Message from the President

Dear Academy Members,

On May 14 of this year I was honored to become the 56th President of our Academy, the American Academy of Psychoanalysis and Dynamic Psychiatry.

Sixty years ago the Academy was founded as a small, intellectually powerful psychoanalytic organization whose members were frustrated with the orthodoxies of traditional psychoanalytic thought. The founders of the initial Academy were an elite group—movers and shakers, physicians with outstanding academic training, questioners of the very conservative psychoanalytic precepts of the 1950s, probably the most conservative decade in the history of psychoanalysis.

This was a wonderful beginning. Since then the Academy has always been the place where creative thinkers in psychodynamic thinking have presented their ideas and found colleagues and critics to support and challenge them.

Of course, in sixty years a lot happens. The Academy has opened its doors not only to physicians who have completed training at a psychoanalytic institute, but to psychiatrists who have taken the pains to learn psychodynamic principles and use them with their patients. Both groups treat many patients for whom psychoanalysis is unrealistic, yet who need a psychiatrist with a sophisticated understanding of what George Engel called the bio-psycho-social approach to development—how development affects functioning, psychopathology, and ability to cope with adversity. Ideas from psychoanalysis like that of a dynamic unconscious—a vitally important concept for understanding all mental illness and psychological functioning—are part of psychodynamic understanding that we rely on daily.
More recently, not just psychoanalysis (never a treatment for the many) but also psychodynamic psychotherapy has become endangered as economic pressures from insurance companies, pharmaceutical manufacturers, and government initiatives have continued to limit access to talking treatments, especially treatments that require a high level of skill to do them. With these economic and social forces working adversely against the welfare of psychiatrically ill people, opportunities for psychiatrists to provide psychodynamic psychotherapy have withered. Psychodynamic psychotherapy—not just psychoanalysis—whether practiced by physicians or other mental health professionals, has become endangered.

Similarly, training in psychodynamic psychotherapy for psychiatric trainees, has become more and more difficult to obtain. Except for a few cities in the US where residency programs have supervisory relationships with nearby psychoanalytic institutes, it has become progressively more and more difficult for psychiatric residency programs to ensure the required competency in psychodynamic psychotherapy which is required by accrediting bodies. Later on in the year, I’ll return to the topic of what the Academy is doing to address challenges in training psychiatric residents in psychodynamic psychotherapy.

Today I’d like to address another topic—the relevance of training in psychodynamic psychotherapy for all of us and for our younger colleagues. This is not to de-value psychoanalysis. I am a graduate of a psychoanalytic institute myself and serve on the faculty of a psychoanalytic institute. I give thanks every day for the training I received at my institute in very intensive exploratory treatment.

But this kind of training, this kind of treatment, has become a luxury. And psychodynamic psychotherapy—both training and the clinical work itself—must be preserved. Recently the editors (Rick Friedman, Cesar Alfonso, and myself) of the Academy’s journal, Psychodynamic Psychiatry, wrote an editorial about contemporary psychodynamic psychiatry.

The article notes a number of ways psychodynamic psychiatry is different from classical psychoanalysis. I’m going to summarize some of it here. This is what we said:

1) Modern psychodynamic psychiatry has a positive attitude toward neuroscience and psychobiology.

2) Psychodynamic psychiatry has a positive attitude toward research

3) Psychodynamic psychiatry has a positive attitude toward academic psychology and psychiatry.

4) Psychodynamic psychiatry takes a critical view of Freud’s contributions. This means that in the roughly 125 years since Freud began his work, some of his ideas have not held up to closer examination though others are as relevant today as they were then.

5) Psychodynamic psychiatry has a positive attitude toward psychopharmacology

6) Psychodynamic psychiatry has a positive attitude toward descriptive psychiatry.

7) Psychodynamic psychiatry emphasizes diagnostic assessment more than it emphasizes any specific type of treatment.

In that editorial we wrote, “It is astonishing, even shocking, that American psychiatry is in serious danger of throwing out the “baby” (viable and useful ideas that originally came from psychoanalysis) with the “bathwater” (psychoanalytic dogmatism). Most ideas accepted by modern psychodynamic psychiatry and psychology rest on a sound empirically validated foundation."

I have the warmest feelings for the Academy with the many personal and professional friendships, shared experiences, and the shared professional identity that it offers. This is the pleasure of being a member of this small, friendly organization. But our Academy is not just a wonderful place to be affiliative with like-minded colleagues. It is our task to work together to do what we can to preserve
psychoanalytic psychology and psychodynamic psychiatry. We can do that by talking about it at our meetings, publishing about it, and teaching it to our residents and candidates. We also must look out to the larger world of health care and make sure that access to psychodynamically sophisticated care survives for mentally ill people who need it.

We have no time to argue over the small differences between schools of psychoanalytic thought. We must unite to preserve and develop the important knowledge that psychoanalysis and psychodynamic psychiatry have given us. We must do our best to insure that all psychiatrists finishing training know how to perform a psychodynamically informed assessment and that they are able to recognize those individuals who need psychodynamic psychotherapy even if they cannot because of time constraints themselves perform it. Just as we advocate for individuals whose illness cries out for medication as part of the treatment approach, so must we advocate for patients who need a psychodynamically informed approach in order to get well.

I look forward to working with you over these next two years to advocate for our patients and our field in all the ways that we can.

References:


“Play” the Theme of the 60th Annual Meeting of the American Academy of Psychoanalysis and Dynamic Psychiatry
Atlanta, Georgia, May 12-14, 2016

Members and friends of AAPDP met in Atlanta in May to renew friendships and share ideas about psychodynamic psychiatry. The theme this year, “Let’s Play: The Role of Play in Treatment and Across the Lifespan”, drew many creative and exceptional submissions. The Program Committee members, Gene Della Badia, Kim Best (Co-Chair), Joanna Chambers (Chair of Scientific Program Committee), Debra Katz, Autumn Ning (Co-Chair), Sylvia Olarte (CME Committee Chair) and Scott Schwartz, Consultant, were hard pressed to create the schedule. Executive Director Jacquelyn Coleman and Executive Assistant Marie Westlake handled the details of organizing the meeting with finesse and grace, including adapting to a number of changes and alterations.

The program began with a warm welcome by President David Lopez and Joanna Chambers, Chair of the Scientific Program Committee. Next Dr. Gerald Perman set the tone (literally and figuratively) with his presentation, “Song and Psychoanalysis: Live!”. Dr. Perman performed on guitar and voice a selection of popular songs from the 50’s, commenting on their dynamic relevance. Then we all relaxed and enjoyed some social time at the opening reception.

On Friday morning Dr. Richard Friedman presented “Psychobiology of Childhood Play” and Dr. Clarice Kestenbaum led an interactive workshop discussing innovative therapy techniques used to help elicit dynamic developmental history from resistant adult patients. We marked our 60th anniversary as an organization by holding a special event at mid-day on Friday. Dr. Scott Schwartz chaired a panel of members, including Dr. Sylvia Olarte, Dr. Eugenio Rothe, and early career member, Brianna Locicero. They shared stories about how the organization influenced their careers, and then the audience joined in with stories and reminiscences.

As the capstone of our Friday events, the Keynote Speaker, Karen Kernberg Bardenstein, PhD, in a presentation honoring her mother Dr. Paulina Kernberg, discussed “The Serious Business of the Playful Therapist: The Role of Playfulness as Technique in Child and Adult Treatment”. Her presentation was an excellent blend of scholarship and practicality. This presentation was sponsored by the Alexandra and Martin Symonds Foundation.

Following a full day of learning, member Dr. Sheldon Cohen generously invited attendees to a reception at his Atlanta home, where we enjoyed his art collection and his warm hospitality. Both Friday and Saturday included many excellent workshops, panels and papers, some involving presentations that were especially interactive, experiential, or “playful”, including an opportunity to try out techniques borrowed from improvisational theater or participate in a Balint group. Other papers and presentations included dynamic reflections on ways children and adults play, such as the use of fairy tales, the game of poker, and patient response to the
progress of the creation of miniature cityscapes in the therapy office. Saturday events included some of our traditional favorites, such as the Resident Luncheon and a Resident Workshop on Therapeutic Relations.

Following another full day, Dr. Deborah Cabaniss, the Presidential Speaker, impressed and inspired us with her presentation, “Putting Play to Work in Psychotherapy Training”. She described innovative ways to add playfulness to the teaching of dynamic concepts, providing a number of illustrations and examples.

We ended our meeting with an air of celebration at our awards dinner. With a lovely view and fine food, we enjoyed one another’s company and recognized important accomplishments and awardees, - Scott Schwartz Award went to Daniel Knoepflmacher, M.D. and the 2016 Journal Prize to Nathan Thoma, PhD. Please see more on the Awardees elsewhere in this newsletter.

Next year’s meeting will be held in San Diego May 18-20. We hope to see you there!

61st Annual Meeting
May 18-20, 2017
San Diego, California

Watch your Email and the Academy website (www.AAPDP.org) for the 2017 Call For Papers ... coming soon!
60th Annual Meeting in Pictures!

Photo credits to Dr. Joe Silvio
Daniel Knoepflmacher just completed his chief residency year in the Weill Cornell - Payne Whitney Adult Psychiatry Training Program. He is staying at Cornell, where he is joining the full-time faculty in July.

Daniel's path to Psychiatry has been circuitous. As an undergraduate at Columbia, he dropped initial plans for a pre-med focus to fully immerse himself in a liberal arts education. He ended up majoring in comparative religion, with a specific focus on mystical Islam. After college, he moved to Los Angeles to attend the USC School of Cinematic Arts where he earned an MFA in film production. Upon graduating, he began work as an editor, falling into a career editing movie trailers and television ads for Hollywood studio films. As Daniel's disenchantment with the film industry mounted, he reconsidered his earlier plans to become a psychiatrist as a meaningful way to culminate his life-long interest in humanism and narrative. He completed post-baccalaureate pre-med studies, attended medical school in Portland, Oregon, and moved to New York City to pursue his residency training at Weill Cornell.

In residency, he has fostered a specific interest in psychodynamic psychotherapy. With masterful supervision from experienced psychoanalysts at Payne Whitney and a year long fellowship for residents at the New York Psychoanalytic Institute, his commitment to psychotherapy has only deepened. Daniel was thrilled to learn that his case report describing a psychodynamic approach to a patient with severe OCD and self-injurious behavior in the inpatient unit was selected for the 2016 Scott Schwartz Award. He was deeply grateful for the opportunity to attend the annual conference in Atlanta where he attended several terrific talks, panels and symposia. The award was not only an honor, but offered Daniel a fantastic introduction to the academy and a unique opportunity to connect with leaders in the field. He hopes to build on the experiences and contacts he made in Atlanta and attend future AAPDP meetings.
Journal Prize Winner
Nathan Thoma, PhD

I am honored to receive this award for best article of the year in the journal Psychodynamic Psychiatry, on behalf of myself and my co-authors Dean McKay and Brian Pilecki.

I would like to thank in particular Richard C. Friedman, the editor-in-chief of Psychodynamic Psychiatry. It was Dr. Friedman who reached out to me to submit this paper to the journal. I cannot express enough admiration toward him for doing so – to invite a paper explaining and summarizing a therapy system, CBT, seen by some in the psychoanalytic community as a rival therapy system. And likewise, my co-authors and I were delighted to have the chance to publish in a psychodynamic journal, despite the confusion, suspicion, and anxiety the psychoanalytic world provokes for some in the CBT community.

Indeed, we were surprised and thrilled to encounter the level of interest this paper elicited. For example, I received more downloads of this paper from my webpage on Research Gate, a scientific social media website, than any other paper I’ve written. Notably, many of the downloads were from international readers, which highlights both the reach of this journal and the global scale of psychoanalytic curiosity toward CBT. So it seems that Dr. Friedman’s hunch that members of the psychoanalytic community would be interested to know more about CBT proved correct. It is this kind of cooperation, collaboration, and cross-fertilization that will ultimately move our entire field forward.

While some founding figures in the CBT and psychoanalytic worlds have been suspicious of one another’s approaches, it is my experience that the practitioners who are actually doing the work in the trenches are much more practical. We all want to be of help to the patient before us who is suffering in emotional pain and anguish. Learning more about each others’ fields will help us know when to refer a patient to an approach other than our own, and ultimately help the field converge on developing a psychotherapy based not on schools of thought but on an integration of empirically driven principles of change. Indeed, I myself, a CBT practitioner, am currently in Dynamic psychotherapy and supervision, as I aim to learn more about psychodynamic processes. Perhaps we can all agree that most fundamentally in psychotherapy we are looking for ways to facilitate what Franz Alexander in 1946 famously called corrective emotional experience, however we may do so for a given patient at a given time.

It has been a corrective emotional experience for me and my co-authors to see our paper on CBT embraced by this psychoanalytic community, and it is my hope that learning more about CBT may have not only helped correct any cognitive distortions about CBT that may be out there, but also may serve as a joint corrective emotional experience, as we all embrace further openness, curiosity, and even mutual admiration.
Psychodynamic Psychiatry

The Official Journal of the American Academy of Psychoanalysis and Dynamic Psychiatry

Editor:
Richard C. Friedman, M.D.

Deputy-Editors:
César Alfonso, M.D.
Jennifer Downey, M.D.

Book Review Editor:
Joseph Silvio, M.D.

Psychodynamic Psychiatry welcomes the submission of completed manuscripts for possible publication.

Visit the AAPDP website for more Information for Contributors to Psychodynamic Psychiatry:

www.AAPDP.org
WHY WRITE FOR THE ACADEMY FORUM?

- Relaxed, casual atmosphere
- No formal peer review
- 2,500 word essays; brief, but long enough to develop your idea
- Avid Academy readership
- Opportunity for a personal touch
- Chance to express your opinion and receive comments from colleagues
- Enhance our sense of community and friendships

Some suggested topics might include:

- A case of Freud’s in light of further developments in psychoanalysis
- A case report illustrative of a clinical area of interest to you
- A work of art, music or literature that has been most meaningful to you
- A description of your research activities
- Reflections on your particular area of practice
- Psychoanalysis as applied to the current national or world political scene
- Reviews of books you have read or movies with psychodynamic themes
- Personal experiences or changes in your life that have made a difference to your technique and practice of psychotherapy and psychoanalysis.
- Suggestions for education in psychoanalysis and psychodynamic psychotherapy. How to encourage it and what and how to teach.
- Your experiences in teaching and supervision
- An interview of a senior Academy member by a more junior member
- Crises or turning points in psychodynamic therapy that you have encountered and how you dealt with them.
- Short stories, poems, haiku...

Freud said that we had an obligation to publish our clinical and theoretical work to continue to propel our field forward. This remains as true today as it has always been. Informal as well as more formal journal communications are part of that obligation. Exchange of ideas and suggestions on an informal level has an important effect on generating new directions and changes in our field. Please also encourage your colleagues to write for the Forum – send this appeal on to them.

Please contact me if you have questions. Thank you.

Cordial best wishes,

Gerald P. Perman, MD
Academy Forum Editor

Angela M. Hegarty, MB BCh
Academy Forum Deputy Editor
Sixteenth Joint Meeting
American Academy of Psychoanalysis and Dynamic Psychiatry (AAPDP)
Organizzazione di Psicoanalisti Italiani Federazione e Registro (OPIFER)
~ 2016 ~

REGISTRATION IS NOW AVAILABLE ONLINE!
www.AAPDP.org

The Sixteenth Joint Meeting of the Academy with the Organizzazione di Psicoanalisti Italiani-Federazione e Registro (OPIFER) will be held in Pistoia, Italy, October 22-23, 2016. Pistoia is a beautiful Renaissance city, a half hour from Florence by train. Attendees will be able to stay in a hotel in either city.

The theme of the conference is “Neurosciences and Psychoanalysis.”

The meeting commemorates the twentieth anniversary of OPIFER’s founding in 1996. Three years later, the Academy and OPIFER held their first Joint Meeting in Venice.

There will be many outstanding speakers from the States and Europe. The Academy’s Keynote Speaker will be Dr. Joanna Chambers, Chair of Scientific Programs. Her topic is “The Neurobiology of Attachment”. Academy Fellow Dr. Richard Brockman, also expert in neuroscience and Psychoanalysis, will be speaking as well.

Our joint meetings with OPIFER have enriched the Academy by bringing in new members. More than a dozen outstanding Italian psychiatrists and psychoanalysts who attended the joint meetings have become Academy members. Additionally, a number of American members joined the Academy after their participation in our international conferences. Our Past President, Dr. David Lopez and Psychoanalytic Fellow, Dr. Sandra Park are examples.

October is an ideal time to visit Tuscany—the weather is good, the tourists, few.

Hotel information will be available shortly.

We look forward to seeing many of you at this outstanding international conference.

Joan G. Tolchin, M.D.
Past President and Liaison with OPIFER
American Academy of Psychoanalysis and Dynamic Psychiatry
Grand Rounds Speakers Program

Many members of the American Academy of Psychoanalysis and Dynamic Psychiatry (AAPDP) are actively involved in psychiatric education and several have joined the AAPDP Grand Rounds Speakers Program. We invite you to join them. Each Grand Rounds Speaker is listed on the Education page of the Academy's website (www.AAPDP.org) with a photo and bio for the public to review. All arrangements for speakers, including reimbursement, will be made directly between the requesting program and the potential speakers.

To be listed as a Grand Rounds Speaker, please submit a short profile (250 words or less) to info@AAPDP.org with the following information:

- Name
- Email
- Address
- Website
- Narrative bio statement
- Clinical practice
- Research
- List of recent presentations and/or publications

Please include a high quality photograph of yourself to accompany your profile. A head shot is best and we recommend that the photo is portrait style (i.e. a photo that is taller than it is wide).

All profiles will be reviewed by the Website Committee Chairs, Drs. Joseph J. Rasimas and Miriam Cohen, and may be edited if necessary. Speakers may request to edit or remove their profile at any time.

Grand Rounds Speakers will be publicized to residency program directors with the hope of increasing the availability of psychodynamically oriented speakers for their programs. We hope that you will join your colleagues and become a Grand Rounds Speaker. We also invite you to view the current profiles listed at on the Education Page of the Academy’s website: www.AAPDP.org (the direct link to the Grand Rounds Speaker section is http://aapdp.org/index.php/education/grand-rounds-speakers/)
Seeking Teichner Scholars!

Since 2006 members of the Academy have been traveling around the USA on three day all-expense-paid trips to psychiatric residency programs underserved in the area of psychodynamic education. These Teichner Scholars are members of the Academy and are self-nominated. Chosen by the winning programs, they have visited Kentucky, Tennessee, California, Indiana, New Mexico, South Dakota, Buffalo NY, and the exotic Island of Staten. Over the next academic year the Scholars will be visiting Texas Tech, Rio Grande campus, and the Mayo clinic to spread our knowledge of and appreciation for psychodynamic thinking and the application of psychodynamic principles to psychotherapy. Each and every Scholar has given the experience rave reviews, and each and every program has thanked us profusely for the gift of the visit.

I am hoping to encourage more members of the Academy with an interest in psychodynamic education to join the roster of Scholars. If teaching "turns you on," then this is a job for which you should apply! Applications are on our website. Deborah Cabaniss, a sought-after Scholar and a gifted writer, has generously offered to assist any member with his/her application.

The Teichner program has succeeded beyond our initial expectations. In some of the programs it has indeed been a seed that has flourished. In some instances, it has brought the Academy new and very active members. Our Education Committee is composed of members who are Training Directors, several of whom are Teichner Award Winners or Scholars. This year we were pleased to ask Debra Katz, our first Winner, to join the Teichner Committee judging applications. This feels like a full circle to me.

During his Presidency, Michael Blumenfield urged us to expand the Teichner Program and to consider giving more than one award annually. Council gave us the mandate to do so, and this year we had two "winner" applications, both of which were the first choice of the selection committee. Henry Weisman, the TD at Texas Tech is one winner. The second award went to a trio of faculty at the Mayo Clinic: Cosima Swintak, Residency Program Director, Kristin Somers, Residency Associate Program Director, and Sandy Rackley, the Child and Adolescent Psychiatry Program Director. We welcome all of these wonderful people to the Teichner community and they were invited, and attended, our 60th Annual Meeting in Atlanta.

Also at the May meeting in Atlanta, the winners from last year, Tim Sullivan, Michael Twist and their Scholar, Past-President Cesar Alfonso, will be presenting a panel on Psychodynamic Education on Friday 11-11:50 AM, with former Scholar and President-Elect Jennifer Downey as Discussant. At the same time, former winner Jeff Katzman will be presenting a paper on unpacking the rules of improvisational theatre to build collaborative capacities in the therapeutic alliance. Debra Katz will be the speaker at the Saturday Resident's Luncheon and her topic is Thinking Psychodynamically about our Patients.

Just a reminder: All trainees may always attend our meetings for free. We only ask for pre-registration at the Luncheon so that we may plan for food.

If you love to teach and enjoy adventure, please consider filling out an application to become a Teichner Scholar. I can promise you that you will find the experience itself to be quite rewarding, the benefits to the trainees with whom you come in contact long-lasting, and you will be keeping the Academy recharged and relevant!

Sherry Katz-Bearnott, M.D.
Email spk1@cumc.columbia.edu
Phone (212)873-5911
Academy Members

Please visiting the Academy's online ZAZZLE store and help support the American Academy of Psychoanalysis and Dynamic Psychiatry

Several American Academy of Psychoanalysis and Dynamic Psychiatry logo items and 60th Anniversary Meeting themed items are available for purchase, including posters, totes, mugs, sweatshirts, ties and much more!

Watch for 61st Annual Meeting themed items, coming soon!

Click here to visit our ZAZZLE store:

http://www.zazzle.com/aapdp+gifts
Dr. Christopher de Hamel, the world's foremost modern scholar of medieval manuscripts, has dedicated his forthcoming book "Interviews with Manuscripts" to Academy Secretary and Membership Chair, Scott C. Schwartz, M.D. This is a work dedicated to examining with the reader twelve of the most important books from the 6th to the 16th century; why were they written, over how long, at what cost, using what techniques, and what happened to them. It is a unique experience for most of us, rarely permitted access to such works. The book should be available in the Fall.

Dr. Elizabeth K. Haase, Academy Trustee and Assistant Clinical Professor of Psychiatric at Columbia University and New York-Presbyterian Hospital, is currently working on a documentary on climate change, mental health and children—"And then the Climate Changed." The film explores how parents can build climate-resistant children.

After recently relocating to Carson City, Nevada, she has work as a consultation psychiatrist for Carson Tahoe Hospital and Behavioral Health Services in Carson City, Nevada. In addition, she maintains part-time her eighteen year private practice in New York City.

We invite you to submit your personal news and professional accomplishments in the Academy e-News. To submit an item of interest, simply mail the information you would like to share with your colleagues to the AAPDP Executive Office at One Regency Drive, Bloomfield, CT 06002 or email to info@AAPDP.org.

We would love to hear from you!