



AAAPDPP

The American Academy of Psychodynamic Psychiatry and Psychoanalysis

Academy e-News

Alicia D. McGill, M.D., Editor
Marie L. Westlake, Executive Assistant

Summer 2018

Message from the President

Dear Academy Members,

In May 2018, I began my two-year term as President of the Academy of Psychodynamic Psychiatry and Psychoanalysis. We all stand on the shoulders of those who have come before us and, in this regard, I am extremely grateful to my immediate predecessor, Jennifer Downey. Dr. Downey led the Academy with wisdom and a steady hand for the previous two years. Under her leadership the Academy has continued to prosper and to evolve, and has remained a haven for psychiatrists with an abiding interest in and dedication to psychodynamic psychiatry and psychoanalysis.

In particular, under Dr. Downey's presidency, we recently merged with the American College of Psychoanalysts, an organization begun by Henry Laughlin, M.D. I first learned of the Academy about 15 years ago through another organization started by Dr. Laughlin, the American Society of Psychoanalytic Physicians (ASPP). I had taken over as Editor of the ASPP



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

***The American Academy of
Psychodynamic Psychiatry
and Psychoanalysis an
organization of psychia-
trists interested in the
application of psychody-
namic psychotherapy in
clinical practice and in un-
derstanding emotional
aspects of culture and art.***

Bulletin from Academy member Richard D. Chessick who then introduced me to the Academy.

Since joining the Academy, I have had the opportunity to serve in a number of capacities including as trustee, co-chair of annual meetings, chair of programs, secretary, on various committees and, until recently, editor of the Academy Forum.

I am so pleased that Angela Hegarty, introduced to me by Past President David Lopez, has become the new Editor of the Forum. Please give Angela all of the support that you possibly can by sending her articles and book reviews to maintain the robustness of this vibrant publication. In the spring 2018 issue of the Forum I announced some of the initiatives that I plan to pursue during my presidency and I will elaborate on these in the fall 2018 issue.

What follows are some of the reasons that you, like me, joined the Academy and have continued to keep our organization strong through your membership. Our annual meetings offer the singular and major opportunity for you to present the exciting work in which you are engaged, and to learn from your fellow Academy members. If you have not been attending our meetings regularly, I would encourage each of you to attend our next meeting in San Francisco in May 2019. This will allow you to enjoy the fellowship and sense of community that the Academy offers. The presentations represent what is happening now in our field and they represent our profession's future. It is through your attendance and participation that psychodynamic psychiatry and psychoanalysis by psychiatrists are kept vital and alive.

Both you and your patients will benefit.

Other benefits of membership include your support of the Teichner Award that brings targeted psychodynamic education to underserved residency training programs, our journal Psychodynamic Psychiatry edited by Richard Friedman, co-edited by Jennifer Downey and Cesar Alfonso, and with book review editor Ahron Friedberg, the previously mentioned Academy Forum, and the Scott Schwartz Award for the best paper by a psychiatric resident.

I share my enthusiasm, dedication, admiration and love of the Academy with you, and I hope that you too will experience the same. Feel free to get in touch with me over the next two year about your desire to become more involved in Academy activities , and to express any concerns or compliments you may have.

Best cordial regards,

Gerald P. Perman, M.D., President
American Academy of Psychodynamic
Psychiatry and Psychoanalysis



AAPDPP members are invited to submit personal news and professional accomplishments to 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.

Message from the Editor

Dear Fellow Academy Members,

Though it's late summer and your minds may be focused on holiday travel, summer beach reads or outdoor grilling and gardening, I urge you to take a look through this season's newsletter as there is much to celebrate regarding the Academy's recent activities and much to prepare for in the near future.



In this newsletter edition you will find Dr. Jerry Perman's presidential update, a re-cap of the tremendously successful May 2018 Academy meetings in NYC complete with photos graciously supplied by Dr. Joe Silvio and a Call for Papers as we turn our efforts toward the planning of the 2019 Academy meetings in San Francisco.

As always, I am grateful to Marie Westlake who does the lion's share of the work in getting the newsletter in shape to send to you all. Please keep your updates and submissions coming.

Best wishes,
Alicia D. McGill, M.D.



Academy Members ...

The AAPDPP is collaborating with the Psychiatric Times newspaper to publish well-written, short, clinical articles that are directed to psychiatrists who do not know our way of thinking and practicing. This effort is to promote psychodynamic psychiatry among general psychiatrists and give exposure to the Academy.

The small write-ups should be between 1500 and 2000 words and should not have more than ten references. If you are interested, please contact David Lopez, M.D., at davidlopezmd@yahoo.com.



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The American Academy of Psychodynamic Psychiatry and Psychoanalysis

CALL FOR PAPERS

Announcing AAPDPP's new ONLINE Abstract Submission!

**AAPDPP is now accepting online abstract submissions.
Submission deadline is OCTOBER 1, 2018**

**63rd ANNUAL MEETING
May 16-18, 2019 in San Francisco**

***Psychodynamic Psychiatry/Psychoanalysis:
Advances and Innovations***

[CLICK HERE TO SUBMIT YOUR ABSTRACT ONLINE](#)

(Academy members must log in to submit an abstract; non-members must create an account before submitting an abstract)

**[CLICK HERE TO DOWNLOAD THE
FINANCIAL DISCLOSURE FORM](#)**

Please be sure to thoroughly read the online Call for Papers and instructions for abstract submission.



**For problems or questions,
contact Marie Westlake in the
AAPDPP Executive Office by
email (info@AAPDP.org) or
phone (888-691-8281)**

**WE HOPE TO SEE YOU IN
SAN FRANCISCO
IN MAY!**

American Academy of Psychodynamic Psychiatry and Psychoanalysis 62nd Annual Meeting New York City



**César A. Alfonso MD, Meeting
Co-Chair, Associate Professor
Columbia University and
Visiting Professor National
University of Malaysia**

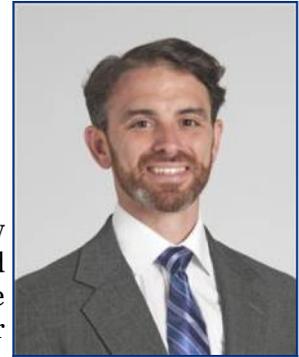
The AAPDPP 62nd Annual Meeting took place in New York City on May 3-5, 2018, with the theme “Pain and Distress: Psychodynamic Aspects and Collaborative Models of Care”. The 215 meeting registrants from four continents participated in a rich program of high academic quality. Xavier Jimenez MD should be credited with choosing the conference theme and recruiting eminent speakers from the Cleveland Clinic, Columbia University, University of Washington Medical Center and other top

US Departments of Psychiatry. César Alfonso invited speakers from Australia, Argentina, Malaysia, Germany, France, Thailand and Indonesia. There were also registrants from Israel, Italy, New Zealand, Canada and the United Kingdom.

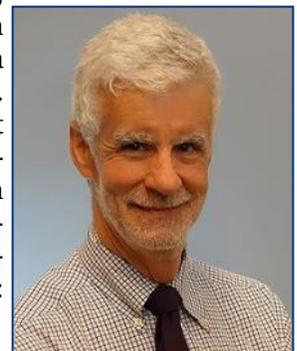
On opening night the President of the World Psychiatric Association Helen Herrman described how psychiatrists could catalyze change in global mental health and the President Elect of the American Psychiatric Association and Altha Stewart addressed the impact of childhood trauma on global mental health. The program included over 90 speakers from 14 countries.

There were panels on biopsychosocially integrated care and developmental neuropsychodynamic research and treatment of somatic symptom disorders. Presenters reviewed the psychodynamics of chronic pain from object relations and attachment theory perspectives. International speakers from Europe, South America, and Asia, from the World Psychiatric Association Psychoanalysis in Psychiatry Section and the World Association of Dynamic Psychiatry, presented on the place of psychodynamics in psychiatry in transcultural institutional contexts. Other presentations focused on management of countertransference, the care of children and adolescents, and collaborative care models for patients with substance use disorders, mood disorders, chronic pain and somatic symptom disorders. Workshops on psychodynamics and psychopharmacology, legal challenges to ethical care, trauma focused hypnosis, and applied psychoanalysis allowed for small group discussions. An open forum with twelve AAPDPP Past Presidents provided perspectives about essential areas of psychodynamic psychiatry. Notable speakers included a presidential address by Jennifer Downey highlighting the recent merge of the American College of Psychoanalysts and the Academy, and Mary Ann Cohen with a plenary address on creating health care environments for patients, physicians and their communities. Mark Sullivan gave a keynote address titled “Between suffering and survival: understanding the dynamic links among physical pain, social pain and addiction”.

Dr. Sue Carter from the Kinsey Institute received the Psychodynamic Psychiatry Journal Award for best paper in 2018 for her work on neuropeptides and attachment. Dr. Archana Varma received the Scott Schwartz Award for best paper by a trainee, and Dr. Richard Friedman received the AAPDP Presidential Award.



**Xavier Jimenez, MD, Meeting
Co-Chair, Medical Director of
the Cleveland Clinic Chronic
Pain Rehabilitation Program**



**Mark Sullivan MD,
Keynote Speaker,
University of Washington
Professor of Psychiatry**

We would like to thank Joanna Chambers in her capacity as Chair of Scientific Programs, Silvia Olarte as Chair of Continuing Medical Education for their advice, and Marie Westlake, Jackie Coleman and Sara Elsdon from S&S Management for their invaluable help with conference arrangements.

From the AAPDPP 62nd Annual Meeting in New York ...



Photos by Dr. Joe Silvia



**The American Academy of Psychodynamic Psychiatry and
Psychoanalysis is proud to announce the 2018 Awardees!**

**Presidential Award
Richard C. Friedman, M.D.
Editor, Psychodynamic Psychiatry**



Richard C. Friedman MD is Clinical Professor of Psychiatry at Weill Cornell Medical School, Lecturer in Psychiatry at Columbia University Dept. of Psychiatry and faculty member of the Columbia University Center For Psychoanalytic Training and Research. He received his MD degree from The University of Rochester in 1966. He completed psychiatric and psychoanalytic training at Columbia University and was Chief Resident in Psychiatry in 1969-70.

He carried out the first investigation demonstrating that medical interns who are sleep deprived are unable to carry out routine medical tasks. Friedman went on to become the first psychoanalyst to integrate research in psychobiology, gender identity, family studies and descriptive psychiatry with the psychoanalytic theory of sexual orientation. His book: *Male Homosexuality: A Contemporary Psychoanalytic Perspective* published in 1988 provided a new psychoanalytic non-pathological perspective about homosexuality.

Subsequently he co-authored *Sexual Orientation and Psychoanalysis* with Jennifer I. Downey MD published in 2002. This integrated findings from the neurosciences with psychoanalytic theory. It also extensively discussed the psychology of homophobia and internalized homophobia. This volume was republished as a paperback under the title *Sexual Orientation and Psychodynamic Psychotherapy* in 2008

Dr. Friedman has published numerous articles and received many awards as indicated on his CV which appears on his website (<http://www.richardcfriedmanmd.com>).

More AAPDPP 2018 Awardees!

**Scott Schwartz Award
Archana Verma, M.D.
Sheppard and Enoch Pratt Hospital
Towson, Maryland**

Archana Varma Caballero is a psychiatrist and candidate psychoanalyst in private practice in the Baltimore area. She completed her psychiatry residency at the University of Maryland/Sheppard Pratt in 2017 and received her medical degree from Jefferson Medical College in 2013. She hopes to continue writing about issues of identity, race, gender, and trauma. She can be contacted at archanavarmamd@gmail.com.



**Journal Award
C. Sue Carter, Ph.D.
Indiana University
Bloomington, Indiana**

Dr. Sue Carter is currently Director of the Kinsey Institute and Rudy, Professor of Biology at Indiana University, a position she accepted in 2014. Prior to her current position she held Professorships at the University of Illinois, Champaign-Urbana and the University of Illinois at Chicago, Department of Psychiatry, as well as the University of Maryland and the University of North Carolina. Dr. Carter is a neurobiologist, known for her research on the biology of social bonding and the development of the prairie vole as a model for studying the behavioral and physiological actions of peptide hormones. Research originated by Dr. Carter has shown that oxytocin is at the biological heart of positive emotions, including love. Oxytocin and its receptors can facilitate a sense of safety, which in turn allows social cognition, social bonding, social support, growth and restoration. The oxytocin system also plays a major role in early life and is epigenetically influenced by experience. The capacity of oxytocin to regulate the brain and behavior across the lifespan helps to explain the adaptive consequences of social bonds and attachments for emotional and physical health, especially in the face of fear and anxiety.

More details on Dr. Carter's work and a full cv are available at the Kinsey Institute website. <https://kinseyinstitute.org/about/profiles/cscarter.php>

American Academy of Psychodynamic Psychiatry and Psychoanalysis Mentorship Program

The goal of the Academy's Mentorship Program is to link early career psychiatrists, psychoanalytic candidates, psychiatry residents, and medical students with mentors in American Academy of Psychodynamic Psychiatry and Psychoanalysis (AAPDPP). The program is designed to offer support and guidance for mentees from a range of career stages.

Mentees: Psychiatrists, psychoanalytic candidates, residents and medical students who are AAPDPP members are invited to participate in a one-year mentorship program sponsored by the AAPDPP. The program is designed to offer support and guidance for mentees from a range of career stages.

Mentors: Participants will be matched with mentors who are members of the AAPDPP and are able to provide support in preferred areas of growth. If you are interested in becoming a mentor, please email Jeffrey W. Katzman, M.D. (jekatzman@salud.unm.edu).

Potential Mentorship Topics: The following are examples of topics mentorship pairs might address:

- Writing/publishing psychodynamic work
- Presenting psychodynamic work at workshops
- Careers in psychoanalytic research
- Selection of a psychiatry residency program with a strong psychodynamic focus
- Becoming a psychoanalyst
- Careers in private practice or education
- Selection of a psychoanalytic institute
- Conceptualization of dynamic formulations
- Balancing family and psychoanalytic training
- Integrating psychodynamic thinking with psychopharmacology
- Getting psychodynamic experiences in medical school
- Thinking about psychodynamics in general medical settings

Meetings: Once the mentorship relationship has been established through the AAPDPP Education Committee Chair, it will be up to the mentor and mentee how often to meet. Depending on the needs and capabilities of the mentorship pairs, contact may be in person, by phone, or through computer-based applications. It is recommended by the AAPDPP Education Committee that an in person meeting happen at least once per year with phone calls/email/computer-based applications (e.g. Skype) occurring on a regular basis.

Application Process: The application process for a mentor can happen throughout the academic year. To apply, email the following information to Dr. Katzman (jekatzman@salud.unm.edu): your address, your email address, phone number, year of graduation or anticipated graduation from medical school or residency, name of medical school or residency program, and a brief personal statement outlining your interests and possible areas of mentorship.

Victor J. Teichner Award

The Victor J. Teichner Award promotes teaching of psychodynamic principles to psychiatrists-in-training.

Victor J. Teichner, M.D., a former President of the AAPDPP, was a respected psychiatrist/psychoanalyst who died at the age of 56. The award was created in his name as the result of a donation from a grateful patient. She wishes to ensure that Dr. Teichner's creative psychodynamic approach will be part of the learning of the next generation of psychiatric clinicians. She honors his extraordinary dedication to his patients by funding the Visiting Scholars Award in his name.



The Award is made annually to one psychiatric residency program on the basis of an application to the Award Committee, composed of representatives of the AAPDPP and the AADPRT.

The Program Awardee will receive a 1 to 3 day visit from a Visiting Scholar chosen from a list maintained by the AAPDP. Choice of Visiting Scholar and structure of the visit are made by the Program. The visit must take place during the academic year beginning July 1 after the announcement of the Awardee

[Click here for the Teichner Award Application Form](#)

TEICHNER PROGRAM AWARDEES:

- ✦ Debra Katz, MD, University of Kentucky; Teichner Scholar: Jennifer Downey (2008)
- ✦ Jeff Stovall, MD, Vanderbilt University; Teichner Scholar: Deborah Cabaniss (2009)
- ✦ Tai P. Yoo, MD, UCLA-Kern; Teichner Scholar: Deborah Cabaniss (2010)
- ✦ Joanna Chambers, MD, University of Indiana; Teichner Scholar: Richard Brockman (2011)
- ✦ Jeffrey Katzman, MD, University of New Mexico; Teichner Scholar: Elizabeth L. Auchincloss (2012)
- ✦ Cynthia Pristach, MD, State University of New York at Buffalo; Teichner Scholar: Deborah Cabaniss (2013)
- ✦ Shawn Van Gerpen, MD, University of South Dakota/Sanford School of Medicine; Teichner Scholar: Elizabeth L. Auchincloss (2014)
- ✦ Timothy Sullivan, MD, and Michael Twist, MD, North Shore LIJ Staten Island University Hospital; Teichner Scholar: Cesar A. Alfonso (2015)
- ✦ (a) Henry W. Weisman, MD, Texas Tech University Health Sciences Center, El Paso; Teichner Scholar: Allan Tasman AND (b) Sandra Rackley, MD, Kristin Somers, MD, Cosima Swintak, Mayo Clinic; Teichner Scholar: Elizabeth L. Auchincloss (two awardees for 2016)
- ✦ Caroline Fisher, MD PhD, Good Samaritan Regional Medical Center, Corvallis, Oregon; Teichner Scholar: Elizabeth L. Auchincloss (2017)
- ✦ (a) Donald W. Black, MD and Erin Crocker, MD, University of Iowa Hospitals and Clinics AND (b) Heike Minnich, PsyD, HSPP, Dipl.-Psych. and Eunice Peterson, MD, GHS University of South Carolina School of Medicine Greenville (two awardees for 2018)