



## **For Release**

### **American Psychoanalytic Association Applauds Decision in UnitedHealth Group Lawsuit**

**March 08, 2019 – New York, NY** – The American Psychoanalytic Association (APsAA) applauds the recent decision by a federal judge ruling that a division of UnitedHealth Group – UnitedBehavioral Health – a national health insurer, discriminated against patients with mental health and substance abuse disorders to save money.

The class action lawsuit was led by Zuckerman Spaeder, LLP and Psych-Appeal, a private law firm specializing in insurance coverage for mental health issues. Dr. Meiram Bendat, founder and president of Psych-Appeal, is an attorney as well as a psychotherapist with a background in psychoanalysis.

“Our association has been advocating for mental health parity for more than a decade, and despite the passage of the Mental Health Parity and Addiction Equality Act signed by President Bush in 2008, we know that patients continue to fight for the health care they need to get better and stay better,” said Lee Jaffe, President of APsAA. “This is a huge victory for patients who live daily with painful mental health disorders, and who often require longer-term care to address underlying issues.”

“UnitedBehavioral Health was looking for short cuts for treating patients with substance abuse and mental health disorders, but as psychoanalysts we know that treating mental illnesses is complex and requires looking beyond symptoms,” said Mark Smaller, Past-president of APsAA and current director of its Public Advocacy Department.

The American Psychoanalytic Association is the oldest and largest professional organization for psychoanalysts in North America, representing 3,000 members, 32 approved training institutes, and 38 affiliate societies throughout the United State. The Association is comprised of psychiatrists, psychologists, social workers, educators, researchers and students who have an interest in psychoanalysis and psychoanalytic therapy. Visit [apsa.org](http://apsa.org) for more information.

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