



# AAPDPP

The American Academy of Psychodynamic Psychiatry and Psychoanalysis

## *Academy e-News*

*Alicia D. McGill, M.D., Editor*

*Marie L. Westlake, Executive Assistant*

*Winter 2020*

### **Message from the President**

Dear Fellow Academy Members,

We are nearing the end of an extremely stressful year. For many, this year has brought loss, isolation, and extreme duress. The end of the year is normally a time to gather with our family and friends, to enjoy relationships that mean the most to us, and to appreciate the blessings we have together. As the pandemic surges and more lives are lost, many of us are alone or convened with only a very few loved ones. While there appears to be light at the end of a very long, dark tunnel with the vaccine at hand, we are still grieving the many losses over the past year. I find it healing to take a moment to think about the people in my life who mean so much to me. This includes the many dear friends and colleagues in the Academy. I imagine that this may be true for many of our members.

In our recent SWOT Analysis, we found that the most important reason for joining or staying in the Academy was the feeling of connection to the other Academy members. Our interests as psychoanalytically and psychodynamically informed psychiatrists bond us in ways that are truly unique. We are all doing our very best in what feels like a marathon of social isolation, social unrest, and various other stressors. Members of the Academy have quickly adjusted and we have already generated new and creative ways to connect and re-connect with each other. These connections are truly what makes us unique as an organization.

As the APA has decided to cancel the 2021 in-person meeting in LA, the Academy to meet virtually in the spring of 2021 as well. The Annual meeting will take place over the weekend of April 23, 24, and 25. With the work and leadership of Dr. Joe Silvio, our Chair of Scientific Programs, Dr. Kim Best and Dr. Sarah Noble, our Program Co-Chairs, and their committee, a virtual program is in the works to



***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.**

provide the much anticipated opportunities for learning, teaching, and collaborating. While no virtual meeting can compare with the warmth of being in each other's presence, I believe that we are learning how to make these virtual interactions more meaningful.

In addition to the upcoming virtual meeting, we have generated other opportunities for social connectedness. A pilot virtual social event was held in early October which was both fun and engaging. We came away from the event feeling more connected to one another. At the end of October, Dr. Jeff Katzman led the first of the monthly CME presentations, organized by Dr. Jerry Perman. Dr. Katzman's presentation on the timely theme of Zombies was captivating and informative, generating a rich discussion afterward. In November, we were lucky to hear about the legal implications of working virtually with our patients from William Butler and Dr. Lawrence Mobley, and Dr. Grace Owen. In December, Dr. JJ Rasimas educated us on the capacity of virtual C/L psychiatry in the era of Covid. In addition, Dr. John Tamerin has initiated a pilot Case Conference Series which has already inspired a sense of warmth and belonging among the participants. We very much appreciate all who have taken the lead in educating us and connecting us virtually over the past year and look forward to continuing with this work into 2021.

So, while we have all been affected by unprecedented social isolation and other extreme challenges of 2020, I feel such gratitude and affection for you, our members of the Academy. Your creativity, your insight, and your tenacity has been so inspiring to me as we have made our way through this past year. 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.

I sincerely wish each and every one of you a happy, healthy, and socially connected 2021!

Warmly,  
Joanna



## 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.

***CURRENT TOPICS IN PSYCHODYNAMIC  
AND PSYCHOANALYTIC PSYCHIATRY***

**Chair**

**Gerald P. Perman, MD**

Presentations take place on the third Thursday of each month from 8:00 to 9:15 PM Eastern time.

To register, send an email to [info@AAPDP.org](mailto:info@AAPDP.org).

Upcoming Presentations

Thursday, January 21, 2021

*The Interpretation of Negative Transference  
in the Therapeutic Relationship Before and After Pandemic*  
Daniela Polese, MD, Rome, Italy

Thursday, February 18, 2021

*Resilience During the Pandemic*  
Ahron Friedberg, MD

Thursday, March 18, 2021

*Mother-Daughter Relationships  
in a South India Village*  
Helen Ullrich, MD PhD

Thursday, April 15, 2021

*Psychodynamic Aspects of Pharmacology Practice*  
Joseph Silvio, MD

Past Presentations

*The 'Capacity' for Consultation-Liaison Psychiatry During the Pandemic*  
Joseph J. Rasimas, MD PhD

*The Digital Age:*

*Psychodynamic Psychiatry and the Law*

Mr. William Butler, FSU College of Medicine MD Candidate, Class of 2021

Lawrence Mobley, MD

E. Grace Owen, MD

Note: the paper the presentation is adapted from has been  
accepted for publication in *The Academy Forum*.

*Deadness as a Feeling Considered*

*Through the Lens of The Walking Dead Zombie Apocalypse*  
Jeffrey Katzman, MD

## **CLINICAL CASE CONFERENCES CO-CHAIRS**

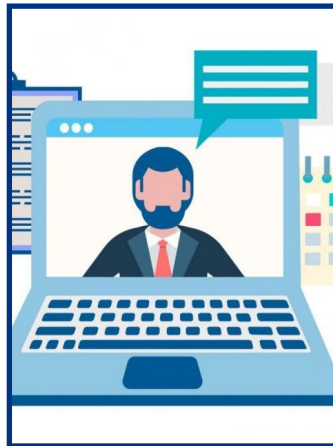
**Joanna E. Chambers, MD  
John S. Tamerin, MD**

**The Academy has initiated a pilot case conference study group via Zoom, the first meeting having occurred in November. The cases are presented in any format with no need for vast preparation.**

**The goal is to create a warm, congenial atmosphere and a supportive group where members will feel comfortable to share uncertainty, confusion, "negative" emotions, etc. We would hope that this would be a meeting where every member would learn something meaningful, both professionally and personally.**



### **MARK YOUR CALENDAR!**



**AMERICAN ACADEMY OF PSYCHODYNAMIC PSYCHIATRY  
AND PSYCHOANALYSIS 2021 REMOTE ANNUAL MEETING**

**FRIDAY, APRIL 23—SUNDAY APRIL 25, 2021**

**Watch the AAPDPP website  
([www.AAPDPP.org](http://www.AAPDPP.org))  
and your email**

# AMERICAN PSYCHIATRIC ASSOCIATION PRESIDENTIAL SYMPOSIUM

The American Psychiatric Association (APA) abstract submission of Dr. Gerald Perman, Immediate Past President, has been accepted as a Presidential Symposium on behalf of the American Academy of Psychodynamic Psychiatry and Psychoanalysis (AAPDPP). Due to the COVID-19 virus, the APA Annual Meeting, as well as the AAPDPP Annual Meeting, will be held remotely in 2021. Watch your email and the Academy website ([www.AAPDPP.org](http://www.AAPDPP.org)) for more details of this on demand presentation,

Presidential Symposium participants are: Gerald P. Perman, MD, Chair, Douglas H. Ingram, MD, Kimberly R. Best, MD, Syed Saba, MD, and Eugenio M. Rothe.

## Abstract

### **Psychodynamic Lessons from the Novel Coronavirus Pandemic Gerald P. Perman, MD, Chair**

The COVID-19 pandemic has had profound effects on the mental health of individuals and families, and on psychiatric training and practice. The American Academy of Psychodynamic Psychiatry and Psychoanalysis (AAPDPP) proposes to present a 90-minute workshop with the title: "Psychodynamic Lessons from the Novel Coronavirus Pandemic." Our workshop will be chaired by Gerald P. Perman, M.D., Immediate Past President of the AAPDPP, and will include presentations by Dr. Perman and four other distinguished speakers followed by a Q&A session.

Dr. Perman will describe how the coronavirus pandemic, with the need for self-quarantine and social distancing, affected patients in outpatient psychiatric treatment. He will characterize common defenses used by patients to manage the challenges presented by the pandemic with a resultant increase in psychiatric morbidity, but also how in other instances social isolation aided the healing of pre-existing interpersonal and interfamilial conflict.

Douglas Ingram, M.D., Past Academy President, will address the impact of COVID-19 on the therapeutic space. He will describe how the consultation room came to serve rather unthinkingly as the therapeutic space in which co-created dialogue unfolded and how recourse to digital technology required a rethinking of this space within which the psychiatrist and patient worked.

Kimberly Best, M.D., Associate Chairman and Program Director at Einstein Medical Center, Philadelphia, PA, will discuss ways in which the pandemic dramatically affected medical student education and psychiatric training. Psychiatric trainees were exposed to patients with COVID-19 or with unknown status, often without necessary supplies of protective equipment or test kits. Classes were cancelled, rotation schedules changed, and telepsychiatry was implemented. Residents had to deal with their own anxieties while simultaneously attending to the needs of psychiatric patients who themselves were impacted by the pandemic.

Syed Saba, M.D. works for the Department of Health Services in Los Angeles and has had extensive experience in consultation-liaison psychiatry. She was thrust into a front-line position as a psychiatrist within the public health system caring for patients with severe mental illness. She will describe changes that she made in the delivery of consultative care including collaboration with primary medical teams to assist with diagnostic clarification, behavioral management and recovery while balancing staff and patient safety concerns.

Finally, Eugenio Rothe, M.D, President of the American Association of Social Psychiatry, was deeply moved by cases of unresolved mourning and memories of previous separations from loved ones that were elicited by the pandemic lockdown. He will present brief patient vignettes in support of his presentation.





## **AMERICAN ACADEMY OF PSYCHODYNAMIC PSYCHIATRY AND PSYCHOANALYSIS STRATEGIC PLANNING TASK FORCE**

Recognizing that the many changes in our culture and our profession have profound significance for the Academy, AAPDPP President Dr. Joanna Chambers has initiated a strategic planning process for the organization. The first meeting of the Strategic Planning Task Force was held by Zoom Thursday, June 25, 2020. Dr. Chambers began the meeting by describing the mission of the task force and the general state of the world as related to Academy membership, their needs, finances, changes in the field, and diversity. She expressed appreciation for Drs. Jeff Katzman and Kim Best co-chairing this Committee, and to committee members who agreed to serve.

This first meeting included introduction of members of the committee including their roles in AAPDPP and comments by each member regarding the issues that might be included in strategic planning. Topics discussed included the impact of the pandemic on our annual meetings, new opportunities made available by expanded use of tele-psychiatry and distance-learning, and the need to make our organization more visible to individual psychiatrists and other psychiatric organizations. The group noted the need for increased diversity in our membership, with special attention to racial diversity and age diversity. The group noted that the Teichner Award has been effective in attracting new members. The strategic planning task force plans to meet monthly. They will study reports of prior strategic planning initiatives and the outcomes of those plans. In order to get broad input into the process, a Survey Monkey survey will be distributed to the membership of AAPDPP early in the process. You can also send ideas to co-chairs Jeff Katzman and Kim Best.

Members of the task forces are: Drs. Jeffrey Katzman and Kimberly Best (Co-Chairs), Joanna Chambers, Dileep Borra, Jennifer Downey, Zach Harris, Sherry Katz-Bearnot, David Lopez, Chris Nemes, Sarah Noble, Gerald Perman. Joseph Silvio and Allan Tasman; Jackie Coleman CAE (AAPDPP Executive Director) and Marie Westlake (AAPDPP Executive Assistant).

# AAPDPP Member News

**Jay Lefer, M.D.**  
**Senior Psychoanalytic Fellow**  
**New York, New York**

We were saddened to learn that Dr. Jay Lefer died on Friday December 4th, 2020. His death was unanticipated. On one day three weeks prior to his passing he was seeing patients and on that night experienced symptoms and was hospitalized with a cerebrovascular accident (CVA).

Dr. Lefer was an erudite, brilliant, and influential psychiatrist and psychoanalyst who taught psychodynamic psychotherapy to us and hundreds of other trainees and students at New York Medical College and Albert Einstein College of Medicine. He was also one of the co-founders and former President of the Society for Liaison Psychiatry and active in the AAPDPP. He will be missed.

Over the next weeks the Lefer family will be making plans for a virtual memorial service and asked for privacy until then.

**Mary Ann Cohen, M.D.**



# AAPDPP

The American Academy of Psychodynamic Psychiatry and Psychoanalysis

## 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 email the information you would like to share with your colleagues**

**to**

**[info@AAPDP.org](mailto:info@AAPDP.org)**

**or mail to**

**AAPDPP Executive Office  
One Regency Drive,  
Bloomfield, CT 06002**

***We would love to hear from you!***