



# AAPDPP

The American Academy of Psychodynamic Psychiatry and Psychoanalysis

## Academy e-News

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

*Summer 2020*

### Message from the President

Dear Academy Members,

When I accepted the nomination for the upcoming presidency of the Academy, I never dreamed that it would be during a time of such social unrest with a global pandemic forcing social distancing followed by national riots requiring nightly curfews across our cities. The altered world that will inevitably come from these events is still in the process of being unveiled and our level of uncertainty and anxieties have escalated beyond compare in the past several months. It should be acknowledged that for many, this has been a time of tremendous hardship and challenge. As we all struggle to make sense of these global events, our need for connection and a sense of belonging seems to be at an all-time high.

The Academy is, in my view, a place for such kinship and belonging. Hence the needs of our membership is at the forefront of our agenda and we are compelled to take a fresh look at how we can best support our members. I am extremely grateful to Dr. Kim Best and Dr. Jeff Katzman for their leadership of the Strategic Planning Task Force. The goals of this task force are to evaluate the future of the organization from a membership-needs perspective. Specifically, current and future membership needs, recruitment of new members, strengthened relations with other organizations, development of regular zoom meetings, and increased visibility of the Academy will all be areas of initial focus. While the overall mission of the Academy will not change, we are hopeful that we may find additional ways to meet the evolving needs of our members.

With these global and national issues at the forefront, the field of psychiatry is facing its own evolution. Multiple forces have shaped the field of psychiatry over the past several decades, including insurance companies, hospital corporations, and reductionistic



*Joanna E. Chambers, MD,*  
*President 2020-2022*

**The American Academy of  
Psychodynamic  
Psychiatry and  
Psychoanalysis is an  
organization of  
psychiatrists interested in  
the application of  
psychodynamic  
psychotherapy in clinical  
practice and in  
understanding emotional  
aspects of culture and art.**

research focusing almost exclusively on genetics and psychopharmacology. As our population face the trauma and social isolation that come from the global and national crises we are facing, our expertise – the integration of mind, brain, and body - will be sought. Increasingly, the presence of psychiatrists is being requested in various medical home models including primary care, obstetrics and gynecology, and other medical specialties. In this setting, the Academy has a unique opportunity to pave the way for integrated models of care, supporting our colleagues with psychodynamic and psychoanalytic principles, with psychopharmacology, and with neuroscience. The ability to adapt to a changing world, a changing field, and an increased demand will be imperative for our members and for us as an organization.

At a time when we most needed to come together as colleagues, the 64th Annual Meeting was unfortunately cancelled due to the pandemic. It should be noted that the theme, “Psychodynamic Psychiatry and Relationships”, was particularly fitting given the current state of affairs. I cannot think of a time when our relationships with each other have felt more salient. It is with great appreciation for the work and leadership of Dr. Joe Silvio, our Chair of Scientific Programs, and Dr. Sarah Noble, Dr. Kim Best, and Dr. Jessica Eisenberg, Co-Chairs of the 2021 meeting in Los Angeles, that our theme of relationships will be revisited. While it is uncertain what the world will look like a year from now, it is certain that our relationships will remain a central topic in the coming months. In addition, our gratitude extends to Dr. Mary Ann Cohen and Dr. Cesar Alfonso for their willingness to Co-Chair the 2022 65th Annual Meeting, now scheduled in New Orleans. Their theme is also timely, given the increased demand for integration: “How to Replenish a Passion for Medicine: Psychodynamic Psychiatry and Consultation-Liaison Psychiatry”.

As we yearn to stay informed even through the age of social distancing, “Psychodynamic Psychiatry”, the official Journal of the Academy, provides us with the most relevant and up-to-date topics in our field. The Academy suffered a great loss with the passing of Dr. Richard Friedman, Editor-in-Chief, on March 31, 2020. We are extremely grateful for the continued solid leadership of Dr. Jennifer Downey and Dr. Cesar Alfonso as Interim Editor-in-Chiefs. Past President, Dr. David Lopez, has generously agreed to lead the task force to search for the next Editor-in-Chief of the Journal.

I look to you, our members, for your collective wisdom and support of one another as we proceed through what can only be described as uncharted territory. As always, I sincerely invite each and every one of you to contact me at any time with suggestions, with questions, with answers, with your thoughts and sentiments.

Warmly,  
Joanna

**The American Academy of Psychodynamic Psychiatry and Psychoanalysis  
is accepting applications for Editor-in-Chief  
(2021-2026) of its Journal.**

**Application Deadline: July 15, 2020**

**Please send**

**1) Curriculum vitae**

**2) Letter of intent**

**(Explaining why you are qualified for his position)**

**3) Your personal statement**

**(Describing your vision for the journal)**

to [davidlopezmd@yahoo.com](mailto:davidlopezmd@yahoo.com)

## Message from the Editor



Dear Academy Friends,

I hope this newsletter finds you and your families healthy and finding ways to reclaim some of the joys of summer. Though I had expected to be assembling a summer newsletter chocked full of pictures and reflections from our highly anticipated annual meeting, I know we will be all the more eager to see one another when next it's safe to do so.

I am very grateful to our new president, Dr. Joanna Chambers, for contributing a deeply felt and encouraging President's letter to this edition. Though we have all been acutely reminded of how little we can predict and shape the future, recent events have also highlighted how consequential our choices can be. We are called upon to find ways to protect, nourish and better understand each other across physical distances and ideological divides. We are fortunate to have the Academy as a professional home in which we can come together to consider the challenges of our day. The strength of this home has been secured by our history of strong leadership. Please join me in welcoming Dr. Chambers and also thanking Dr. Perman for his service to the Academy.

In this newsletter please note the ongoing efforts of the Psychiatrists WellBeing and Support Task Force chaired by Dr. Douglas Ingram. Resources such as this have always been crucially important though we now find ourselves in even greater need of thoughtful support given added threats to our health and emotional well-being.

Finally, I'd like to draw your attention to the work of a new task force headed by Dr. David Lopez. Following the passing of our friend and colleague, Dr. Rick Friedman, Dr. Lopez has formed a committee to identify a new editor for the Academy journal, Psychodynamic Psychiatry. Please see the enclosed notice regarding the call for interested applicants to contact Dr. Lopez.

As always, we welcome member news. Please consider sharing any reflections on your personal and professional accommodations to these extraordinary times. My thanks, as always to Marie Westlake for her assistance with this newsletter.

Be well.

Sincerely,  
Alicia D. McGill, M.D.



# NEED HELP? CHECK US OUT . . .

Our Academy is one of the only psychiatric associations to offer support to its members. Our task force checked out psychiatric associations in the United States, including the APA — and worldwide — to learn which supported its members and how. Remarkably, we found that hardly any do. The exceptions are the UK's Royal Academy of Psychiatrists and the Royal Australian and New Zealand College of Psychiatrists. We are happy to be joining this select group.

Check us out at [www.aapdp.org/index.php/Program](http://www.aapdp.org/index.php/Program).

What you will find is a catalog of stresses we encounter as psychiatrists — not solely professional stresses — but also those that impact us in an immediately personal way.

If you attended the Academy meeting in San Francisco, you saw that we presented some of the work we are doing: Kimberly Best on social media, Norman Andrew Clemens on aging and retirement, Mariam Cohen on life-threatening illness and dying, Deborah Katz on residency and early career psychiatrist, Eugenio Rothe on a case of a suicide, Scott Schwartz on serious illness in a resident, and John Tamerin on peer support.

Reading about what our colleagues have gone through can be profoundly supportive. Contributing your own narrative to our project (perhaps disguised and anonymous!) also can have enormous value. The references, articles, and blogs we have gathered, and to which we hope you will add, will further the humanistic and compassionate vision inherent in the Academy's mission.

If you check out our site, you will find also a spectrum of assistance agencies for more immediate or extensive help than we can offer.

On our site, we have articles and personal narratives that cover:  
But this is only the current list. Besides further filling out these categories with additional narratives and references, we are seeking to include other kinds of personal and professional stresses. These might include the psychiatrist's immigrant experience, the stresses of family breakup, loss of a spouse, and so forth. If you have a mind for it, please contact me. One of us on the task force will help.

Doug Ingram  
Chair  
Academy Task Force on Psychiatrist WellBeing and Support  
[dhingrammd@aol.com](mailto:dhingrammd@aol.com)  
212-289-4022





## **IMPORTANT REMINDER TO AAPDPP VOTING MEMBERS**

Dear Colleagues,

Your participation in a matter of Academy governance is urgently needed and it will take virtually no time.

The amendment to the Constitution that provided for the establishment of a membership class for physician/non-psychiatrists did not pass in this past election cycle, because there was an insufficient number of ballots cast. The Constitution requires that 40% of the membership vote and this benchmark was not reached.

When first proposed by longtime member Scott Schwartz, the idea was enthusiastically and unanimously endorsed by the Constitution and By-Laws Committee and the Executive Council. In the discussion at the business meeting in 2019, no objections were raised.

We believe that this amendment is important and will allow the Academy to prepare for the future of psychodynamic psychiatry as we increasingly practice in interdisciplinary settings.

Please vote now.

Joanna E. Chambers, M.D., President

Sherry P. Katz-Bearnot, M.D., Chair, Constitution and Bylaws Committee

**To Vote, click on the link below.**

**<https://www.balloteer.com/bp/nph-bstart?&eid=83757208826789443653>**

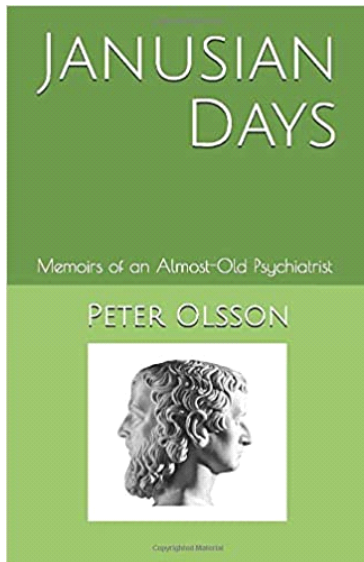
**Your Voter ID is the email address you have on file at the AAPDPP office.**

**For questions, contact Marie at [info@AAPDPP.org](mailto:info@AAPDPP.org).**

---



# AAPDPP Member News



***Janusian Days: Memoirs of an Almost-Old Psychiatrist***  
by Peter A. Olsson MD,  
AAPDPP Psychoanalytic Fellow

## **ACADEMY MEMBERS!**

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 AAPDPP Executive Office at One Regency Drive, Bloomfield, CT 06002 or email to [info@AAPDPP.org](mailto:info@AAPDPP.org).