

# **Psychotherapy Outcome Research**

**Research for Residents\***

**Myron Glucksman, M.D.**

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

**Ferruccio Osimo, M.D.**



**Myron L. Glucksman, MD**

68 Marchant Road

West Redding, CT 06896

203-938-1188

[Glucksmanmd@optonline.net](mailto:Glucksmanmd@optonline.net)

Dr. Glucksman is a Clinical Professor of Psychiatry, New York Medical College and an Attending Psychiatrist at Danbury Hospital in Danbury, CT. At The Psychoanalytic Institute of the New York Medical College, he is a Training and Supervising Analyst and on the Faculty of the Certification Course in Psychodynamic Psychotherapy. He supervises psychiatric residents and teaches a course on psychodynamic psychotherapy to PGY-III and IV residents at the New York Medical College. He maintains a clinical practice in general psychiatry and psychoanalysis in Connecticut and New York City. In addition to more than 50 articles published in professional journals, he has co-edited two books on the topics of affect and dreams. His own book “Dreaming: An Opportunity for Change” is concerned with understanding and using dreams during treatment. Research interests have included biofeedback psychotherapy, obesity, affect, the interface of neurobiology and psychoanalysis, the therapeutic relationship, the therapeutic process, and using dreams to predict, facilitate and document clinical change.

**Grand Round Topics:**

Using dreams to assess clinical change, predict core psychodynamic issues, and as an instrument to understand and interpret clinical material.

The Therapeutic Relationship: the roles of transference and the real relationship as facilitators of clinical change.

Curative Factors in Psychodynamic Psychotherapy: the roles of insight, transference, and the real or new object relationship.

Combined Psychotherapy and Pharmacotherapy: an appreciation of the interaction between neurobiology, psychotropic medication and psychotherapy



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

Adjunct Professor of Psychiatry  
Uniformed Services University of the Health Sciences  
40612 Palisades Station  
Washington DC 20016-0612  
[shgray@post.harvard.edu](mailto:shgray@post.harvard.edu)

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



**Ferruccio Osimo, M.D.**

[ferro.osimo@gmail.com](mailto:ferro.osimo@gmail.com)

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