



## RESEARCH PROGRAMMING HIGHLIGHTS

### RESEARCH TRAINING PROGRAM (DAY 1)

#### RESEARCH IN PSYCHOANALYSIS: CHARACTEROLOGICAL TRANSFERENCES: FORTY YEARS OF FOLLOW-UP STUDIES

*Monday, January 26, 2026, 9:00 A.M. – 4:30 P.M.*

This training program is a new, needed initiative to introduce a rigorous research approach into psychoanalysis. APsA will hold a two-day, in-person Research Training Program on January 26 and 27, 2026 at the Palace Hotel in San Francisco, just before the Association's 2026 National Meeting. Individuals interested in conducting psychoanalytically oriented treatment research are invited to apply for this exciting program.

#### RESEARCH TRAINING PROGRAM (DAY 2):

*Tuesday, January 27, 9:00 A.M. – 4:30 P.M.*

### RESEARCH TRACK:

#### A THREE-SESSION SEQUENCE ON THE THEORY AND PRACTICE OF NEUROPSYCHOANALYSIS: BUILDING BRIDGES: FROM PREDICTIVE BRAINS TO SUFFERING MINDS

#### SESSION 1: THE BASIC THEORY OF NEUROPSYCHOANALYSIS

*Wednesday January 28, 2026, 9:00 A.M. – 11:00 A.M.*

This is the first of three two-hour sessions on the theory and practice of neuropsychanalysis, intended for psychoanalysts, psychotherapists, psychiatrists, trainees, and scholars. Attendance at all three sessions is recommended but not mandatory. Professor Solms will lay out the basic theory of neuropsychanalysis, featuring aspects of affective, cognitive, and computational neuroscience. The session will focus on a revised drive theory, informed by affective neuroscience, and describe how the brain generates expectations about the world in the service of meeting drive demands (emotional needs). This session will help us understand predictive processing, the Free Energy Principle, Markov blankets, and more.

#### SESSION 2: TRANSLATING PREDICTIVE PROCESSING TO PSYCHOANALYTIC PRACTICE

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

This is the second session in a sequence of three two-hour meetings on the theory and practice of neuropsychanalysis intended for psychoanalysts, psychotherapists, psychiatrists, candidates and trainees, and scholars. Attendance at all three sessions is recommended but not mandatory. This session will address how the practice of predictive processing translates to psychoanalytic theory, and in particular, how it casts new light on consciousness, the unconscious, repression, defense, transference, interpretation, and working through.

#### SESSION 3: CLINICAL PRESENTATION

*Saturday, January 31, 2026, 9:00 A.M. – 11:00 A.M.*

This is the third session in a sequence of three two-hour meetings on the theory and practice of neuropsychanalysis intended for psychoanalysts, psychotherapists, psychiatrists, candidates and trainees, and scholars. Attendance at all three sessions is recommended but not mandatory. Professor Solms will discuss clinical techniques, to illustrate how the concepts presented in the previous two sessions impact on one's practical work.

### RESEARCH TRACK SYMPOSIUM:

#### RESEARCH SYMPOSIUM #1

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

Confrontation with the reality of mortality commonly precipitates a developmental process known as Existential Maturation. To study this process as it occurs in psychodynamic treatments, a group of analysts

used a systematic method called the 3LM method, which tracks patients' development during treatment, applying this method to existential maturation. This session describes the concept, research method, and findings of this study.

## **RESEARCH SYMPOSIUM #2**

*Friday, January 30, 2026, 11:30 A.M. - 1:30 P.M.*

This session integrates principles from complexity theory with contemporary psychoanalytic thought. The core aim of therapy is to reawaken the patient's capacities for development on the dancing landscape of ever-changing internal and external worlds. Viewing the therapeutic process as a complex dynamic system clarifies how the therapeutic dyad creates conditions that include the edge of chaos and the opportunities for profoundly surprising emergent changes that liberate patients from the effects of interrupted development. This model offers a robust language for the processes central to therapeutic action.

## **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.*

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.

## **POSTER SESSION**

### **RESEARCH RELEVANT TO THEORY AND PRACTICE IN PSYCHOANALYSIS**

*Friday, January 30, 2026, 11:15 A.M. – 4:00 P.M.*

The American Psychoanalytic Association sponsors this annual research poster session designed to promote stimulating conversations and mutual learning among psychoanalytic practitioners, theorists, and researchers. Submissions have relevance to psychoanalytic theory, technique, practice, and effectiveness of psychoanalysis or interdisciplinary scholarship addressing research questions in neighboring fields.

## **RESEARCH TRACK:**

### **CULTIVATING A CULTURE OF SCIENTIFIC INQUIRY IN PSYCHOANALYSIS: THE HISTORY, STATUS AND FUTURE OF THE RESEARCH TRAINING PROGRAM (RTP) IN THE IPA AND APSA**

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

Psychoanalysis will lose relevance if it cannot demonstrate it works. It has not historically prioritized scientific, empirical inquiry, despite intersecting with scientific disciplines including psychotherapy research, developmental psychopathology, clinical neuroscience, and personality science. This panel reviews the history of (lack of) research training for psychoanalysts and psychodynamic clinicians in the American Psychoanalytic Association and the IPA. A new Research Training Program (RTP), now in its second year, aims to prepare psychodynamic researchers to innovate and investigate psychoanalytic theory, assessments, and treatment. After review of psychodynamic treatment advances for anxiety disorders and PTSD, and the importance of qualitative and quantitative psychoanalytic research, there will be time for audience discussion of the need for psychoanalysis to promote research in training and practice to remain relevant in health care.

## **INTERVIEW WITH A MAJOR SCIENTIST FROM AN ALLIED DISCIPLINE**

*Friday, January 30, 2026, 4:30 P.M. – 6:30 P.M.*

In this program, Mark Solms will interview Christof Koch, a highly distinguished neuroscientist, to discuss theories of consciousness. Christof Koch is known for his extensive work on the brain mechanisms of consciousness and his dedication to the central importance of subjectivity, as described in his recent book,

Then I Am Myself the World: What Consciousness Is and How to Expand It. Mark Solms' work on consciousness and subjectivity from a psychoanalytic perspective, is elaborated in his recent book, The Hidden Spring: A Journey to the Source of Consciousness. The interview will discuss the current status of consciousness science and will touch upon issues such as the role of the cortex versus the brainstem, the role of affect, and the possibility of artificial consciousness.

## **PSYCHOANALYSIS AND NEUROSCIENCE SYMPOSIUM: WHAT CAN BE LEARNED FROM AUTOBIOGRAPHICAL MEMORIES OF SHAME**

*Saturday, January 31, 2025, 11:30 A.M. – 1:30 P.M.*

How do people integrate memories into their models of self to form autobiographical memory? In this program, a noted researcher will present data comparing recollection of shameful episodes from the past with memories of neutral and fearful episodes. Memories relating to self-incongruent emotions, such as shame, are more difficult to integrate and are processed differently from other memories. The presentation will illustrate special phenomenological characteristics of shameful memories as well as fMRI data showing neural correlates of shameful memories. The program, intended for clinicians of all levels (and also for researchers), will explore how people integrate the autobiographical memories that are central to a sense of self.

## **A REPORT AND DISCUSSION OF THE SYSTEMATIC, EMPIRICAL STUDY OF MOTIVES IN AN ERIKSONIAN DEVELOPMENTAL FRAMEWORK: ONE NORMATIVE AND TWO TREATMENT SAMPLES OVER TIME**

*Saturday, January 31, 2:00 P.M. – 4:00 P.M.*

Understanding motives is fundamental in dynamic psychology and treatment. However, there is no standardization of descriptive terms necessary for scientific communication and both fundamental and clinical research. The Wish and Fear List is a dictionary-thesaurus of 40 individual Wishes and 40 Fears, hierarchically arranged using the 8-stage developmental schema of Erik Erikson. This session will present three studies demonstrating the utility of assessing motives in both normative and treated samples, and delineating changes in motives over years with treatment. This presentation demonstrates the value of studying motives systematically in psychotherapy and psychoanalytic research and treatment and documenting developmental progression. The method is readily usable in clinical work and case formulation. Dr. Cooper will discuss the method and findings as they relate to clinical work.