

Teaching Psychodynamic Psychotherapy

Teaching Psychodynamics to Medical Students¹

The Role of Personal Therapy in Psychiatric Training²

Teaching the Psychodynamic of Psychopharmacology³

Learning Boundaries: Principles, Practice, Pitfalls⁴

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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



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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



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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



Thomas Kalman, M.S., M.D.
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Dr. Kalman is Clinical Associate Professor of Psychiatry, Weill Medical College of Cornell University, and Adjunct Associate Professor of Psychiatry, NY Medical College. He has maintained a private practice in general psychiatry and psychoanalysis for over thirty years, integrating different techniques and understandings along with a primarily psychodynamic orientation. Dr. Kalman's current areas of interest and research involve split-treatment arrangements and the problem of inadequate communication between professionals treating the same individual. Other recently presented and published work involves problematic Internet use, specifically pornography. Dr. Kalman's other graduate degree is in health care administration, and he remains interested in health care delivery, economics, and policy.

Recent publications and presentations

Clinical Encounters with Internet Pornography. *Journal of the American Academy of Psychoanalysis and Dynamic Psychiatry*; 36:593-618, 2008

Kalman TP and Goldstein, MA, Satisfaction of Manhattan psychiatrists with private practice.

Assessing the impact of managed care. *Journal of Psychotherapy Practice and Research*; 7:250-8, 1998

"Clinical Encounters with Internet Pornography," Grand Rounds, Dept. of Psychiatry, Weill-Cornell Medical College, New York, NY, October 2008; Personality Disorders Conference, NY Presbyterian Hospital, Westchester Division, White Plains, NY, June 2009

"Do Psychotherapists speak to Psychopharmacologists about their Mutual Patients?" Grand Rounds, Dept. of Psychiatry, Metropolitan Hospital Center, New York, NY, April, 2010; Dept. of Psychiatry, Queens Hospital Center, Jamaica, NY, October 2010; Sheppard Pratt Hospital, Baltimore, MD, October 2010; Westchester County Medical Center/New York Medical College, February 2011

"Can we talk? Do Psychotherapists speak to Psychopharmacologists?" Paper presentation, Annual meeting of The American Psychiatric Association, New Orleans, LA, 2010



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David Mintz, M.D., is a graduate of the Cambridge Hospital/Austen Riggs Center Combined Residency Program and completed a Fellowship in Psychodynamic Psychotherapy at Austen Riggs, where he is Director of Psychiatric Education. His primary interests involve psychosocial factors in psychopharmacology, particularly in relation to treatment-resistance and treatment outcome, psychodynamic aspects of medical education and developmental processes involved in becoming a psychiatrist. He is on the Education Committee of the American Academy of Psychoanalysis and Dynamic Psychiatry and the Medical Student Education Committee of the American Psychoanalytic Association.

Recent Presentations:

- “Recovery From Childhood Psychiatric Treatment” AAPDP Annual Meeting, Honolulu, HI, May 13, 2011.
- “A Psychodynamic Approach to Treatment Resistant Mood Disorders: Breaking Through Complex Comorbid Treatment Resistance by Focusing On Axis II ”APA Annual Meeting, Honolulu, HI, May 17, 2011.
- Psychiatry Grand Rounds: “Meaning and Medication: Psychodynamic Approaches to the Treatment Resistant Patient,” Yale, New Haven, CT, July 22, 2011.

Recent Publications:

Mintz D., “Teaching the Prescriber Role: The Psychodynamics of Psychopharmacology.” *Academic Psychiatry*, 2005, Vol 29(2): 187-194.
Mintz D., “Psychodynamic Trojan Horses: Using Psychopharmacology to Teach Psychodynamics.” *Journal of the American Academy of Psychoanalysis and Dynamic Psychiatry*, 2006, 34(1): 151-161.
Mintz D & Belnap BA., “What is Psychodynamic Psychopharmacology: An Approach to Pharmacologic Treatment Resistance.” *Journal of the American Academy of Psychoanalysis and Dynamic Psychiatry*, 2006, 34(4): 581-601.



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Dr. Plakun is Director of Admissions and Professional Relations at the Austen Riggs Center in Stockbridge, MA. He has been a Clinical Instructor in Psychiatry at Harvard Medical School for over 20 years. He is the editor of *New Perspectives on Narcissism* (American Psychiatric Press, 1990) and *Treatment Resistance and Patient Authority: The Austen Riggs Reader* (Norton Professional Books, 2011) and author of more than forty papers and book chapters on the diagnosis, treatment, and outcome of patients with borderline and other personality disorders, suicidal and self-destructive behavior, and treatment resistant disorders. He is a Distinguished Life Fellow of the American Psychiatric Association, past Chair of its Committee on Psychotherapy by Psychiatrists, and a Psychoanalytic Fellow of the American Academy of Psychoanalysis and Dynamic Psychiatry, where he is a former member of its Executive Council. In 2004 he was appointed Academy representative to the APA Assembly, where he chairs the Assembly Allied Organization Liaisons Committee and serves on the Assembly Executive Committee. He is a Fellow of the American College of Psychiatrists, an Honorary Fellow of the American College of Psychoanalysts, and a member of the editorial board of *Psychodynamic Psychiatry*. He has appeared on the CBS show *60 Minutes*, where he was interviewed by Mike Wallace as an expert in forensic psychiatry.

Recent Presentations:

Concepts Psychiatry Needs from Psychoanalysis

A Psychodynamic Approach to Treatment Resistant Mood Disorders with Axis II Comorbidity

Psychotherapy with Suicidal Borderlines

The Y Model—An integrated, evidence based approach to teaching psychotherapy



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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