



A M E R I C A N

PSYCHOANALYTIC

A S S O C I A T I O N

Psychotherapy E-Newsletter

Spring 2019

Dear Colleagues,

Pre-Registration for the 108th Annual Meeting (June 21-23) in San Diego is now open until May 21st. The Psychotherapist Associates Update below provides information on special PA programming at this conference and on recent activities by our committee.

We have reports on February's 2019 National Meeting: Margo Goldman, M.D. writes about a Discussion Group on Teletherapy, and Michael Groat, Ph.D. about the Business of Practice Workshop. Padma Desai, LPC, LMHC reports on Schizoid Modes in Narcissistic and Borderline States. Jonathan Kersun, M.D. writes about our 4th PA Dine Around, and Linda Michaels, Psy.D. gives an update on activities of the Psychotherapy Action Network.

We also have exciting news about our E-Newsletter: Petra Pilgrim, M.D. and Jonathan Kersun, M.D. will be our new co-editors going forward. Thank you Petra and Jonathan for taking over!

We hope you find this Newsletter informative. Please don't hesitate to reach out with your comments.

*Best wishes,
Simone Hoermann, Ph.D.
Editor, Psychotherapist Associates E-Newsletter
Co-Chair, Psychotherapist Associates Committee*

What you'll find in this issue:

- ***Psychotherapist Associates Update from Co-Chairs Margo Goldman, M.D. and Simone Hoermann, Ph.D.***
- ***Reports on APsaA's 2019 National Meeting***
- ***Update on the Psychotherapy Action Network***
- ***Information on the upcoming 108th Annual Meeting (June 21-23)***
- ***Call for newsletter contributions***

Psychotherapist Associates Committee Update

Registration for the **108th Annual Meeting from June 21-23** in San Diego is now open through May 21st. We are delighted to once again offer special programming for Psychotherapist Associates:

- Bruce Gainsley, M.D., and Michael Groat, Ph.D. will be Co-chairing **Discussion Group 9: Psychotherapist Associates Present: Making Sense of Premature Terminations: Transference and Countertransference Issues** with Susana Rodriguez-Perea, M.S., presenter and APsaA President-Elect William C. Glover, Ph.D., discussant. This will take place on Friday, June 21 from 3:45 to 5:45 p.m.
Click [here](#) to review all of the Psychotherapy Department Events.
- We have compiled a list of sessions that might be of special interest for Psychotherapist Associates [here](#), and you can access the complete preliminary program [here](#).

If you are attending the conference, we hope to see you at the many planned gatherings:

- The **Attendee Cocktail Reception is scheduled for Thursday, June 20th** from 6:00 to 7:00 p.m. Enjoy cocktails and hors d'oeuvres, followed by a [Dine Around](#) which you can sign up for when you register for the meeting. And on **Friday, June 21st the Attendee Cocktail Party** is from 7:15 to 8:30 p.m.
- *Please stop by APsaA's [Psychotherapy Department table](#) during the **Attendees' Lunch Break on Saturday, June 22nd** to meet some PA's and the Psychotherapy Department leadership - network with other psychoanalytically oriented clinicians!*

At the **2019 National Meeting** this past February, Otto Kernberg, M.D., was the discussant in our successful Psychotherapist Associates Present Discussion Group on Split Treatment and Splitting in Treatment, Co-Chaired by Margo Goldman, M.D. and Petra Pilgrim, M.D. Ms. Joyce Davis, LICSW, from Massachusetts presented a case of split psychotherapeutic and psychopharmacological treatment.

The Business of Practice Workshop, co-chaired by Michael Groat, Ph.D., and Jonathan Kersun, M.D., addressed questions around socializing patients into psychoanalytic therapy.

In terms of social events, we had a well-attended 4th Psychotherapy Department Dine Around and a successful Psychotherapy Department Information and Networking Reception.

We sent out a survey a few months ago trying to better understand your needs and objectives as a Psychotherapist Associate. The survey was sent to 275 PA's and 126 (46%) answered. Thank you very much to those of you who took the time to answer the questions and give us feedback! We are in the process of reviewing the results and we value your opinion.

The PA committee is already working on putting together conference programming and social events at the **2020 National Meeting (February 12-16)**. We continue to collaborate and coordinate with the Psychotherapy Department, APsAA's membership committee, COPPTP and Institute Training Directors. Through our liaison Linda Michaels, Psy.D., we interface with PsiAN around bolstering psychodynamic psychotherapy.

Lastly, as always, we encourage you to spread the word and talk to your psychotherapist friends and colleagues about the tremendous benefits of Psychotherapist Associate status and scientific meeting attendance.

Be sure to peruse the APsAA website for information about our work, advanced psychoanalytic psychotherapy training programs, the PA Directory and upcoming meetings. Consider sharing these links with your colleagues, students or supervisees to help us expand our reach.

We look forward to connecting with you either before or at the upcoming 108th Annual Meeting in San Diego, and please do not hesitate to contact us if you have additional questions or suggestions.

Warm regards,
Margo P. Goldman M.D.
margogoldmanmd@gmail.com

Simone Hoermann, Ph.D.
apsaa-pa@nym.hush.com
Co-Chairs, Psychotherapist Associates Committee

Reports from APsAA's 2019 National Meeting

Discussion Group: Distance Psychoanalysis and Psychoanalytic Psychotherapy

I was interested in attending the Discussion Group, "Distance Psychoanalysis and Psychotherapy" because I conducted videoconference therapy during my January "escape from winter." The D.G. addressed research, treatment and training via remote technologies. For brevity, I will restrict my remarks to research and treatment.

Dr. Janine Wanlass presented a survey about distance treatment. Common reasons for distance treatment included patients' or therapists' travel/relocation, sickness, disability or inclement weather. Treatment continuity was a priority, despite technical and clinical challenges: Video "freezes," interrupted connectivity, ambiguous nonverbal cues and affective containment

issues. Strikingly, over 51% of therapist respondents felt this was a good treatment alternative, with over 40% rating it as not equivalent and marginally effective.

Dr. Jill Scharff discussed clinical factors affecting distance treatment. Indications included limited geographic access, restricted transportation or mobility and generational preferences. Patients' preferences presented incentives *and* obstacles, influenced by age and technological experience. Acting-out patients, the lack of local clinical support and legal issues were significant stumbling blocks. State licensure and malpractice coverage imparted particular challenges, ironically because *the patient must be located where the clinician is licensed*. This sparked a spirited discussion about one's ethical, clinical and legal obligation to patients who are situated where the therapist isn't licensed. Attendees identified the tension between the desire and clinical advantages of continuing treatment from afar, and the potential liability of practicing "without a license" or managing long-distance crises.

Privacy and security concerns were surprisingly minimal, because HIPAA compliant videoconferencing platforms exist. Cell phones and Skype are neither secure nor HIPAA compliant - therefore inadvisable. Interestingly, *there is no reported history of hackers' penetrating online sessions, likely because psychotherapy content is not especially marketable*. A possible exception could involve a celebrity or politician, whose treatment information could be used for gain. However, there was consensus it is the therapist's responsibility to optimize privacy in order to facilitate trust and open communication.

Additional fascinating aspects of distance treatment were raised, including the absence of a shared space, the therapist's lack of control over the treatment space and setup, the ability to see one's patient's living or workplace (and vice versa) and possible shifts in the treatment frame. Rather than relying on patients' descriptions of their surroundings and picturing their reality, the therapist is privy to it. The patient's choice of meeting location is potential "grist for the mill." Since technology is uniquely part of this frame, the patient could potentially project feelings onto it or use it as resistance, i.e. forgetting how/where to log in or using equipment that disrupts, rather than facilitates the interaction.

My own experience with video-therapy was positive, despite some technical "glitches." It was an excellent treatment alternative, closely approximating face-to-face sessions. However, I did feel reluctant from afar to raise a highly charged issue with a vulnerable patient despite having local emergency coverage. I also delayed discussion until meeting in person, about a patient's videoconferencing in a public venue. I was keenly aware of having an established relationship with each patient before offering remote therapy, and was mindful of patients' feelings/fantasies about my going away *and* choosing to continue the work. I have experienced some instances of using videoconferencing as resistance to personally meeting, and recognize this as "collateral damage" *and* a transference issue.

Because distance therapy is relatively new, this discussion group is a tremendous resource. Though there is huge treatment potential across geographic boundaries and other barriers, it is crucial to have a forum to share experiences, address ethical, clinical and legal issue in order to maximize work using remote technology.

Margo Goldman, M.D.
Co-Chair, Psychotherapist Associates Committee

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Discussion Group: Schizoid Modes in Narcissistic and Borderline States

The most recent APsaA 2019 National Meeting in New York was a rewarding opportunity for me

to meet old and new colleagues and attend thought provoking sessions. As a first time attendee, I chose to attend discussion groups that were of clinical and theoretical importance to me as a practicing psychoanalytical psychotherapist in New York and New Jersey. As an advanced candidate at the Object Relations for Psychotherapy and Psychoanalysis in New York, I have been studying, presenting cases and participating in group and individual supervision on Pre-Oedipal states for the past four years.

I was specifically drawn to the discussion group entitled Schizoid Modes in Narcissistic and Borderline States that was moderated by discussants Susan Finkelstein, LCSW and Nasir Ilahi, LLM both of whom are deeply knowledgeable about primitive mental states and their vicissitudes. The rich case material was presented by Masha Mimran, Ph.D., an advanced candidate at the Institute for Psychoanalytic Training and Research (IPTAR). The analytical case brought forth many processes at work including projective identification, splitting and other proto-symbolic phenomena that often occur in deeply regressive states as sequelae of trauma and/or developmental arrest in separation and individuation as espoused by the work of Margaret Mahler.

Attended by both psychotherapists and psychoanalysts at all levels, the case presentation along with the dynamic discussion that ensued among attendees brought forth of multiple theoretical perspectives as well as individual associations and experiences to the material. Participants, the presenter and discussants shared themes of oral envy, persecutory anxiety, annihilation fears, anal-sadistic impulses, unconscious fantasy and visceral pre-verbal states. The schizoid dilemma of the need/fear dialectic emerged as the discussion added upon itself to a multi-layer conceptualization of the case.

I found myself reflecting on the ideas of Klein, Guntrip, Meltzer and other British and American Object Relations theorists during the discussion along with my own associations. A paper by Betty Joseph, a prominent British Kleinian was sent to participants prior to the discussion group to gain understanding of the mechanics of projective identification as a method of communication in schizoid, narcissistic and borderline patients. The paper was helpful to understand the concept of projective identification as a method of communication of subjective states in analysis or psychoanalytical psychotherapy.

Often thought to be difficult to treat patients, the discussion prompted attendees including myself to consider the deeply faceted nuances of working with these personality structures and how they interact with the environment. It added to my current knowledge base and helped me to consider my patients' internal objects as well as my own in the transference-countertransference matrix of the intersubjective field. My impression was that schizoid modes in the transference-countertransference are movement, movement inside the psyche, between oneself and the other, and movement between the past and present. I left feeling enriched and look forward to next year's discussion group on pre-symbolic and primitive states.

Padma Desai, LPC, LHMC
Padma Desai Counseling and Consulting, LLC

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Business of Practice Workshop: The Art and Science of Role Induction in Psychodynamic Psychotherapy - Becoming a Patient

Psychotherapists routinely meet with patients who reference therapies they have heard about from others. Common examples include patients who ask if a therapist does CBT work, or, if mindfulness is a part of the treatment. While there are instances where a patient may be referred to a colleague who specializes in a given form of treatment, a psychoanalytically

informed therapist has a unique opportunity to facilitate a discovery process, as well as to actively educate patients about the different forms of treatment available, including psychodynamic therapy.

This year's workshop addressed the increasingly common necessity of preparing patients for psychodynamic treatment, a process also known as role induction. The panel discussed a scenario where a treatment might start with short-term CBT with the therapist gradually, over time, offering "trial" interpretations and queries that seemed to highlight central internal conflicts and defenses. Frequently, to their surprise, patients may find psychodynamic work interesting, and eventually may engage exclusively in insight-oriented work and with increased frequency. The discussant, Lynn Friedman, Ph.D., illustrated the ways she, as a psychodynamic psychotherapist and analyst, teaches about psychodynamic therapy on her website and in her first meetings with new patients. She reviewed how the psychodynamic psychotherapist can discuss the central elements of dynamic therapy, its risks and benefits, and how it contrasts with CBT, DBT and other modalities. In so doing, Dr. Friedman illustrated role induction, or preparation for becoming a patient, as well as an invitation to the patient to discover what psychodynamic psychotherapy is like for her/him or their selves.

The workshop concluded with appreciation for the tensions inherent in the process of beginning a treatment. Patients often benefit from varying degrees of education about the nature of psychodynamic psychotherapy, even if they might not yet fully grasp the importance of key elements such as unconscious influences and relational repetitions. Discovery is essential; the road map offered through induction, however, can make the beginning of therapy for most novices a little smoother and potentially more rewarding.

Michael Groat, Ph.D.
New Canaan, CT

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Creating Traditions - the 4th Psychotherapist Associates Dine-Around

Traditions can be a good thing. At the winter conference of The American Psychoanalytic Association, on Tuesday evening February 5, 2019, I furthered the process of establishing my own tradition by attending my third dine-around with the Psychotherapist Associates. We gathered in the Hilton Lobby – alas, not the Waldorf lobby – and greeted each other. Familiar faces and unfamiliar faces, it is always a pleasure to reconnect with colleagues that I know and to meet new colleagues from across the country.

From the start, I met a child analyst from Baltimore and an analyst from The Object Relations Institute for Psychotherapy and Psychoanalysis in New York. As we sauntered out of the hotel and into the craze of midtown, I chatted with my new friend, the object relations analyst. I had never met someone from this program before, and I was struck by her unique experience and frame of reference. We walked to our destination, Emporium Brasil and entered the warm and inviting space of this South American restaurant. I was here for last year's dine around, and it was nice to be back.

During dinner, I chatted with my colleague from Baltimore. I enjoyed his practical wisdom and his obvious depth of experience with doing intensive work, particularly with children. I then reconnected with a colleague from Massachusetts. After talking for a bit about psychiatry, I then learned that she is a classical pianist who continues to rehearse and perform. It was a delight to learn about this other dimension to her life, a respite from "psych talk." As it was last year, the food was quite good, and time passed quickly as the lively evening of conversation and engagement came to a close. Looking forward to furthering this tradition and meeting up again next year.

Jonathan Kersun, M.D.
Assistant Professor
Lewis Katz School of Medicine at Temple University

In Other News

Update on The Psychotherapy Action Network's Activities

It was great to see many of you at the recent APsaA meeting in New York. Here's an update on what the Psychotherapy Action Network (PsiAN) has been up to lately:

BIG NEWS: The extraordinary **Mark Solms**, of the University of Cape Town, has agreed to become an advisor to PsiAN.

- Mark joins Jonathan Shedler, Todd Essig and Enrico Gnoulati in our circle of wisdom!
[Ed.Note: Mark is also the Head of APsaA's Science Department]

We welcome the following new **Strategic Partner** organizations:

- Kedzie Center in Chicago
- Harlem Family Institute in New York
- Vermont Association for Psychoanalytic Studies (VAPS)
- National Association for the Advancement of Psychoanalysis (NAAP)
- Florida Psychoanalytic Center
- California Institute of Integral Studies (CIIS)

Our Marketing/Communications efforts continue:

- The Branding Project team continues to work on **re-branding therapy in the public eye**
 - Pilot market research – in-depth, qualitative interviews with general population – has been completed and analyzed.
 - Planning for second wave of research to launch soon
 - The team will get a boost from **graduate students in marketing and communications** from Northwestern University – Medill School over the summer
- **Rapid Responses:**
 - We've spoken out regarding the **UBH class-action ruling** and its sweeping implications for how optimal treatment is defined
 - We wrote to **Betsy DeVos and the APA regarding the Argosy schools debacle**, asking why neither organization paid attention to the warning signs along the way
 - We're gathering sponsor organizations for our **petition to licensing boards** to assess companies that sell **online and texting "therapy"** and investigate ethical concerns, such as dual relationships of therapists
 - We've added our voice to **local initiatives**, including NAMI's push to create a roadmap for mental health in Illinois and Senator Durbin's HEAL initiative to stem gun violence by addressing mental health concerns.

Introducing **PsiAN Advocacy**, a 501c4 organization!

- In addition to PsiAN, a 501c3 non-profit (where we always welcome your tax-deductible donations), we have created a 501c4 organization called PsiAN Advocacy
- PsiAN Advocacy will work to educate legislators and speak out about specific legislative efforts and candidates that can support our mission.

- For example, we need to use the Standard of Care definition in the Wit v. UBH class action ruling to create policy that respects and protects psychotherapy.

Conference Update: San Francisco, 13-15 December, 2019

- We're thrilled to add **Farhad Dalal**, author of *CBT: The Cognitive Behavioral Tsunami*, to our already stellar roster of speakers!
 - Farhad will speak about Britain's experience of instituting CBT on a nationwide basis, and how that backfired
- Early Bird Registration launching soon
 - With all of the support we've received from sponsoring organizations, we're anticipating a sell-out crowd. You'll want to reserve your spot well in advance!

Education Committee:

- We have now **convened a large and experienced committee**, including attorneys, members of accreditation organizations, clinical educators and students
- Key focus: **create a strategy** for testifying to the Department of Education regarding how best to challenge the hegemony and anti-psychotherapy aspects of the American Psychological Association's oversight regarding accreditation.

Children's Committee:

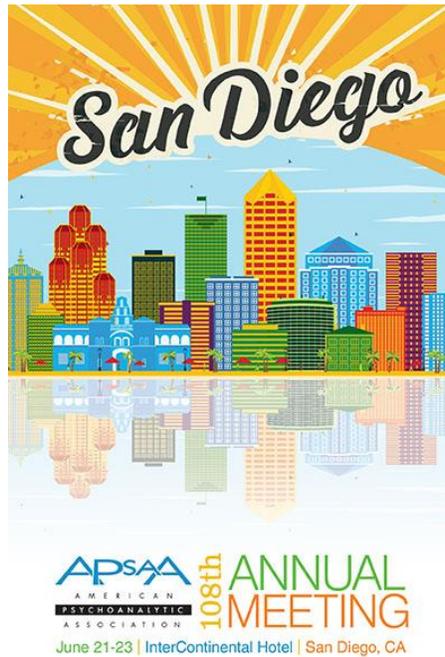
- Our new project is to **articulate basic parameters of optimal treatment** of children and families
 - We will define these cornerstones of what we view as standard of care, and then distill in a clear, accessible pamphlet for parents, teachers, policymakers.
- We are **curating a library** on the PsiAN website of research documents and position papers that can guide truly effective policy.
 - This resource will help counter the trend to base child policy upon scarce or adult research, as happened in the APA's Depression Guideline.

If you'd like to learn more or get involved in any of our exciting initiatives, please let me know.

We'd be honored to have you as a member! **Membership is FREE** for individuals and organizations, and you and your affiliated organizations, institutes, associations, etc, can join here: <https://psian.org/join-us/>.

Linda Michaels, Psy.D., M.B.A.
Co-Chair Psychotherapy Action Network
Lindamichaels@psian.org

108th Annual Meeting
Register Today!
Advance registration closes May 21st



Look out for our special programming:

- The Psychotherapy Department's "Psychoanalysis And Psychodynamic Psychotherapy" Discussion Group (Friday 6/21, 1:30PM)
- Psychotherapist Associates Present Discussion Group (Friday 6/21, 3:45PM)
- Find a list of programming of interest for Psychotherapist Associates here.

**Don't Miss the Fun Social Events at the
108th Annual Meeting**
Peruse the Preliminary Program for ALL of the details



Are you interested in contributing to the next Newsletter?

Going to San Diego? Why not **write a summary** of one of the panels, symposia, discussion groups, or workshops featured at the *108th Annual Meeting in San Diego June 21-23, 2019*? Do you have any other contributions in mind that you think might be of interest to fellow Psychotherapist Associates, such as articles about books or movies, talks or research reports? We'd love to hear from you.

Please contact Petra Pilgrim, M.D. or Jonathan Kersun, M.D. (kersun@mac.com) with suggestions, inquiries, or regarding contributions to the Psychotherapy E-Newsletter.

Information: Please click on the link for information about joining APsaA's Psychotherapist Associates. Benefits include a discounted meeting fee. Or contact APsaA's Membership Services Assistant, Bronwyn Zevallos (membadmin@apsa.org) to receive a brochure.

You are currently on APsaA's list to receive the *Psychotherapy E-newsletter*. If you do not wish to receive future issues, please let us know by sending an email containing your name to **APsaA's Manager of Membership Services, Debbie Steinke Wardell** (dsteinke@apsa.org), and we will remove you from our e-newsletter distribution list.

5/13/2019

American Psychoanalytic Association | 309 East 49th St | New York, NY 10017 | 212-752-0450 | apsa.org