Message from the President

Who Are We?
By David L. Lopez, M.D.

What is the AAPDP?
The AAPDP is the only allied organization of the American Psychiatric Association (APA) dedicated exclusively to psychiatrists who practice or are interested in Psychodynamic Psychiatry. We are the only APA affiliated medical society dedicated to psychotherapy. We dedicate our efforts to teaching and promoting psychodynamic concepts. We also advocate at a national level (APA, NIMH, Institute of Medicine) for an environment that allows the full practice of Psychodynamic Psychiatry, with the aim of avoiding the restrictions of patients to receiving treatment under this modality. For a list of the seventeen APA allied organizations click here: http://www.psychiatry.org/network/allied-organizations

What the AAPDP is NOT
It is NOT an accrediting or certifying institution; we therefore avoid any politics related to this. It is NOT a psychoanalytic or psychotherapy school or center. It is NOT a society that is in competition with any psychoanalytic association, institution, or group. It is NOT a society that follows any specific psychoanalytic or psychotherapy school of thought or group of theories. To read the mission statement of the AAPDP click here: http://aapdp.org/index.php/about-us/

Why should I be a member of this Academy?
The AAPDP is a volunteer organization that is dedicated to maintain the collegial environment where friendly like-minded people discuss our needs and find solutions to our problems. As an organization that realizes the need for good in-depth
treatment, we are able to advocate better for our discipline with regulatory agencies when we do it as a group. In addition, the level of the discussions, presentations, and publications is of the highest level available.

What is the difference between psychiatrists who do psychodynamic psychotherapy and non-psychiatrists who do psychodynamic psychotherapy?
Psychodynamic psychiatrists have a specific set of skills not shared by any other professionals. We use the classical concepts of psychodynamics and new concepts, and we use them in conjunction with our medical background. As an example, a well-informed internist recently called me to ask me three questions:

Do you know how to treat depression without medications?
If you treat my patient with psychotherapy alone, are you able to recognize when this treatment is no longer effective by itself and when you absolutely need to augment it by adding an antidepressant?
If the combined treatment is effective, would you be able to at some point stop the antidepressant and recognize what was the effect that was being achieved by the medication and if it is maintained by the psychotherapy alone?

Of course, as most psychodynamic psychiatrists would have answered, my answers to the three questions were affirmative. In addition, this inquisitive colleague made me think of several other subtle skills that psychodynamic psychiatrists feel confident with during the complex treatment of such depressed patient, in contrast to psychotherapists who are not psychiatrists or psychiatrists who do not practice or understand psychotherapy.

Anxiety disorders, sexual disorders, personality disorders, and other mood disorders, and even psychotic disorders can be approached from this vantage point and be treated with Psychodynamic Psychiatry.

Please look around our website. I invite you to familiarize yourself with our publications and Annual Meetings. We are a volunteer society that intends to do interesting and enriching activities that contribute to our expertise and the improvement of the treatment of our patients.

Best regards,

David L. Lopez, MD
530 Old Post Road 3
Suite 3
Greenwich, CT 06830
davidlopezmd@yahoo.com
AAPDP 60th Annual Meeting
May 12—May 14, 2016
Hilton Atlanta—Atlanta, Georgia

Click on the image of the Preliminary Program to view or download it.

If you would prefer to have a paper copy mailed to you, contact the Academy Executive Office: info@AAPDP.org or 888-691-8281 and we will be happy to send one to you.

Click here to register for the Annual Meeting online!

Academy Members!
You are invited to a special reception on Friday evening in Atlanta hosted by Dr. Sheldon Cohen and Carole Goldberg.
For more details and to sign up, copy or type this: http://evite.me/dhc2WqD31A into your browser or contact Marie Westlake at the AAPDP Executive Office.
Members of the AAPDP may reserve a sleeping room at the Hilton Atlanta through OnPeak (formerly Travel Planners) at a discounted rate of $179.00 (plus tax) per night.

Click here to make your hotel reservation online.

If you would prefer to reserve your room by phone, call 1-800-221-3531.

Be sure to say you will be attending the AAPDP Annual Meeting and refer to Group ID 851676 to obtain the Academy's special rate.
American Academy of Psychoanalysis
And Dynamic Psychiatry
2016 Awards Dinner

Come celebrate the Academy’s 60th Anniversary
at the annual Awards Dinner!

This year, the Awards Dinner will take place at Nikolai’s Roof
which is located right in the Hilton Atlanta!

“Nikolai’s Roof is a AAA Four Diamond restaurant and the epitome of modern/
contemporary at its best. Delight in the option of a three, four, or six course menu with
wine pairings or an innovative a la carte menu. Enjoy intense flavors and tastes, fresh in-
gredients, and an elegant ambiance with a view overlooking Atlanta’s starlit skyline.”

Cost to attend will be $100 per person.

Click here for the Awards Dinner Flyer and Registration.

We hope you join us!
Academy Members

Please visiting the Academy's new online ZAZZLE store and help support the American Academy of Psychoanalysis and Dynamic Psychiatry's 60th Annual Meeting!

Several themed items are available for sale including posters, totes, mugs, sweatshirts, ties and much more!

Click here to visit our new ZAZZLE store:

http://www.zazzle.com/aapdp+gifts
Sixteenth Joint Meeting
American Academy of Psychoanalysis and Dynamic Psychiatry (AAPDP)
Organizzazione di Psicoanalisti Italiani Federazione e Registro (OPIFER)
~ 2016 ~

The Sixteenth Joint Meeting of the Academy with the Organizzazione di Psicoanalisti Italiani-Federazione e Registro (OPIFER) will be held in Pistoia, Italy, October 22-23, 2016. Pistoia is a beautiful Renaissance city, a half hour from Florence by train. Attendees will be able to stay in a hotel in either city.

The theme of the conference is “Neurosciences and Psychoanalysis.”

The meeting commemorates the twentieth anniversary of OPIFER’s founding in 1996. Three years later, the Academy and OPIFER held their first Joint Meeting in Venice.

There will be many outstanding speakers from the States and Europe. The Academy’s Keynote Speaker will be Dr. Joanna Chambers. In the Academy, Dr. Chambers is Chair of Scientific Programs. She is an Associate Professor of Clinical Psychiatry at Indiana University School of Medicine. She will speak on “The Neurobiology of Attachment.” Academy Fellows Dr. Richard Brockman and Dr. Daniela Polese will be speaking as well.

Our joint meetings with OPIFER have enriched the Academy by bringing in new members. More than a dozen outstanding Italian psychiatrists and psychoanalysts who attended the joint meetings have become Academy members. Additionally, a number of American members joined the Academy after their participation in our international conferences. Our President, Dr. David Lopez and Psychoanalytic Fellow, Dr. Sandra Park are examples.

October is an ideal time to visit Tuscany—the weather is good, the tourists, few. Hotel information will be available shortly. You will be able to register online at the Academy’s website: www.AAPDP.org.

We look forward to seeing many of you at this outstanding international conference.

Joan G. Tolchin, M.D.
Past President and Liaison with OPIFER
Psychodynamic Psychiatry welcomes the submission of completed manuscripts for possible publication.

Visit the AAPDP website for more Information for Contributors to Psychodynamic Psychiatry:

www.AAPDP.org
WHY WRITE FOR THE ACADEMY FORUM?

- Relaxed, casual atmosphere
- No formal peer review
- 2,500 word essays; brief, but long enough to develop your idea
- Avid Academy readership
- Opportunity for a personal touch
- Chance to express your opinion and receive comments from colleagues
- Enhance our sense of community and friendships

Some suggested topics might include:

- A case of Freud’s in light of further developments in psychoanalysis
- A case report illustrative of a clinical area of interest to you
- A work of art, music or literature that has been most meaningful to you
- A description of your research activities
- Reflections on your particular area of practice
- Psychoanalysis as applied to the current national or world political scene
- Reviews of books you have read or movies with psychodynamic themes
- Personal experiences or changes in your life that have made a difference to your technique and practice of psychotherapy and psychoanalysis.
- Suggestions for education in psychoanalysis and psychodynamic psychotherapy. How to encourage it and what and how to teach.
- Your experiences in teaching and supervision An interview of a senior Academy member by a more junior member
- Crises or turning points in psychodynamic therapy that you have encountered and how you dealt with them.
- Short stories, poems, haiku...

Freud said that we had an obligation to publish our clinical and theoretical work to continue to propel our field forward. This remains as true today as it has always been. Informal as well as more formal journal communications are part of that obligation. Exchange of ideas and suggestions on an informal level has an important effect on generating new directions and changes in our field. Please also encourage your colleagues to write for the Forum – send this appeal on to them.

Please contact me if you have questions. Thank you.

Cordial best wishes,

Gerald P. Perman, MD
Academy Forum Editor

Angela M. Hegarty, MB BCh
Academy Forum Deputy Editor
Seeking Teichner Scholars!

Since 2006 members of the Academy have been traveling around the USA on three day all-expense-paid trips to psychiatric residency programs underserved in the area of psycho-dynamic education. These Teichner Scholars are members of the Academy and are self-nominated. Chosen by the winning programs, they have visited Kentucky, Tennessee, California, Indiana, New Mexico, South Dakota, Buffalo NY, and the exotic Island of Staten. Over the next academic year the Scholars will be visiting Texas Tech, Rio Grande campus, and the Mayo clinic to spread our knowledge of and appreciation for psychodynamic thinking and the application of psychodynamic principles to psychotherapy. Each and every Scholar has given the experience rave reviews, and each and every program has thanked us profusely for the gift of the visit.

I am hoping to encourage more members of the Academy with an interest in psychodynamic education to join the roster of Scholars. If teaching "turns you on," then this is a job for which you should apply! Applications are on our website. Deborah Cabaniss, a sought-after Scholar and a gifted writer, has generously offered to assist any member with her application.

The Teichner program has succeeded beyond our initial expectations. In some of the programs it has indeed been a seed that has flourished. In some instances, it has brought the Academy new and very active members. Our Education Committee is composed of members who are Training Directors, several of whom are Teichner Award Winners or Scholars. This year we were pleased to ask Debra Katz, our first Winner, to join the Teichner Committee judging applications. This feels like a full circle to me.

During his Presidency, Michael Blumenfield urged us to expand the Teichner Program and to consider giving more than one award annually. Council gave us the mandate to do so, and this year we had two "winner" applications, both of which were the first choice of the selection committee. Henry Weisman, the TD at Texas Tech is one winner. The second award will go to a trio of faculty at the Mayo Clinic: Cosima Swintak, Residency Program Director, Kristin Somers, Residency Associate Program Director, and Sandy Rackley, the Child and Adolescent Psychiatry Program Director. We welcome all of these wonderful people to the Teichner community and we have extended an invitation to all of them to attend our next meeting in Atlanta. We are sure they will be extended a warm Academy welcome.

Also at the May meeting in Atlanta, the winners from last year, Tim Sullivan, Michael Twist and their Scholar, Past-President Cesar Alfonso, will be presenting a panel on Psychodynamic Education on Friday 11-11:50 AM, with former Scholar and President-Elect Jennifer Downey as Discussant. At the same time, former winner Jeff Katzman will be presenting a paper on unpacking the rules of improvisational theatre to build collaborative capacities in the therapeutic alliance. Debra Katz will be the speaker at the Saturday Resident’s Luncheon and her topic is Thinking Psychodynamically about our Patients.

Just a reminder: All trainees may always attend our meetings for free. We only ask for pre-registration at the Luncheon so that we may plan for food.

If you love to teach and enjoy adventure, please consider filling out an application to become a Teichner Scholar. I can promise you that you will find the experience itself to be quite rewarding, the benefits to the trainees with whom you come in contact long-lasting, and you will be keeping the Academy recharged and relevant!

Sherry Katz-Bearnout, M.D.
Email spk1@cumn.columbia.edu
Phone (212)873-5911
In Memoriam

Ann Ruth Turkel, M.D.
(11/28/1928 - 11/24/15)
Crittenden E. Brookes, M.D., Ph.D.
(5/08/31 - 2/27/16)
William H. Rickles, M.D., M.S.
(8/22/33 - 4/04/16)

We will miss you.

Academy Member News

Drs. Jennifer Downey and Rick Friedman, both Editors of the Academy’s *Psychodynamic Psychiatry*, and Dr. Elizabeth Haase, an Academy Trustee, published on April 18, 2016 a paper written with colleagues on sexual behavior in bipolar individuals, a topic that’s received remarkably little attention. The article is titled “Comparison of Sexual Experience and Behavior between Bipolar Outpatients and Outpatients without Mood Disorders.” The article appeared in the open-access *Psychiatry Journal*. It can be found at [http://www.hindawi.com/journals/psychiatry/2016/5839181/](http://www.hindawi.com/journals/psychiatry/2016/5839181/) or click on the link below:

[PDF of Article](http://www.hindawi.com/journals/psychiatry/2016/5839181/)

Drs. Friedman and Downey have long been interested in research that uses the rich data to be found in psychodynamic therapists’ case material. The study published here describes a comparison of bipolar individuals in stable outpatient treatment with individuals in the same kind of treatment who had no lifetime affective illness. It was done with a research group of psychodynamically-trained psychiatrists led by Drs. Friedman and Downey.

Emmanuel G. Cassimatis, M.D.

Dr. Emmanuel G. Cassimatis has been selected by the American Psychiatric Association (APA) Foundation as the 2016 recipient of the George Tarjan Award. [Click here to read the full Press Release](http://www.hindawi.com/journals/psychiatry/2016/5839181/)

Cassandra M. Klyman, M.D.

Dr. Klyman presented a paper on “Frida Kahlo: Victim and Victor Through a Psychoanalytic Lens” at the February, 2016, Women of Resilience conference in Santa Fe. Dr. Klyman will be relocating her practice to West Hollywood California in June and will be living closer to her family.
We invite you to submit your personal news and professional accomplishments in 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:

- Special Awards or Special Interests
- Professional Appointments
- Medical/Psychodynamic/Psychoanalytic Presentations
- Medical/Psychodynamic/Psychoanalytic Publications
- Community/Appearances/Personal Events/Family News

We would love to hear from you!

Save the Date!

61st Annual Meeting
May 18—May 20, 2017
San Diego, California