Message from the President

Dear Academy Members,

Please read the 2019 Fall Academy Forum that you received several weeks ago put together by our new Forum Editor, Ahron Friedberg, to find out about some of the many areas in which the Academy is engaged. The beautiful front cover photo is Academy member David Forrest’s granddaughter running along a beach in which the ocean evokes the depths of the unconscious in Freud’s first topographic model of the mind.

You will be receiving your registration information soon for the Academy’s 64th Annual Meeting in Philadelphia, PA that will take place April 23-25, 2020. It is being co-chaired by David Lopez and Jessica Eisenberg and the meeting theme will be “Psychodynamic Psychiatry and Relationships”. You may read about the upcoming meeting on p. 14 in the Fall Forum. The Opening Session is titled: “Monsters! A Deeper Look at Vampires, Zombies, and Frankenstein and their Relevance to Psychodynamic Work”. This should whet your appetite for what will surely be an informative, exciting and collegial meeting. The Committee for the Advancement of Psychoanalysis will again be making an important contribution to this year’s Annual Meeting. I encourage each of you to attend!

Douglas Ingram has continued to expand the Psychiatrist WellBeing and Support project. Go to the Academy Website (www.aapdpp.org) for a link to the project and for links to articles and physician wellbeing resources. This is a timely initiative that provides an important service to our own Academy members as well as to the larger psychiatric community.

Our publications - Psychodynamic Psychiatry, the Academy Forum, and our e-Newsletter – continue to flourish. The Teichner Award

Gerald P. Perman, MD, DLFAPA
President 2018-2020

The American Academy of Psychodynamic Psychiatry and Psychoanalysis an organization of psychiatrists interested in the application of psychodynamic psychotherapy in clinical practice and in understanding emotional aspects of culture and art.
project plans to increase the opportunity it provides to teach at underserved psychiatric residency programs with follow-up contact throughout the year using online technologies.

Past President Jennifer Downey organized a well-received panel on “Diversity in Psychiatry” at the last APA meeting in San Francisco following the Academy’s 2019 Annual Meeting. A number of Academy members (including myself) presented papers in Florence, Italy in October with OPIFER, the Academy’s sister Italian psychoanalytic group. The weather was beautiful, the Italians were warm and welcoming, dining and shopping were exquisite, and spending time in the city of Michelangelo and Leonardo Da Vinci was a magical experience.

To get the most out of your Academy membership, I paraphrase President John F. Kennedy: “Ask not what the Academy can do for you, but what you can do for the Academy!” BECOME INVOLVED by contributing to our publications, volunteer to join one or more of our many committees, and attend each year’s annual meeting to support the Academy and to re-connect with your Academy colleagues and to make new friends.

Please contact me with any questions you may have at gperman@gmail.com or at 202-331-8213.

Cordial best regards,

Gerald (Jerry) P. Perman, M.D.
President, AAPDPP
Message from the Editor

Dear Academy Members,

Now that we’re well into the winter season and getting our footing in a new decade, I would like to invite you to read on and learn about upcoming Academy events, ongoing initiatives and member announcements. I appreciate Dr. Perman contributing his presidential message in which he orients readers to the latest Academy developments and calls on us all to become actively engaged Academy members.

One opportunity for us to all come together in support of the Academy is the upcoming 64th Annual Meeting in Philadelphia. Meeting program directors, Dr. David Lopez and Dr. Jessica Eisenberg, have supplied readers with an inviting indication of all that they have planned for this meeting and the theme of “Psychodynamic Psychiatry and Relationships”.

Please also look for an email in February calling on voting members to cast their ballots to elect three new trustees to the Academy. Dr. Jennifer Downey’s notice below provides further information.

Reading on, among other announcements, you’ll find information regarding the formation of a new AAPDPP Facebook page and how to join this secure group as well as a notice from Austin Riggs, announcing their search to fill the position of Associate Medical Director.

We’re pleased to have additional news from members including submissions from Drs. Perman, Ingram and Taylor. Please also note the innovative project of 4th year medical student, Sonya Freeman. Hers is an effort to advance and highlight psychoanalytic thinking via podcast. I’m eager to search for her podcast entitled “Freudian Flex”.

Stay warm and bright and see you in Philly come the Spring!

Alicia D. McGill, M.D.
Newsletter Editor

2019-2020
Executive Council

President: Gerald P. Perman, MD.
President-Elect: Joanna E. Chambers, MD
Secretary: Kimberly R. Best, MD
Treasurer: Jeffrey Katzman, MD

Trustees
Jessica Brown, MD; Norman A. Clemens, MD;
Mary Ann Cohen, MD; Elisabeth A. Greene, MD;
Angela M. Hegarty, MB BCh; Sarah C. Noble, DO;
Joseph R. Silvio, MD; Jeffery S. Smith, MD; Allan Tasman, MD
From April 23-25, 2020, the American Academy of Psychodynamic Psychiatry and Psychoanalysis will be holding its 64th annual meeting, in Philadelphia, PA. The Program Planning Committee, headed by David Lopez and Jessica Eisenberg, is putting together an enticing and innovative meeting that addresses the latest findings in neuropsychoanalysis and in attachment theory. The title of the meeting is “Psychodynamic Psychiatry and Relationships”.

We will begin our program with an enticing Opening Session titled “Monsters! A Deeper Look at Vampires, Zombies, and Frankenstein and Their Relevance to Psychodynamic Work”. In this time when many political leaders are being compared to monsters, this session is aimed at looking back in-depth at the original monsters and understanding why we classify them as such. The presenters will be three of our most engaging speakers: Eugenio Rothe, Wynn Jackson, and Jeffrey Katzman. Our multitalented and world-renowned Clarice Kestenbaum will be the discussant.

Maria Muzik will be giving the Keynote Address which is titled “Reflection in Action: Interventions to Foster Reflective Capacity and Promote Relational Health for Caregiver and Child”. Originally from Vienna, Austria, Maria Muzik is a researcher at the International Psychoanalytic Association and at the Parent-Infant Program of the University of Michigan. Dr. Muzik focuses her clinical work on mothers suffering from anxiety, trauma and depression during pregnancy and the postpartum period. She also focuses on how infants or young children are affected by these maternal challenges. Her research centers on the effectiveness of attachment-based mother-child psychotherapy for high-risk dyads.

The Annual Meeting will have two Plenary Sessions this year. The Committee on the Advancement of Psychoanalysis has organized the First Plenary Session called “Approaches to Integration in Psychoanalytic Theory and Practice”. Norman Clemens will be chair and discussant for presentations by Elizabeth Auchincloss, Eve Caligor, and Jeffrey Katzman. Dr. Caligor, an expert in personality disorders from Columbia University, New York, is an invited presenter in this plenary. She has published widely on several topics related to psychodynamics and personality pathology, and has received numerous teaching awards.
The Second Plenary Session will be a professional, theatrical read-through of the play *Lake Effect*, written by Academy member and multiple award-winner, Richard Brockman. In addition to his activities as a psychiatrist, Dr. Brockman’s plays have been produced in New York, London, Chicago in off-Broadway, off-off Broadway and Fringe theaters as well as at various national and international venues. This plenary was funded by an anonymous grant by members of the Academy.

Our incoming President of the Academy, Joanna Chambers, will be presenting a panel with Richard Brockman and Regina Sullivan entitled “Good Memories from Early Trauma: Redefining Freud’s Repetition Compulsion Through Neurobiology”. Dr. Sullivan is a Developmental Behavioral Neuroscientist from New York University who has authored over 100 journal articles and has lectured all over the world.

Deborah Cabaniss and Yael Holoshitz will be presenting an innovative approach named “Differential Psychotherapeutics”, which includes a rubric created by collaborating with therapists who practice 23 different types of psychotherapy. The rubric is jargon free, easy to use, and can help junior learners as well as seasoned psychotherapists to collaboratively make treatment goals with their patients. The panel is an extraordinary new way to conceptualize treatment tailored for the needs of each patient, instead of the old-fashioned one-size-fits-all approach that predominated in the first two decades of this century.

David Mintz, Jessica Yakely, and Eric Marcus will present on a panel called “Psychodynamics and Doctoring”. Dr. Yakely, from the Tavistock Clinic, in London, and the British Psychoanalytic Society is invited to present at this Academy panel, together with Dr. Marcus, the immediate Past Director of the Columbia University Psychoanalytic Center. Dr. Marcus has published widely and is known for his clarity as a teacher and for this he has won several awards. Sherry Katz-Bearnot will be the discussant for this panel.

The impact of suicide on the psychiatrist is the topic of two sister panels which will be chaired by Douglas Ingram and Kimberly Best. These two panels, presented in consecutive days, are part of the ongoing efforts by our Academy to promote psychological wellbeing among our members.

Maggie Zellner, Executive Director of the Neuropsychoanalysis Foundation in New York City and co-editor of Neuropsychoanalysis will be the discussant of a presentation by Ahron Friedberg and Terence Rogers titled “On an Integrated Model of the Mind and Its Clinical Implications”. Dr. Zellner will also be the discussant of a presentation by Lisa Piazza titled “The Social Neuropeptides and Cortisol in Social Neurosciences: Implications for Psychoanalytic Theory and Practice”.


Attachment theory, neuropsychoanalysis, affect regulation, self-states, development, suicide, the importance of art and music for mental wellbeing, Lacanian theory, Jungian theory, and psychopharmacology are some of the other themes in the rich series of panels and paper sessions that will compose the final program.

We encourage you to reinvigorate the quality of your own neuronal networks and social connections by attending the 2020 Academy Annual Meeting in Philadelphia, PA.
The American Academy of Psychodynamic Psychiatry And Psychoanalysis
64th Annual Meeting

April 23 –April 25, 2020
Philadelphia, Pennsylvania

Philadelphia 201 Hotel
201 North 17th Street | Philadelphia, PA

Click Here for the Preliminary Program: 64th Annual Meeting

Click Here for Program Updates: Program Updates

Click Here to Register for the Meeting Online: Register Online

Click Here to Make Your Hotel Reservation Make Your Hotel Reservation

We look forward to seeing you in Philadelphia!
The seventeenth joint meeting of the American Academy of Psychodynamic Psychiatry and Psychoanalysis (AAPDPP) with the Organizzazione di Psicoanalisti Italiani Federazione e Registro (OPIFER) took place October 19-20, 2019, at the Hospital of Santa Maria Nuova in Florence, Italy.

AAPDPP presenters included: Dr. Richard Brockman - Psychoanalysis and Neuroscience: A Disclosure; Dr. Gerald Perman - Lessons from Lacan: How His Ideas Can Help Your Psychodynamic Psychotherapy Practice; Dr. Daniella Polese - The Interpretation of the Negative Transference in the Psychotherapeutic Relationship; and Dr. Silvia Olarte - How Do Psychodynamic Psychiatrists Work?

Joan G. Tolchin, M.D., Past President
American Academy of Psychodynamic Psychiatry and Psychoanalysis
The Nominating Committee has submitted the following slate, which will be offered in February for election to office in the Academy.

President-Elect will be elected to a two-year term, from May 2022 to May 2024.

Joseph R. Silvio, M.D. (Bethesda, MD)

Three trustees will be elected to three-year terms from May 2021 to May 2024, to replace Drs. Hegarty, Noble and Smith.

Sharon M. Batista, M.D. (New York, NY)
Richard M. Brockman, M.D. (New York, NY)
Eugene L. Lowenkopf, M.D. (New York, NY)
Joseph R. Rasimas, M.D. (Minneapolis, MN)
Jeffrey Tuttle, M.D. (Lexington, KY)
Helen E. Ullrich, M.D., Ph.D. (New Orleans, LA)

Click here for more information on the candidates.

Fellows and Psychiatric Members will receive an email with instructions and a link to vote electronically. Academy voting members for whom we have no email address will receive a paper ballot. Any member who prefers to vote using a paper ballot may request one by contacting the AAPDP Executive Office (info@AAPDP.org or 888-691-8281). Please do not vote electronically if you will be sending a paper ballot.

Nominating petitions may be directed to the Secretary of the Academy prior to January 31, 2021.

Jennifer Downey, M.D.
Past President
Chair, Nominating Committee
Our Academy is one of the only psychiatric associations to offer support to its members. Our task force checked out psychiatric associations in the United States, including the APA — and worldwide — to learn which supported its members and how. Remarkably, we found that hardly any do. The exceptions are the UK’s Royal Academy of Psychiatrists and the Royal Australian and New Zealand College of Psychiatrists. We are happy to be joining this select group.

Check us out at www.aapdp.org/index.php/Program.

What you will find is a catalog of stresses we encounter as psychiatrists — not solely professional stresses — but also those that impact us in an immediately personal way.

If you attended the Academy meeting in San Francisco, you saw that we presented some of the work we are doing: Kimberly Best on social media, Norman Andrew Clemens on aging and retirement, Mariam Cohen on life-threatening illness and dying, Deborah Katz on residency and early career psychiatrist, Eugenio Rothe on a case of a suicide, Scott Schwartz on serious illness in a resident, and John Tamerin on peer support.

Reading about what our colleagues have gone through can be profoundly supportive. Contributing your own narrative to our project (perhaps disguised and anonymous!) also can have enormous value. The references, articles, and blogs we have gathered, and to which we hope you will add, will further the humanistic and compassionate vision inherent in the Academy’s mission.

If you check out our site, you will find also a spectrum of assistance agencies for more immediate or extensive help

- Age and Retirement
- Stalking
- Life-threatening illness
- Losing a child
- The experience of dying
- Burnout
- Litigation
- Stresses of medical school and residency
- Death of a patient

than we can offer.

On our site, we have articles and personal narratives that cover: But this is only the current list. Besides further filling out these categories with additional narratives and references, we are seeking to include other kinds of personal and professional stresses. These might include the psychiatrist’s immigrant experience, the stresses of family breakup, loss of a spouse, and so forth. If you have a mind for it, please contact me. One of us on the task force will help.

Doug Ingram
Chair
Academy Task Force on Psychiatrist WellBeing and Support
dhingrammd@aol.com
212-289-4022
Dear Academy Members,

You are cordially invited to join a new AAPDPP Facebook page only available to Academy members!

See instructions below. Academy member J.J. Rasimas, MD, PhD, administrator of the Academy Facebook page, will confirm your membership in the Academy and send you a confirmation to join the group that will come to you through the Facebook interface.

Membership in this Facebook group will allow you to communicate with your fellow Academy members via Facebook. This will serve as a forum for discussion of issues pertaining to psychodynamic and psychoanalytic interest to our members. This will not be a place, however, to discuss clinical situations pertaining to individual patients, unless they are expressed in general terms that would have applicability to other members who are part of the group.

One of my goals as President has been to provide the Academy with a Social Media presence in step with how much of the world communicates today. I hope to attract new members to the Academy who discover our Facebook page and who will want to join the Academy. Later, we may decide to open this page to everyone, Academy members and non-members alike.

Best wishes to all,

Gerald P. Perman, MD
President, AAPDPP

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Instructions to Create a New Facebook Account

www.facebook.com

Under Create a New Account, enter your name, email or mobile phone number, password, date of birth and gender.

Click on Sign Up

To finish creating your account, you will need to confirm your email or mobile phone number.

Once your Facebook account has been created, use the search bar to type in "AAPDPP" to locate the page corresponding to our group. It has our blue and amber logo heading it. Join the group. Our group administrator will verify your identity as a member of the Academy and approve your request to join. You will receive a notification confirming that acceptance, and then the group site will be open for you to connect with Academy colleagues to share ideas and network.
From Gerald P. Perman, M.D.

“Jacques Lacan: An Introduction to His Work with Applications for Your Practice”

Sunday: January 19, 2020
The Sheppard Pratt Conference Center
6501 N. Charles St, Baltimore, MD, 21204

Dr. Perman will give a PowerPoint presentation with some background about Jacques Lacan and his work. He will then discuss the Mirror Stage of Development and Lacan’s three registers of human existence: the Imaginary, the Symbolic and the Real. Dr. Perman will explain the importance of speech and linguistics in Lacan’s work and his diagnostic categories— the Borromean knot and the Sinthome, as well as the variable length session. Dr. Perman will provide a summary after which we will have a question and answer period. Dr. Perman hopes to convey some of the excitement and joy he has found in immersing himself in the work of Jacques Lacan.

From Douglas H. Ingram, M.D.

I am pleased to say the Psych News article we were expecting has now been published. My thanks to John Tamerin who took the initiative to make this happen.

For the article see: https://psychnews.psychiatryonline.org/doi/10.1176/appi.pn.2019.12a16

For the print issue online see: https://psychnews.psychiatryonline.org/toc/pn/54/23

Warm regards, Doug (www.dhingrammd.com)

Note: Doug Ingram has served as the harpsichordist and organist for the Sagamore Baroque Ensemble for over twenty years. The group, which only plays on period instruments, has performed privately in London, Madrid, and Paris.

From Graeme J. Taylor, MD
Professor Emeritus of Psychiatry, University of Toronto
graeme.taylor@utoronto.ca | www.taylorpsychiatry.org

Recently published articles:


POSITION AVAILABLE
ASSOCIATE MEDICAL DIRECTOR

Austen Riggs Center is a therapeutic community, open psychiatric hospital, and center for education and research, promoting resilience and self-direction in adults with complex psychiatric problems. We specialize in the long-term treatment of psychiatric disorders with intensive psychodynamic psychotherapy and a full range of psychiatric services, offered in a completely voluntary continuum of care that includes inpatient, residential, and day treatment programs. Our work is grounded in the conviction that an individual's problems are inherently meaningful, that such problems are best understood in a social context, and that treatment leads to a more fulfilling life when the sources of suffering are addressed.

We seek an Associate Medical Director to serve as a therapist, provide coverage for the Medical Director/CEO during absences, and take up additional responsibilities in research, administration, education, or advocacy as delegated by the Medical Director/CEO.

Click Below for More Information
https://www.austenriggs.org/associate-medical-director

From Sonya Freeman

Sonya Freeman is a fourth year medical student at the University of Central Florida College of Medicine, pursuing the field of Psychiatry. She has a particular interest in psychoanalysis and its use in the millennial generation. Her podcast, Freudian Flex (available on all major podcasting platforms), explores the ways in which the psychoanalytic school of thought addresses millennial issues in a series of interviews with psychoanalysts. Millennials tend to move fast and psychoanalysis tends to move slow. Millennials are into the new and the now, while psychoanalysis is known for being outdated. Despite their reputations, Sonya believes that there is a distinct millennial need for psychoanalysis brought on by the advent of social media, online dating, texting, etc. On Freudian Flex, she gets to know different psychoanalysts and learns how they address these factors in clinical practice.

Academy Members!

We would like to publish your personal news and/or accomplishments. Promotion? New Publication? New Grandchild? Whatever you would like to share with your colleagues! We look forward to hearing from you!

Click Here for the Newsletter Announcement Form
Save the Date!

65th Annual Meeting
April 29-May 1, 2021
Los Angeles, California

Program Co-Chairs:
César A. Alfonso, MD
Mary Ann Cohen, MD