

**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, January 27, 2026**

**6:30 P.M.**

**SOCIAL EVENT: PSYCHOTHERAPY DEPARTMENT DINE- AROUND DINNER  
TROPISUEÑO**

*Reservations are required.*

**Wednesday, January 28, 2026**

**9:00 A.M.-11:00 A.M.**

**DISCUSSION GROUP 7: ENRICHING ADULT ANALYTIC WORK BY CHILD ANALYTIC  
TRAINING AND PRACTICE**

Chair: Caroline M. Sehon, M.D., FABP (Bethesda, MD)  
Presenter: Nicole Michaan de Hanono, M.A. (Panama City, Panama)  
Discussant: Rex H. McGehee, M.D., FABP (Denver, CO)

This discussion group will examine the psychoanalytic psychotherapy of a seven-year-old child presenting with somatic symptoms, separation anxiety, and early disturbances in object constancy. Through detailed clinical material, the presenters will illustrate how therapeutic play and art can facilitate the child's capacity to symbolize, process fears of separation, and achieve greater autonomy. Attention will be given to the application of child analytic theory and technique in ways that illuminate and strengthen psychoanalytic work with adults. The session is designed for psychoanalysts, psychotherapists, and trainees interested in deepening their understanding of how insights from child analysis inform and enrich treatment across the lifespan.

**Wednesday, January 28, 2026**

**9:00 A.M. – 11:00 A.M.**

**DISCUSSION GROUP 10: PSYCHOANALYTIC PARENT-INFANT WORK ACROSS THEORIES, FIELDS,  
AND COMMUNITIES: MOTHERHOOD IN CURRENT TIMES, UNDER EXTREME INTERNAL AND  
EXTERNAL CONDITIONS**

Chair: Talia Hatzor, Ph.D. (New York, NY)  
Co-chair/Presenter: Miriam Steele, Ph.D. (New York, NY)  
Presenter: Yael Goldstein-Love, BA (Cambridge, MA)

*Note: This program is intended to satisfy the requirements of those states that require CE/CME credits in the area of cultural competency for license renewal, but the final judgment for such qualification is made by each state's board.*

This discussion group is for psychoanalysts, psychotherapists, candidates, and trainees interested in the psychological and emotional transformations of early motherhood. It explores the maternal mind under normative and extreme conditions, integrating psychoanalytic, attachment, and literary perspectives. A highlight is novelist Yael Goldstein-Love, author of *The Possibilities*, whose work powerfully explores the maternal psyche, birth trauma, and the tension between inner experience and societal expectations. Her narrative sheds

light on the emotional intensity, ambivalence, and identity shifts of early motherhood. Clinicians and researchers will also present work with asylum-seeking mothers and longitudinal attachment data. This session aims to deepen understanding of maternal struggles, subjectivity, and transformation amid the challenges mothers face today.

**Wednesday, January 28, 2026**

**11:30 A.M. – 1:30 P.M.**

**DPE PSYCHOTHERAPY SECTION AND COUNCIL ON ARTIFICIAL INTELLIGENCE CO-SPONSORED  
WORKSHOP: AI IN PSYCHOANALYTIC TRAINING PROGRAMS**

Chair: Ann Dart, LCSW (Portland, OR)  
Presenters: Todd Essig, Ph.D. (New Paltz, NY)  
Michael Langlois, MSW (Nantucket, MA)  
Amy Levy, Ph.D. (Chapel Hill, NC)

Is the accelerating AI revolution leaving you horrified and terrified? Fascinated and excited? Trying to ignore the whole thing? Are you an expert or a novice? This workshop is designed with all of the above in mind. Co-sponsored by DPE's Psychotherapy Section and its Council on Artificial Intelligence, it addresses the fundamental challenge of how to prepare students so they can thrive professionally in a culture being transformed by AI. A panel that will include seasoned clinicians, as well as an AI demonstration, will discuss AI as both a pedagogical technology that can enhance, or if misused diminish, classroom experience and a topic requiring critical, psychoanalytic engagement. Breakout groups will follow, offering participants a chance to engage actively with the material to think and learn together.

**Wednesday, January 28, 2026**

**2:00 P.M. – 4:00 P.M.**

**DISCUSSION GROUP 15: DISTANCE PSYCHOANALYSIS AND PSYCHOANALYTIC PSYCHOTHERAPY**

Co-chairs/Presenters: David E. Scharff, M.D. (Chevy Chase, MD)  
R. Dennis Shelby, Ph.D. (Chesterton, IN)  
Co-chair/Discussant: Ralph E. Fishkin, D.O. (Bala Cynwyd, PA)  
Presenters: Tatiana Onikova, Ph.D. (Prague, Czech Republic)  
Caroline M. Sehon, M.D. (Bethesda, MD)  
Discussant: Shao Major Xiao, Ph.D. (Beijing, China)

*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.*

This presentation explores strategies and skills for effective technology-supported hybrid education, aiming to enhance teaching of psychoanalysis and psychotherapy and foster the development of competent analysts and psychotherapists in-training. It addresses complexities of hybrid learning environments with a view to optimizing engagements between onsite and online settings. The discussion will address managing group anxieties related to visibility and connection, and the unique dynamics, inherent losses, and valuable gains within this evolving hybrid educational landscape. The discussion will also focus on developing a learning community across distance and varying cultures of the students and candidates.

**Wednesday, January 28, 2026**

**2:00 P.M. – 4:00 P.M.**

**DISCUSSION GROUP 16: FROM SELF TO SELFIE: SOCIAL MEDIA AND DEVICES AS REGRESSIVE TRANSITIONAL OBJECTS**

Chair/Discussant: Maya B. Klein, Ph.D. (San Diego, CA)

This discussion group invites psychoanalysts, psychotherapists, and trainees to examine how digital devices—especially smartphones and social media—can act as regressive rather than progressive transitional objects for children and adolescents. It will consider how these “digital objects” intrude into the child’s internal world, alter object relations, and disrupt the gradual attainment of affect regulation, object constancy, and the capacity for mutual recognition. Drawing on clinical material and current psychoanalytic and psychotherapy literature, the group will explore how early psychic structures adapt—or fail to adapt—to the constant presence of these devices. Participants will leave with concepts and language for understanding these shifts and strategies for addressing them in psychoanalytic and psychotherapeutic work with analysands, patients/clients across the developmental spectrum.

**Wednesday, January 28, 2026**

**2:00 P.M. – 4:00 P.M.**

**DISCUSSION GROUP 17: RESEARCH ON THE FRAME IN PSYCHOANALYSIS: IN PERSON VERSUS TELE-ANALYSIS**

Chair: Karl Stukenberg, Ph.D., ABPP (Cincinnati, OH)

Presenters: Spencer Gardner, M.D. (Cincinnati, OH)  
Sean Michael McGraw, MA (Cincinnati, OH)

This presentation is intended for psychoanalysts, therapists, candidates, trainees, and researchers. COVID-19 and the subsequent lock-down raised questions about the analytic and psychotherapeutic frame – specifically about the impact of in-person versus telehealth delivered treatments. Preliminary results from an ongoing research project listening to in-person and telehealth psychoanalytic hours will be presented. The hours have been recorded and then transcribed and rated. All analyses are from a single analyst, some delivered only in-person, some started in person and transitioned to telehealth and some exclusively through telehealth. Comparisons in the analytic process will be discussed to help us move forward in understanding the role of telehealth in the provision of mental health services.

**Wednesday, January 28, 2026**

**2:00 P.M. – 4:00 P.M.**

**DISCUSSION GROUP 18: LISTENING IN THE ANALYTIC FIELD: AN IMMERSIVE GROUP EXPERIENCE IN BIONIAN FIELD THEORY**

Co-chairs/Presenters: John B. Cardinali, Psy.D. (Seattle, WA)  
Nancy C. Winters, M.D., FIPA, ABPsa (Portland, OR)  
Discussants: Caron Harrang, LICSW, FIPA, BCPsa (Seattle, WA)  
Scott Murray, M.D., FIPA (Portland, OR)  
Darren Thompson, M.D., FIPA, ABPsa (Vancouver, Canada)  
Drew Tillotson, Psy.D., FIPA, BCPsa (San Francisco, CA)

This discussion group is intended for psychoanalysts, psychotherapists, candidates, and trainees interested in deepening their clinical listening skills through the lens of Bionian Field Theory (BFT). The session will explore the analytic field as an emotional and symbolic space that reflects unconscious intersubjective dynamics, with particular attention to socio-cultural dimensions. Drawing on the work of Ferro and Civitarese, presenters will

introduce an immersive model for group-based training in psychoanalytic listening. Using a clinical case for discussion, participants will examine how the analytic field enhances attunement to unconscious processes, transference, countertransference, and emergent meanings. The case will also highlight how social location—such as race, gender, and sexual orientation—shapes the field, offering tools for engaging these forces as active dimensions of work with patients/clients.

**Wednesday, January 28, 2026**

**4:30 P.M. – 6:30 P.M.**

**FELLOWSHIP RESEARCH SEMINAR**

Chair: Petra M. Pilgrim, M.D. (New Canaan, CT)  
Co-chair: Masha Mimran, Ph.D. (New York, NY)  
Presenter: Allison Rhodes, M.D. (Cambridge, MA)  
Discussant: Sien Rivera, M.D. (Columbia, SC)

*Note: This program is intended to satisfy the requirements of those states that require CE/CME credits in the area of cultural competency for license renewal, but the final judgment for such qualification is made by each state's board.*

This seminar will discuss a recent qualitative study of perceptions of and experiences with human papillomavirus (HPV) vaccination among transgender and other gender minoritized individuals who were assigned female at birth (AFAB). The HPV vaccine effectively prevents HPV infection but was initially approved only for 'females' by the FDA and was historically marketed with strong gendered language. Transgender and other gender minoritized AFAB individuals are at risk of acquiring HPV and developing HPV-related diseases. Studies have demonstrated that transgender individuals have lower HPV vaccine initiation and completion rates compared to cisgender individuals. Additionally, transgender, and other gender minoritized AFAB individuals have gender identities that do not align with the feminized focus of historical HPV vaccination campaigns, so may have additional barriers to engaging with the HPV vaccine.

**Wednesday, January 28, 2026**

**4:30 P.M. – 6:30 P.M.**

**TWO-DAY CLINICAL WORKSHOP #4: PSYCHOANALYTIC PSYCHOTHERAPY (PART 1)**

Co-chair: Ann Dart, LCSW (Portland, OR)  
Co-chair/Discussant: Richard F. Summers, M.D. (Bryn Mawr, PA)  
Presenter: TBD

**Note: Your registration for this session is subject to the approval of the session chair and presenter to ensure there are no conflicts. You will be contacted if there is a conflict.**

**This is a two-part session. Part 2 will take place on Thursday at 4:30 p.m. Participants are expected to attend both days.**

Registration will be limited to 25 people. If the session is closed and you wish to be added to the waitlist, please email Michael Gray at [meetadmin@apsa.org](mailto:meetadmin@apsa.org)

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.

**Wednesday, January 28, 2026**

**4:30 P.M. – 6:30 P.M.**

**DISCUSSION GROUP 26: EMERGING PERSPECTIVES ON LGBTQ+ ISSUES**

Co-chairs: Andi P. Eliza-Christie, LPC (Pittsburgh, PA)  
J. Unterberg, Ph.D. (Dallas, TX)  
Discussants: Reyna Cowan, Psy.D., LCSW (Oakland, CA)  
Will France, J.D. (New York, NY)  
Gary Grossman, Ph.D. (San Francisco, CA)

*Note: This program is intended to satisfy the requirements of those states that require CE/CME credits in the area of cultural competency for license renewal, but the final judgment for such qualification is made by each state's board.*

Many psychoanalysts and psychotherapists are working in political and legal environments that are increasingly hostile towards LGBTQ+ communities, and that potentially interfere with access to care, compromise mental health, and impact the therapeutic relationship. LGBTQ+ psychoanalysts and psychotherapists may experience their own parallel process as they live, work, and train, in these environments. This discussion group will facilitate a dialogue among psychoanalysts and psychotherapists who will illuminate important historical and institutional context and provide both clinical and personal perspectives on the pathologizing and criminalization of LGBTQ+ identities.

**Thursday, January 29, 2026**

**9:00 A.M. – 11:00 A.M.**

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

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.

**Thursday, January 29, 2026**

**2:00 P.M. – 4:00 P.M.**

**APSA SCIENTIFIC PAPER PRIZE CO-SPONSORED BY THE DEPARTMENT OF PSYCHOTHERAPY:  
PSYCHOANALYTIC INTERPRETATIONS AND TREATMENT OUTCOMES: A SYSTEMATIC REVIEW  
AND META-ANALYSIS**

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.

**Thursday, January 29, 2026**

**2:00 P.M. – 4:00 P.M.**

**DISCUSSION GROUP 38: PSYCHOANALYSIS AND PSYCHOTHERAPEUTIC HOSPITALS**

Co-chairs/Discussants: M. Sagman Kayatekin, M.D. (Missouri City, TX)  
Michael Groat, Ph.D., M.S. (Mason, OH)

The intended audience is analyst/therapist clinicians working in multiple treatment settings. The specific topic is the characteristics of psychoanalytic/therapeutic work in these settings in order to highlight the similarities and differences of such venues from the work in offices. There is an increased number of multiple treater settings and "treatment team" approaches in the area of mental health delivery. Despite utilizing these systems regularly there seems to be some confusion in the theoretical/technical variations in understanding these systems--both by individual analysts/therapists and also by other clinicians working in these systems quite effectively. Building on the established American tradition of psychoanalytic/psychotherapeutic hospitals, a contemporary theory of these settings is needed for all pertinent clinicians. This forum will facilitate an ongoing dialogue between similar multi-treater settings.

**Thursday, January 29, 2026**

**4:30 P.M. – 6:30 P.M.**

**TWO-DAY CLINICAL WORKSHOP #4: PSYCHOANALYTIC PSYCHOTHERAPY (PART 2)**

See Wednesday at 4:30 p.m. for description and objectives.

**Thursday, January 29, 2026**

**7:00 P.M. – 9:00 P.M.**

**SOCIAL EVENT:  
PSYCHOTHERAPY DEPARTMENT INFORMATION & NETWORKING EVENT**

**Location: Local Edition**

Would you like to learn more about APsA's Psychotherapy Department?



Join us for an evening of cocktails and conversation. Light appetizers will be served, and each guest is invited to enjoy two complimentary drinks. 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.

RSVP by January 9, 2026, [Click Here](#) to sign up.

**Friday, January 30, 2026**

**2:00 P.M. – 4:00 P.M.**

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

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.

**Saturday, January 31, 2026**

**9:00 A.M. - 10:30 A.M.**

**JOIN COGS MEMBERS IN CONVERSATION: HELPING OUR TRANS CHILDREN AND PATIENTS**

Given the rise of political attacks on LGBTQIA+ persons and communities and the distress that our current political climate is creating for families wrestling with the impact of these attacks on their children and those close to them, the Committee on Gender and Sexuality (CoGS) wants to offer education, advocacy and support to parents and family members of LGBTQIA+ individuals, as well as to clinicians working with them. This informal group, facilitated by CoGS members, offers an opportunity to talk with others who share these experiences. Whether you're a clinician who wants to learn more about working with LGBTQIA+ children and their parents/family members or are yourself a parent/family member facing these issues, we invite you to join us. All are welcome.

**Saturday, January 31, 2026**

**11:30 A.M. – 1:30 P.M.**

**COMMITTEE SPONSORED WORKSHOP #7: PRACTICE BUILDING TODAY: BUILDING ANALYTIC/THERAPEUTIC PRACTICE: THE ANALYST'S/THERAPIST'S MODE OF INTERVENTION FOCUSING ON BIONIAN TECHNIQUE**

Chair: Susan L. Flinders, Ph.D. (Chelsea, MI)

Presenters/Discussants: Joseph Aguayo, Ph.D. (Los Angeles, CA)  
Deborah W. Bilder, Ph.D., Psy.D. (Santa Monica, CA)

*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.*

This session will focus on building an analytic/psychotherapeutic practice by broadening the scope of one's practice and by focusing on available interventions and psychotherapeutic strategies in general. Enhancing and broadening one's analytic/psychotherapeutic skills can only broaden the scope of practice and one's knowledge base. This panel focuses on the analytic strategies drawn upon by W.R. Bion, whose technique has received contemporary support in the work of David Tuckett and Mark Solms. The relevancy of Bionian interventions will be central, less so the intervention strategies of David Tuckett, or Mark Solms' theories. This program is for analysts/psychotherapists, trainees/candidates, academics, and anyone interested in the ply of cure related to analysis/psychotherapy and the mind.