

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