APsA 2027 NATIONAL MEETING

# PSYCHOTHERAPY DEPARTMENT EVENTS

## PANEL 8: AI LIVE: EXPLORING THE USES OF AI IN A CLINICAL SETTING

**Wednesday, February 3, 2027, 11:00 A.M. - 1:00 P.M.**

Co-chairs: Linda L. Michaels, Psy.D., MBA (Chicago, IL) James M. Woody, Psy.D. (Houston, TX)
Presenters: Todd Essig, Ph.D. (New Paltz, NY) Brooke Finley, Ph.D., DNP, RN (New York, NY)
Discussant: Eric M. Plakun, M.D. (Stockbridge, MA)

This session is designed for all conference attendees interested in the reality of AI chatbots proliferating in our personal lives, in mental health care, and in the potential benefits and harms of patients' and clinicians' use of AI. The workshop will feature a "therapy session" role-play with a panelist role-playing a patient using ChatGPT as a therapist. Following this session, the other panelists will comment along with the panelist-patient describing their experience. The live experience and commentary will explore what it feels like and what happens when one interacts with AI chatbots. They will explore the possible roles AI can or cannot perform safely and effectively. Needs for guardrails and support for necessary public and clinician AI-fitness journeys will be identified.

## TWO-DAY CLINICAL WORKSHOP #5: PSYCHOANALYTIC PSYCHOTHERAPY PROCESS (Part 1)

**Wednesday, February 3, 2027, 4:30 P.M. – 6:30 P.M. (Part 2 on Thursday same time)**

Co-chairs: Ann Dart, LCSW (Los Angeles, CA) Richard F. Summers, M.D. (Bryn Mawr, PA)
Presenter: Francesca Engel, M.D.* (Philadelphia, PA) Discussant: Michael S. Caplan, M.D.* (Boston, MA)

What happens in the moment-to-moment encounter between therapist and patient, and how do psychoanalytic ideas guide the choices a therapist makes? This clinical workshop, sponsored by the Psychotherapy Section of the DPE and by the Psychotherapy Department, will explore these questions through detailed process notes from several sessions of psychodynamic psychotherapy. The presenting therapist will share the clinical material, while an experienced discussant will help participants examine the unfolding therapeutic process, including the therapist's interventions, clinical decisions, and evolving understanding of the patient. Discussion will focus on how psychoanalytic concepts and techniques come alive in the clinical encounter and shape the direction of treatment. An informal, collegial format will encourage active participation and in-depth discussion. The workshop is appropriate for clinicians at all levels of experience and open to all.

## APSA SCIENTIFIC PAPER PRIZE CO-SPONSORED BY THE DEPARTMENT OF PSYCHOTHERAPY: "Moderators of Short- and Long-Term Outcomes in Panic Control Treatment and Panic-Focused Psychodynamic Psychotherapy"

**Thursday, February 4, 2027, 4:30 P.M. – 6:30 P.M.**

Chair/Presenter: Barbara Milrod, M.D. (New York, NY)
Speakers/Award Winners: Thomas Nilsson, Ph.D.* (Lund, Sweden) Martin Svensson, Ph.D.* (Lund, Sweden)
Presenter of Clinical Case: Dany Lamothe, M.D. (Palo Alto)

This session is designed to help APsA members stay abreast of contemporary research that pertains to psychoanalysis. Our prize-winning paper has been awarded to Rolf Sandell, Ph.D., and his research team, headed by Thomas Nillson, Ph.D., and Martin Svennson, Ph.D. The paper, "Moderators of short- and long-term outcomes in panic control treatment and panic-focused psychodynamic psychotherapy", was published in 2025 in Psychotherapy Research, and highlights factors that were linked to improvement in patients with panic disorder in either CBT or PFPP, a psychoanalytic psychotherapy that treats panic disorder, from these investigators' eight-site replication study in Sweden. This session will highlight the Swedish PFPP project, focusing specifically on whom PFPP works best for among patients with panic disorder. PFPP is the psychoanalytic/psychodynamic psychotherapy with the most robust evidence base for anxiety disorders, having been shown to be efficacious and having been replicated in four separate independent randomized controlled trials. A clinical case of a patient with panic disorder will be presented. Dr. Milrod, the developer of PFPP, will discuss the research and the clinical presentation.

**Be sure to check out the Psychotherapy Dept/PsiAN Networking Event on Wednesday, February 3rd, 7: 00 P.M. - 9:00 P.M.**