

## **Brief Psychodynamic Psychotherapy**

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**César A. Alfonso, M.D.**  
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César A. Alfonso, M.D. is President of the American Academy of Psychoanalysis and Dynamic Psychiatry (2010-2012). He is Training and Supervising Analyst at the New York Medical College Psychoanalytic Institute and Assistant Professor of Clinical Psychiatry at Columbia University College of Physician and Surgeons. Dr. Alfonso is a Fellow of the Academy of Psychosomatic Medicine, the New York Academy of Medicine, the American College of Psychoanalysts, and of the American Academy of Psychoanalysis and Dynamic Psychiatry.

### **Clinical Practice**

Dr Alfonso currently practices as a psychiatric consultant at the Guild for the Blind and in solo private practice of psychodynamic psychiatry in New York City. His clinical interests include the psychiatric care of the medically ill; psychoanalytic treatment of artists and understanding creativity; relevance of psychoanalytic theory in contemporary psychotherapy; developmental milestones in adulthood including prosocial behavior; and psychodynamic aspects of psychopharmacology.

### **Research**

His research interests include determinants of adherence and non-adherence, treatment of anxiety and mood disorders, and integrating psychiatric care in primary care settings.

### **Grand Rounds Presentations**

January 2011 – *“Using Psychodynamic Principles to Enhance Psychopharmacology Practice”*; New York Medical College Department of Psychiatry

December 2011 – *“How to Apply Psychodynamic Principles in Brief Psychiatric Visits”*; University of Kentucky Department of Psychiatry

January 2012 – *“Contributions of Psychoanalytic Theory to the Contemporary Practice of Psychotherapy in the United States”*; Chulalongkorn University Department of Psychiatry, Bangkok, Thailand



**Sheila Hafter Gray, M.D.**

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Dr. Hafter Gray is currently Adjunct Professor of Psychiatry in the Uniformed Services University of the Health Sciences, President of the Accreditation Council for Psychoanalytic Education, Teaching Analyst in the Baltimore-Washington Institute for Psychoanalysis, a Trustee of the Consortium for Psychoanalytic Research, an Associate Editor of Psychodynamic Psychiatry and a member of the District of Columbia Medical Reserve Corps. She is a Fellow and former President of the American Academy of Psychoanalysis, a Distinguished 50-Year Fellow of the American Psychiatric Association and the 2011 recipient of its Lifers' Harold E. Berson Award. A lifelong interest in applying psychoanalytic principles in general psychiatry led her to participate in the development of a model of training psychotherapy for psychiatry residents. More recent interests in healthy defense mechanisms (adaptive style) and their relationship to the experience of trauma, particularly the trauma of military operations, and in the support of clinical research by clinicians, led to her oversight of several small research projects.

**Sample Presentations:**

The Trauma of Military Operations: A psychodynamic perspective. University of South Carolina School of Medicine, Columbia SC, 17 October 2008

Should We Have a V-Code for Response to Military Operational Stress? American Psychiatric Association, Washington DC, 6 May 2008

Science in the Clinic: Doing Research as We Care for Patients. American Psychiatric Association, San Francisco CA, 21 May 2009

The Defensive Functioning Scale: Coding Health in the DSM System. American Psychiatric Association Institute on Psychiatric Services. San Francisco CA, 27 October 2011

**Recent Publication:**

Gray, S.H., Evidence and Narrative in Contemporary Psychiatry, *Journal of the American Academy of Psychoanalysis and Dynamic Psychiatry* 37: 415–420, 2009



**Silvia W. Olarte, M.D.**

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Dr. Olarte is an APA Distinguished Fellow and a Fellow of the AAPDP. She is Clinical Professor of Psychiatry and training and supervising psychoanalyst at the Psychoanalytic Institute at New York Medical College. She has been president of the Association of Women Psychiatrists and of the American Academy of Psychoanalysis and Dynamic Psychiatry. She practices psychodynamic psychiatry in New York City.

She devoted much of her earlier career to serving the Latino deprived population in New York City at Metropolitan Hospital where she was Outpatient Department Director and s Acting Director of Psychiatry. At the APA, among others, she has served on the Committee of International Medical Graduates, the Committee on Hispanics and the Committee on Women, chaired the task force on Educating Psychiatrists on Ethical Issues and the former Council on National Affairs. She has been the recipient of the APA George Tarjan Award and the APA Alexandra Symonds Award, the APA Special Presidential Commendation and the AAPDP Presidential Award.

She has published over 30 articles and presented, discussed, or chaired numerous presentations on women's issues, ethical issues, boundaries violations, psychodynamic treatment of deprived populations, and changes in psychodynamic practices.

**Recent Presentations:**

- Dynamic Psychiatry in the United States (WPA Congress, Buenos Aires 2011 and Chulalongkorn University Medical School Thailand 2012)
- The Psychiatrist as Internist of the Mind (AAPDP, Philadelphia 2012)
- The Impact of Culture on Gender, Clinical Implications” (AAPDP, New York, 2004)
- “Leadership and Minority Women, Transcultural Experiences” (World Congress Women's Mental Health, Washington, 2004)
- “Boundary Violation, Clinical and Ethical Consequences” (Fifth World Congress on Depression, Mendoza, Argentina, 2003)
- “Women Psychiatrists; Personal and Career Choices: Implications for the future”. (APA, Philadelphia 2012)



**Ferruccio Osimo, M.D.**  
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Dr. Osimo was trained in psychotherapy at the Tavistock Clinic. He is a leading clinician in the field of term dynamic psychotherapy. He teaches at Milan University and has been President of the International Experiential Dynamic Therapy Association. He founded the Italian and English EDT Core Training programs. D.H. Malan. Along with D. H. Malan, Dr. Osimo co-authored a book based on an outcome study of short-term dynamic psychotherapy. Dr. Osimo's work and video presentations have been presented in Europe, North America, South America and Israel, as well as in Italy. His approach is to focus on the patient's whole person, not their pathology, and to value the therapeutic relationship as a real human interchange.

#### **Selected References**

- Osimo F. (1991) Time limit, focality and intensive short---term dynamic psychotherapy. *International Journal of Short-Term Psychotherapy*, 6, 35---51
- Osimo F. (1994) Method, personality and training in short---term psychotherapy. *International Journal of Short-Term Psychotherapy*, 9, 173---187.
- Osimo F. (1998) The unexplored complementarity of short-term and long-term analytic approaches. *Journal of the American Academy of Psychoanalysis*, 26, 1, 95---107.
- Osimo F. (2002) Brief Psychodynamic Therapy. In *Comprehensive Handbook of Psychotherapy, Psychodynamic and Object Relations Psychotherapies*, Vol 1, J.J. Magnavita, Editor. New York, Wiley.
- Osimo F. & Stein M. (due April 2012). *Theory and Practice of Experiential Dynamic Therapy*. London: Karnac

#### **Professional Affiliations**

Adjunct Professor, School of Specialty in Psychiatry at Medical Faculty, Università Statale di Milano  
Founding Member and Past-President, International Experiential Dynamic Therapy Association, New York (IEDTA)  
Founding Member and President, Italian Experiential Dynamic Therapy Association, Milano (APDE)  
Founding Member and Training Lead, Experiential Dynamic Therapy United Kingdom, London  
Member of the Board of Directors and former Treasurer of OPIFER, Organization and Roster of Italian Psychoanalysts  
Fellow of the American Academy of Psychoanalysis and Dynamic Psychiatry



**J.J. Rasimas, M.D., Ph.D.**  
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Dr. Rasimas he attended the University of Scranton and graduated *summa cum laude* with degrees in biochemistry, mathematics, and philosophy. He completed the Medical Scientist Training Program at Penn State University, earning a Ph.D. in Chemical Biology (2002) and M.D. (2003). Upon graduation from the Penn State College of Medicine, Dr. Rasimas was honored for excellence in both psychiatry and medical toxicology. He matriculated to psychiatry residency training at the Mayo Clinic in Rochester, Minnesota.

Dr. Rasimas received the National Institute of Mental Health (NIMH) Outstanding Resident Award in 2005 and was recognized by the American College of Psychiatrists with the Laughlin Fellowship in 2007. He is a member of a number of academic honor societies as well as the Association for the Advancement of Philosophy and Psychiatry. He has studied psychotherapy at the Minnesota Psychoanalytic Society and Institute and the Washington School of Psychiatry. Dr. Rasimas was a clinical fellow at the NIMH, training in consultation-liaison psychiatry, bioethics, and clinical research. He has served as a staff psychiatrist for Hershey Medical Center and remains an Associate Professor of Psychiatry and Emergency Medicine for the Penn State College of Medicine, there. He completed a medical toxicology fellowship, obtained board certification in Addiction Medicine, and then returned to NIMH to join the Intramural Research Program. Dr. Rasimas is pursuing an academic medical career at the interface of psychosomatic medicine, medical toxicology, and psychodynamic psychotherapy. His primary areas of clinical interest are pharmacotherapeutics, neuropsychiatric toxicity, psychoanalysis, and the phenomenology of suicide.



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Dr. Scarcella received her medical degree from the University of Rome, specializing in neurology and psychiatry and received additional training in psychiatry at the George Washington University and St. Elizabeth Hospital. She is Assistant Clinical Professor at George Washington University, Designated Physician of the Embassy of Italy and President of Jung Society of Washington DC. She is a Distinguished Fellow of the American Psychiatric Association and a member and past Trustee of the American Academy of Psychoanalysis and Dynamic Psychiatry. She is in full-time private practice of psychiatry and psychoanalysis in Washington, D.C.

She serves on the Board of the Consortium for Psychoanalytic Research and is past President of American Society of Psychoanalytic Physicians. She is active in the Washington Psychiatric Society and was Founder of the Embassy Disaster Preparedness, a humanitarian project designed to assist international victims of disasters. She is a recipient of the APA Bruno Lima Award.

**Presentations:**

"The Red Book of C.G. Jung," National Association for the Advancement of Psychoanalysis, New York

"The Red Book of C.G. Jung,": Association for Psychoanalytic Physicians, Washington, D.C.

"Psychodynamic Case Formulation" Washington, D.C, Howard University

"A Case Presentation Illustrating the Jungian Clinical Approach, Focusing in Archetypes, Collective Unconscious and Multigenerational Family Dysfunction," AAPDP and OPIFER conference, Genoa, Italy;

"The Red Book of C.G. Jung"; The Philadelphia Jungian Professional Club

"Description of Professional Formation in Analytic Psychology of C.G. Jung," AAPDP and OPIFER conference, Rome, Italy