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, February 2, 2027
11:00 A.M. – 1:00 P.M.
DISCUSSION GROUP 6: THE EFFECT OF ARTIFICIAL INTELLIGENCE ON CONFIDENTIALITY IN PSYCHODYNAMIC TREATMENT

Chair: Kevin V. Kelly, M.D. (New York, NY)
Presenters: Todd Essig, Ph.D. (New Paltz, NY), Andrew J. Gerber, M.D., Ph.D. (New Canaan, CT), Catherine L. Grus, Ph.D.* (Washington, DC)

This session is intended to stimulate consideration by psychoanalysts, psychotherapists, and trainees of how the use of AI by the analyst/therapist and/ or by the patient/client can affect issues related to confidentiality. The presenters will discuss how AI models gather data and how they are used currently in connection with psychotherapy; the dynamics of the relationship between a human-like program and a human analyst/therapist or patient/client; the need for analysts/therapists to contribute to the development of more dynamically-sophisticated AI models by contributing clinical material in a fashion that respects confidentiality. The purpose of this session is to make attendees aware of the possibility of distortions in attitudes toward AI, and of the importance of psychodynamic experts contributing to the development of AI models.

Tuesday, February 2, 2027
2:00 P.M. – 4:00 P.M
DISCUSSION GROUP 8: IMPASSES IN PSYCHOANALYSIS AND PSYCHOANALYTIC PSYCHOTHERAPY

Co-chairs: Steven H. Goldberg, M.D. (San Francisco, CA)
Judy L. Kantrowitz, Ph.D. (Brookline, MA)

This session helps clinicians identify and address impasses, a topic analysts and therapists have historically been reluctant to discuss openly. In a supportive setting, participants will examine detailed case presentations to identify often-unconscious factors and patterns in both patient and analyst/therapist that may contribute to stalled treatments. Open discussion and collaborative reflection will be used to develop creative strategies, uncover new possibilities for treatment, and help participants more effectively navigate impasses in their own clinical work.

WEDNESDAY, FEBRUARY 3, 2027
8:15 A.M. - 11:00 A.M.
ADMINISTRATIVE MEETING: CANDIDATES' DEPARTMENT (FORMALLY CANDIDATES' COUNCIL)

Note: Candidates and trainees participating in the Travel Scholarship are required to attend this meeting.

Candidates' Department leadership, committee chairs, and delegates from APsA institutes welcome all APsA candidates to attend this meeting. Our friends from IPSO, psychoanalytic psychotherapy trainees, and any trainees who are not in analytic training, are also warmly welcomed. The meeting is open to anyone who is in training except when there is a need for the department to be in Executive Session. You will learn about our committee work, participate in roundtable discussions of issues most relevant to candidates, have opportunities to compare notes with colleagues from around the world, gain an orientation to the greater APsA community, learn about exciting opportunities available exclusively to in-training members, deepen your psychoanalytic identity, broaden your connection to the profession, explore resources for building your practice, and forge lifelong friendships with fellow in-training professionals.

Wednesday, February 3, 2027
11:00 A.M. - 1:00 P.M.
DISCUSSION GROUP 30: HOLDING THE MIND IN MIND: A REFLECTIVE SUPERVISION MODEL FOR THERAPISTS WORKING WITH TRAUMATIZED PARENT-CHILD DYADS IN THE CHILD WELFARE SYSTEM

Chair: Andrea Remez, Ph.D. (New York, NY)
Presenters: Jill Bellinson, Ph.D.* (New York, NY), Phyllis M. Cohen, Ph.D., ABPP* (New York, NY), Ashley D. Golub, Psy.D.* (New York, NY)

This session is for psychoanalysts, psychotherapists, candidates, and trainees interested in a psychoanalytically grounded supervision model effective in training therapists working with highly traumatized, underserved populations. The presentation introduces a model, developed by psychoanalysts within an NYC child welfare agency. Guided by Slade's (2016) concept of nested mentalization, the model employs a mentalizing stance across all tiers of care: supervisors, therapists, parents, and children. This supervisory approach privileges attunement and empathy over criticism, interpretation, or didactic instruction, fostering a relational atmosphere that mitigates early-career clinicians' anxieties about competence and strengthens their capacity to tolerate intense countertransference affects. In turn, this supports the maintenance of a reflective stance and sustained therapeutic engagement with severely traumatized parent–child dyads.

Wednesday, February 3, 2027
11:00 A.M. - 1:00 P.M.
DISCUSSION GROUP 31: PSYCHOANALYSIS AND PSYCHOTHERAPY

Chair: Sarah Ackerman, Ph.D. (Hanover, NH)
Presenters: Deirdre Gorman, M.D. (Belmont, MA), H. Reid Zweifel, M.D. (Portland, OR)
Discussant: Jane V. Kite, Ph.D. (Cambridge, MA)

The focus of this session will be on exploring the differences between psychoanalysis and psychotherapy. Two presenters will share process notes— one from a psychoanalysis and the other from a psychoanalytic psychotherapy. An invited discussant will lead a conversation about what distinguishes analytic process, and

also consider how the process of an intensive psychotherapy might overlap with analytic process. Through an exploration of the contrasting clinical material, attendees will gain insight into the crucial mutative factors in psychoanalysis and psychotherapy. The rationale for this session is to provide clinicians with action-able tools to enhance therapeutic effectiveness and to strengthen their understanding of the nuanced impact of analytic technique in both therapy and in formal analysis.

Wednesday, February 3, 2027
11:00 A.M. - 1:00 P.M.
DISCUSSION GROUP 32: CONTEMPORARY DEVELOPMENTS IN PSYCHOANALYTIC EDUCATION OF ANALYSTS AND PSYCHOTHERAPISTS

Chair: Jill Savage Scharff, M.D., FABP (Chevy Chase, MD)
Presenters: Tatiana Onikova, Ph.D. (Prague, Czech Republic), Monica Valencia de Castro, Ph.D.* (San Francisco, Panama) Daniela Walder, Psy.D. (McLean, VA) Janine Wanlass, Ph.D. (Salt Lake City, UT)
Discussants: David E. Scharff, M.D., FABP (Chevy Chase, MD),
Karen Sherwood, LCSW-C (Gaithersburg, MD)

This session for candidates, trainees, and teachers creates an experience of lecture content, process, and community that embodies contemporary developments in psychoanalytic education. It offers practical strategies using the Group Affective Model, contemporary teaching techniques—such as QuickWrite, mosaic reading and two-page writing tasks—for teaching complex psychoanalytic material including unrepresented states-to international trainees some of whom are living in or displaced from war-torn countries. It aims to strengthen teaching analysts' effectiveness, support trainees' integration of clinical knowledge, and deepen understanding of psychodynamics in online/onsite classrooms and treatment settings. Its interactive, participatory learning experience model is validated by research on adult learning, which highlights the importance of relevance, application, lived experience, and engagement (Brieger, Arghode, & McLean, 2020).

Wednesday, February 3, 2027
11:00 AM – 1:00 PM
PANEL 8: AI LIVE: EXPLORING THE USES OF AI IN A CLINICAL SETTING

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.

Wednesday, February, 3 2027
4:30 P.M. – 6:30 P.M.
TWO-DAY CLINICAL WORKSHOP #5: PSYCHOANALYTIC PSYCHOTHERAPY PROCESS (PART 1)

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)

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.

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.

Wed 7:00 P.M. – 9:00 P.M.
SOCIAL EVENT:
PSYCHOTHERAPY DEPARTMENT AND PSYCHOTHERAPY ACTION NETWORK (PsiAN) INFORMATION AND NETWORKING EVENT
Reservations are required.

Would you like to learn more about APsA's Psychotherapy Department and Psychotherapy Action Network (PsiAN)?

Join us at APsA's 2027 National Meeting in Washington, DC, for an evening of cocktails and conversation. Light appetizers will be served, and each guest will receive two complimentary drinks. All are welcome! This informal gathering is an opportunity to meet members of APsA's Psychotherapy Department and Psychotherapist Committee, learn more about the benefits of APsA's Psychotherapist Clinical Membership, and connect with PsiAN, the national advocacy organization championing access to psychotherapy and the clinical standards that sustain it.

RSVP by January 15, 2027. Click here to register.

Thursday, February 4, 2027
8:30 A.M. – 10:30 A.M.
PANEL 12: THE PSYCHOTHERAPY SELECTION ALGORITHM 1.0: A TOOL FOR DETERMINING WHEN PSYCHODYNAMIC THERAPY OR PSYCHOANALYSIS ARE INDICATED AND AT WHAT FREQUENCY AND DURATION

Co-chairs/
Presenters: Eric M. Plakun, M.D. (Stockbridge, MA), Linda L. Michaels, Psy.D., MBA (Chicago, IL)

Discussants: Meiram Bendat, Ph.D., JD* (West Hollywood, CA), Susan G. Lazar, M.D. (Bethesda, MD)

This session is designed for psychoanalysts, psychotherapists, candidates, and trainees interested in understanding and contributing to an algorithm for determining when psychodynamic therapy or psychoanalysis is indicated and at what frequency and duration. The session presents the Psychotherapy Selection Algorithm (PSA) developed at the request of APsA. The session highlights evidence for the effectiveness of psychodynamic therapy and psychoanalysis and biases against them. The PSA counters biases with a series of jargon-free, evidence-supported decisions to differentiate patients who are and are not candidates for psychodynamic therapy or psychoanalysis versus other therapies. Attendees will enhance their ability to select patients for treatment and, through discussion, contribute to shaping the evolving PSA. If ultimately adopted as an APsA guideline, the PSA would advance acceptance of psychoanalytic treatments.

Thursday, February 4, 2027
4:30 P.M. – 6:30 P.M.
APSA SCIENTIFIC PAPER PRIZE: CO-SPONSORED BY THE PSYCHOTHERAPY DEPARTMENT

Chair/ Presenter: Barbara Milrod, M.D. (New York, NY)
Speakers/Award Winners: Thomas Nilsson, Ph.D.* (Lund, Sweden), Martin Svensson, Ph.D.* (Lund, Sweden)

Title: "Moderators of Short- and Long-Term Outcomes in Panic Control Treatment and Panic-Focused Psychodynamic Psychotherapy"
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.

Thursday, February 4, 2027
4:30 P.M. – 6:30 P.M.
TWO-DAY CLINICAL WORKSHOP #5: PSYCHOANALYTIC PSYCHOTHERAPY PROCESS (PART 2)

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

Friday, February 5, 2027
8:30 A.M. – 10:30 A.M
SCIENTIFIC PAPER 1 "THE CRUCIBLE OF PSYCHEDELIC PSYCHOTHERAPY IS MULTIDIMENSIONAL"

Presenter: Thomas M. Brod, M.D., DFAPA (Los Angeles, CA)

Psychedelic states present a persistent paradox: subjectivity endures even as the ego appears to dissolve. "Self" awareness reflects being, even when the patient's ego's reality-mastering imperatives fade. In psychodynamic treatment with psychedelic substances, we are faced with new challenges determined by the dynamic effects of shifted subjectivity, transient eclipse and distortion of transferential relationship, and the ethical task demands of consensual expectations. The author proposes a multidimensional model for psychedelic structural reorganization. Ego function is understood as a rearrangeable set of "solved" configurations; psychedelic states rearrange and introduce space into characterological configurations. Subjectivity, distributed holographically across the fragments, persists despite reconfiguration. The spaces between tiles — agentive rather than empty — are potential links in Bionian potential space and the transference-countertransference (intersubjective) matrix.

Friday, February 5, 2027
11:00 A.M. – 1:00 P.M.
DISCUSSION GROUP 54: USING FICTIONAL VIGNETTES TO DISCUSS RACIAL AND OTHERING ENACTMENTS IN PSYCHOANALYTIC EDUCATION

Co-chairs: Elisa K. Cheng, M.D. (Cambridge, MA), John Martin-Joy, M.D. (Watertown, MA)
Presenters: Emily S. Frank, Ed.D. (West Roxbury, MA), Komal Gupta, Psy.D. (Newton, MA)
Anton H. Hart, Ph.D., FABP, FIPA (New York, NY)

Racial and othering enactments in psychoanalytic organizations and in the consulting room happen regularly, exposing personal, social, and structural schisms. This discussion group will use experience-near fictionalized fictional vignettes. The facilitator will first discuss enactments that involve difference, emphasizing safety, human imperfection, and ways dialogue can go awry. How can analysts, therapists, and trainees learn to recognize and respond constructively to such moments? Next, a group of psychoanalytic/psychodynamic therapy trainees will present two fictionalized vignettes that involve racial and other diversity-related enactments in classroom settings and in therapy/analysis. The vignettes aim to increase clinical skill and to stimulate considerations of multiple points of view, functioning as an invitation to thoughtfulness and empathy in institutions.

2:00 P.M. – 4:00 P.M.
DISCUSSION GROUP 58: PARENT WORK IN PSYCHOTHERAPY AND PSYCHOANALYSIS: WORK WITH EMERGING ADULTS AND THEIR PARENTS

Chair/ Discussant: Thomas F. Barrett, Ph.D. (Chicago, IL)
Presenter: Xiali Gao, MS (Nanjing, China)
Discussants: Denia G. Barrett, LCSW (Madison, OH), Jack Novick, Ph.D. (Closter, NJ),
Kerry Kelly Novick, AB, BA, FIPA (Closter, NJ)

This session is designed for psychoanalysts, psychotherapists, and trainees interested in working with adolescents and young and emerging adults, with particular focus on the importance of also including work

with their parents. The session will include a presentation of clinical work with an emerging adult and co-synchronous work with the parent. By examining both theoretical and practical perspectives, attendees will gain insight into how best to foster the dual goals of restoration of the emerging adult to the path of progressive development and restoration of the parent-emerging adult relationship to a lifelong positive resource for both.