



## Programming Highlights for Students & Residents

### CLINICAL CONFERENCE 1 FOR RESIDENTS, PSYCHOLOGY AND SOCIAL WORK TRAINEES, AND STUDENTS, PRESENTED BY APSA FELLOWS:

#### REST AS RESISTANCE: RECLAIMING THE MIND AND BODY FROM SYSTEMIC OPPRESSION

*Thursday January 29, 2026, 4:30 PM – 6:30 PM*

This case conference explores the treatment of a young woman born in the shadow of a rising misogynist regime. Discussion will focus on ways that cultural oppression is transmitted across generations and internalized into unconscious, embodied forces. Defenses in service of the societal Other, such as introjection of the oppressor and repression of anger, are considered as factors perpetuating chronic psychic stress which increases vulnerability to autoimmune illness, a cellular-level parallel of self-defeating defenses. The psychic role of rest is discussed as a means of resisting oppressive external and internalized forces, allowing the body to be repossessed by the self.

### POSTER SESSION

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

*Friday, January 30, 2026, 11:15 AM – 4:00 PM*

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.

### CLINICAL CONFERENCE 2 FOR RESIDENTS, PSYCHOLOGY AND SOCIAL WORK TRAINEES, AND STUDENTS, PRESENTED BY APSA FELLOWS:

#### ERIKSONIAN INTEGRITY VS DESPAIR STRUGGLES IN AN OBSESSIVE PATIENT WITH MORAL RIGIDITY AND SOMATIC SYMPTOMS

*Saturday, January 31, 2026, 9:00 AM - 11:00 AM*

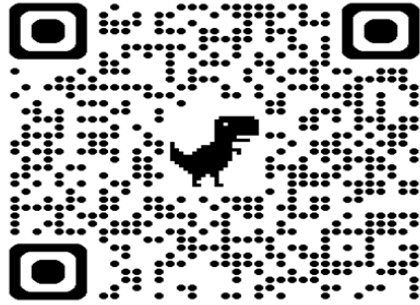
This case conference will discuss the psychotherapy of a man facing profound emotional suffering in the wake of retirement, chronic medical illnesses, and unresolved early conflicts. Struggles with integrity vs. despair are complicated by obsessive tendencies, somatic symptoms, and core narcissistic vulnerability. Establishing authentic therapeutic engagement was hindered by false-self adaptations marked by compulsive and excessive agreeableness and moral rigidity. A prolonged hiatus unexpectedly served as a catalyst for growth by inviting reflection, autonomy, and deeper internalization. Developmental thinking of Erikson, Winnicott and Kohut are used to elucidate the treatment process.

### COMMITTEE SPONSORED WORKSHOP #8: MEDICAL STUDENT EDUCATION:

#### THE Y MODEL: AN INTEGRATED FRAMEWORK FOR TEACHING TRAINEES CORE PSYCHOTHERAPY COMPETENCIES

*Saturday, January 31, 2026, 11:30 AM – 1:30 PM*

Despite renewed emphasis on psychotherapy as an essential component of modern psychiatric practice, education for medical trainees is often lacking. The Association of American Medical Colleges recognizes as core competencies the ability to “build the doctor-patient relationship” and understand “the patient’s view of illness causation and the affective dimensions which they experience.” The Y Model offers an evidence-based and integrated approach to teaching core psychotherapy skills, teaching students about the common factors as well as foundational concepts in CBT, supportive, and psychodynamic psychotherapy. The incorporation of this model into trainees’ learning may enrich education and develop competency in psychotherapeutic modalities which have proven efficacy in the treatment of common mental disorders.



To join as a Student Member, scan the QR Code or visit [apsa.org/membership/community-membership](https://apsa.org/membership/community-membership) to learn more.