



Psychotherapy E-Newsletter

March 2017

Dear Colleagues,

As we just set the clocks an hour forward for Spring, we are finding ourselves almost halfway between our past January conference in New York, and our upcoming June conference in Austin.

In this Psychotherapist Associates Newsletter, you will find news and updates from our Psychotherapist Associates Co-Chairs Margo Goldman, M.D. and Jacques Gourguechon, M.A. As a review of January's conference, Margaret Tuttle, M.D., writes about the APsaA 2017 National Meeting program on Cross Cultural Psychotherapy; Margo Goldman, M.D. reviews the Discussion Group on Self-Disclosure, and Jonathan Kersun, M.D. shares his experience Co-Chairing a Panel on the Business of Practice. Lastly, you will find a brief preview of the upcoming conference in Austin.

I hope you will find this Newsletter interesting and enjoyable. Please reach out to me if you have feedback or ideas for the upcoming issue. I look forward to hearing from you.

*Simone Hoermann, Ph.D.
Editor*

What you'll find in this issue:

- ***Message and updates from Psychotherapist Associates Co-Chairs Margo Goldman, M.D. and Jacques Gourguechon, M.A.***
- ***Summaries of APsaA's 2017 National Meeting (January) program***
- ***Information on the upcoming 106th Annual Meeting (June 9-11)***
- ***Call for E-Newsletter contributions***

Psychotherapist Associates Update

Welcome to the 2017 Psychotherapy E-newsletter, newly edited by Simone Hoermann, Ph.D. We have lots to report about our progress and the terrific 2017 National Meeting in NYC. The Psychotherapist Associates had a robust attendance in NYC, with a record number of over 100 registrants for the second January in a row. We "kicked off" the meeting with our annual Psychotherapy Department Dine-Around at Emporium Brasil, with new PA's from Australia, Canada, Latin America and the U.S. We enjoyed delicious Brazilian food, and shared experiences as psychoanalytic psychotherapists.

Our two committee-sponsored educational programs (PA's Present and Business of Practice Workshop) were well-attended and generated enthusiastic discussions, respectively about Cross-Cultural Psychotherapy and Setting the Fee. PA's attended various scientific sessions, including "Facing the Facts: Self-Disclosure and the Analytic Relationship" "Psychotherapy and Psychoanalysis" (sponsored by the Psychotherapy Department), a Symposium about treating terminally ill patients, to name a few.

The Psychotherapy Department's Friday networking reception was incorporated in APsaA's "End of an Era" party, celebrating APsaA's 51 years of continuous scientific meetings at the Waldorf Astoria Hotel. Sadly, our time at that iconic hotel ends after this year, due to the Waldorf's renovation and "reinvention" project.

The PA Committee meeting covered a full agenda, with near unanimous attendance and several new committee members: Simone Hoermann, Ph.D. from NYC, Petra Pilgrim, M.D. from Houston, and Jonathan Kersun M.D. from Philadelphia. Jacques Gourguechon, M.A. from Chicago is our new co-chair. We are continuing efforts to recruit new PA's and meeting attendees, consistent with our mission to bolster psychoanalytic psychotherapy.

The Committee agreed there is a risk of isolation for new scientific meeting attendees, if unable to connect with fellow PA's. We will try to mitigate this by adding an informal Dutch Treat PA breakfast or lunch on Thursday or Friday of the National Meeting as well as arranging for additional accessibility and visibility to PA networking and session information. We will continue the Psychotherapy Department's Dine Around and Friday evening Networking Reception at winter meetings, as well as a casual lunch for psychotherapists in June. You are all encouraged to attend!

The PA Committee's collaborations will continue with the Committee on Psychoanalytic Psychotherapy Training Programs (COPPTP) and the Fellowship Committee - both natural sources of potential PA's. The Chair of the Committee on Psychoanalysis and the Community (Jeffrey Taxman, M.D.) reached out to our Committee to explore ways in which we can apply psychoanalytic psychotherapy in society at large.

We are planning exciting future educational programs: The PA Presents Discussion Group in Austin will focus on using self-disclosure to facilitate the patient's introjection, and we are delighted to have President-Elect Lee Jaffe, Ph.D. as the discussant for Jennifer Gardner's (LCSW) presentation. Next February's Discussion Group will address the impact of the therapist's life events on treatment, with Robin Deutsch, Ph.D. as discussant. February's Business of Practice Workshop's topic is "negotiating increased

treatment frequency,” with Immediate Past President Mark Smaller Ph.D. as the discussant.

As our presence in APsaA grows, we welcome your input and participation - we would love to hear from you!

Margo P. Goldman, M.D. Chair
Jacques Gourguechon, M.A. Co-Chair
Psychotherapist Associates Committee
❖

On APsaA's 2017 National Meeting Program

Psychotherapist Associates Presents: Discussion Group #57: Across Two Worlds: Transference and Counter-transference in Cross Cultural Psychotherapy

In residency and medical school, I had excellent didactic sessions on Cross Cultural Awareness. We learned the importance of recognizing the role of the patient's culture in how the patient understands his/her difficulties. This would lead to better communication, with mutual respect and understanding, about the goals and methods of treatment. During my training, I would sometimes be aware of the fact that I am Asian American, and wonder what the patient's reaction might be to my appearance, but I typically dismissed it as unimportant, because my focus remained on the patient, and on understanding the patient's cultural background. At most, I thought maybe the fact that I am not from the dominant culture in the US made me more sensitive to how others from non-dominant cultures might feel.

This discussion group was eye-opening to me because the presenter, Petra Pilgrim, M.D., and the discussant, Kehinde Ayeni, M.D., helped me realize how important the clinician's apparent cultural background can be to the patient. I say "apparent" cultural background because, since we don't typically disclose much about ourselves, the patient is free to make assumptions, based on our appearance and behavior, about what our cultural background must be, and therefore about what we are likely to understand or not understand. In the language of psychotherapy, this would be one type of transference the patient brings to the therapeutic relationship.

Dr. Pilgrim's presentation brought up an interesting question about when it might be a good idea to bring up the therapist's race, ethnicity, or some other aspect of culture in the therapy. The discussion group seemed to reach consensus that at times, this self-disclosure could be valuable in advancing the therapy. Sometimes, it might be important to bring it up so that it is not the "pink elephant" in the room. Of course, one would disclose only the minimum needed to further the treatment, and only with the patient's benefit in mind. Sometimes that one bit of information can be the spark that breaks an impasse in treatment.

Margaret C. Tuttle, M.D.
Staff Psychiatrist, Outpatient Psychiatry
Massachusetts General Hospital

Boston, MA



Discussion Group #67 Facing the Facts: Self-disclosure and the Analytic Relationship

I regularly attend the Discussion Group, "Facing the Facts: Self-disclosure and the Analytic Relationship" because the issues are highly applicable to psychoanalytic psychotherapy. Stephanie Brody, Psy.D. chaired and facilitated the discussion group, and Robin Deutsch, Ph.D. presented a compelling paper about her analyst's sudden death and its impact on her.

Robin described her presentation as a "hall of mirrors," because of the multiple endless "reflections" evoked by her analyst's ultimately terminal illness. She movingly presented as patient, therapist, author and teacher; as Robin mourned her loss, she published papers and eventually a book about the process.

The presentation generated a fascinating discussion about the evolution of psychoanalytic thought regarding disclosing personal information to our patients, especially when the therapist has a serious or terminal illness. In the past, psychoanalytic technique required the therapist to be a "blank slate" onto which the patient would project a persona: the transference. Most participants agreed our patients may be more aware of our life events, physical condition, emotional state and beliefs, than we realize. Transference nevertheless emerges, despite or due to planned or inadvertent disclosures. Deciding how to acknowledge and address these facts is highly individualized, ideally determined by whether the patient's knowing will advance or impede his/her treatment. However, the group concurred that predicting a disclosure's impact can be a daunting clinical dilemma.

Sometimes a therapeutic impasse occurs when both parties "keep the secret" in order to protect each other from excruciating pain. Alternatively, a patient's knowing too much can thwart open communication necessary for progress. Navigating this "tightrope" is a technical and personal challenge, determined by the therapist's own psychological issues, potential feelings of guilt, legal/ethical concerns (i.e. making arrangements for a patient's future care), and one's ability to acknowledge one's own fallibility, such as admitting one's mortality. The participants generally agreed that a "don't ask, don't tell" approach is usually not helpful for either therapist or patient, but conceded it is difficult or perhaps impossible to know how each of us would handle a situation until it happens. Allowing one's humanity into the room can provide a powerful treatment opportunity: By modeling the difficult tasks of "speaking the unspeakable," and accepting and managing vulnerability, we may enable our patients to express, and ourselves to receive empathy and compassion. Treatment is potentially deepened by facilitating a higher level of therapeutic interpersonal intimacy perhaps less possible prior to the therapist's self-disclosure.

This Discussion Group, "Facing the Facts: Self Disclosure and the Analytic Relationship" is offered at least annually at APsaA's National Meeting. Robin Deutsch, Ph.D. will be the Discussant for Psychotherapist Associates Presents D.G. the 2018 National Meeting (February 14-18) in NYC.

Reference: Deutsch, R.A. Traumatic Ruptures: Abandonment and Betrayal in the Analytic Relationship

Margo P. Goldman, M.D., Chair
APsaA Psychotherapist Associates Committee



Committee Sponsored Workshop: Business of Practice - Setting the Fee; My experience as Co-Chair

I was nervous and excited, having never had a leadership role in running a workshop at a national meeting. Would people show up? Would it be interesting? Would people like it and learn something? I was also relatively new to the Psychotherapist Associates, feeling my way into this corner of The American, a place where I have never felt I had a place before. People showed up. The room filled. This year's The Business of Practice Workshop focused on "The Fee." The purpose of the workshop was intended to be practical and useful. Michael Groat, Ph.D., my co-leader, started the session by introducing the participants, Jennifer Gardner, LCSW (presenter) and Barbara Mosbacher, Ph.D. (discussant).

Ms. Gardner presented on questions of fee setting and fee adjustments in private practice. Dr. Mosbacher eloquently discussed the multitude of complex issues at play for a therapist in establishing a fee for a patient. There is the issue of the fee being a source of income for the therapist. There is the issue of whether or not the therapist should adjust their full fee for the patient. For how long should the adjustment last? What is the underlying meaning of the patients' need or desire for a reduced fee? What role do helplessness and aggression play?

Throughout the presentation, the audience was highly engaged and participatory. One audience member candidly and jokingly asked the discussant "tell me exactly what you say to your patients about the fee. I'm going to say exactly what you say." I raised the issue of how anxiety provoking the fee can be for all therapists, in part, because the fee puts the therapist in a dependent position with respect to the patient. The workshop ended on a very upbeat note. It seemed everyone walked away happy, having gained something from the experience. We're looking forward to doing it again next year.

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





**Did you miss APsaA's 2017 National Meeting?
Recordings of popular sessions are now
available for purchase online.**

[Click here to view](#)

**Registration for the 106th Annual Meeting (June 9-11)
in Austin, Texas is NOW Open. Register Today!**

SAVE the DATE	JUNE 9-11, 2017	AUSTIN HILTON HOTEL
 Austin Hilton Hotel Austin June 9-11, 2017		106th ANNUAL MEETING
		Welcome → HISTORIC →
		 TO AUSTIN
		  JOIN US IN Texas

Look for our special programming:

➤ **Psychotherapist Associates Presents: Discussion Group #16: Using Self-Disclosure to Facilitate Introjection -Transference and Counter Transference Implications, with President-Elect Lee Jaffe, Ph.D. and Jennifer Gardner, LCSW**

Also of Interest:

➤ **DG #3 on Psychoanalysis and Psychodynamic Psychotherapy: A comparative consideration of method, technique and therapeutic action.**

➤ **Two Day Clinical workshop #1 on Psychoanalytic Psychotherapy**

Discounts on hotel and meeting registration are now available.

See the [Preliminary Program](#) for details.

Don't Miss the Fun Social Events at the 106th Annual Meeting

- ◆ Opening Thursday Night Party with Music, Texas Two-Step Instruction & Food
- ◆ Friday Night Ticho Reception with the Candidates Spring Party
- ◆ Exciting Saturday Night Dinner at Cooper's with Authentic Austin BBQ & Local Music (reservation add-on required)
- ◆ Exhibitor Breakfast for all Participants on Sunday Morning

See **Preliminary Program** for all the details.



Are you interested in contributing to the next Newsletter?

Are you interested in writing a summary of one of the panels, symposia, discussion groups, or workshops at APsaA's 106th Annual Meeting this June? 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?

Please contact Simone Hoermann, Ph.D., Editor, sh@simonehoermann.com with suggestions, inquiries, or regarding contributions to the Psychotherapy E-Newsletter.

Information: Please click on the link for information on 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.

3/28/17 PA

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