required. Space is limited to 20 people.

This dine-around is hosted by APsA's Psychotherapy Department, and welcomes practicing psychoanalytic therapists, trainees, researchers, faculty and training directors. Please join us to share experiences and ideas about current psychotherapy practice and training.

Click [HERE](#) to sign up today!

## PSYCHOTHERAPY DEPARTMENT INFORMATION & NETWORKING EVENT

Thursday, January 29, 2026, 7:30 PM  
@ Local Edition

All are invited to this informal gathering to learn about APsA's Psychotherapy Dept, the benefits of APsA's Psychotherapist Clinical Membership and how you can become involved. There will be an exchange of information and perspectives about psychotherapy within the APsA community.

Click [HERE](#) to sign up today!

Questions? Email Bronwyn Zevallos at [membadmin@apsa.org](mailto:membadmin@apsa.org) for more information.