Message from the President

Dear Academy Members,

We are passing through a very dark time in the history of our country, and while there is not yet light at the end of the tunnel, there may be some illumination within, showing the way forward. The presence of simultaneous crises can leave us feeling overwhelmed and helpless, but we can’t lose hope. We are confronted with the covid pandemic, which despite its latest mutation being less deadly, remains highly contagious as it spreads around the world and continues to mutate. How do we adapt to continuous uncertainty about a possible illness that has fluctuated between an unpleasant seasonal flu and a lethal respiratory crisis. We have developed at lightening speed tools to counter this threat—vaccines, oral antiviral medications, public health recommendations such as wearing masks, socially distancing. Unfortunately, a number of these are disregarded out of distrust or for political expediency.

At the same time, we are facing the threat of global warming, manifest by extreme weather events such as unprecedented heat waves, blizzards, tornadoes, flooding, draught, forest fires, rising tides and melting glaciers. The resulting food shortage is pushing millions of people around the world into starvation.

Added to this we have political turmoil here and around the world. The Russian invasion of Ukraine and its brutal targeting of civilian populations with missiles and bombs while the western world looks on, helpless to halt it, leads to a sense of pessimism that blatant evil may not be contained.

And closer to home, the political success of the far right through the use of blatant lies and rigid party adherence has stymied the democratic process. Social media has become the vehicle for hate speech, militant activism, and personal attacks. Issues of fundamental individual rights, such as a woman’s right to choose whether or not to terminate an unwanted pregnancy, or parental right to decide to allow their trans child to receive hormone treatment to become the person they know that they are, are continued next page →
being negated. And attempts to educate school children about the history of racism in this country have been cast as attempts to make white children feel ashamed and guilty.

And failure of a divided congress has left us without reasonable gun control laws, resulting in mass shootings in schools, churches, supermarkets— the most recent being the killing, by an 18 year old man, of 19 children and 2 adults in an Uvalde, TX elementary school. All of these threats have generated a tremendous increase in anxiety and depression in children and adolescents.

What does this have to do with the Academy? Frankly, I’m not sure, other than to say that the work we do is guided by a strong commitment to honesty, fairness, empathy, and respect for the complexity of human nature. In this spirit, the Academy will move forward through our meetings and programs to think and work together to improve our clinical skills and to better understand our patients and the confusing world we live in.

This year we have had a very successful virtual annual meeting, chaired by Drs Cesar Alfonso, MaryAnn Cohen, Xavier Jimenez, Sharon Batista, and Helen Ullrich. The meeting’s theme “How to Replenish a Passion for Medicine with Psychodynamic Psychiatry and Consultation-Liaison Psychiatry” was rich and varied in content. Rebeca Brendel, MD, JD, the President-Elect of the APA gave a plenary lecture on Ethics, and Jennifer Sotsky, MD presented a second plenary on The Future of Medical Education. The keynote speaker was Rita Sharon, MD, the developer of narrative medicine, who spoke on that subject. The Presidential Address was given by outgoing Academy President Joanna Chambers, MD, and entitled “From Mourning and Melancholia to Neurobiology in an Era of Global Warming, Pandemic Disease, and Social Chasms: Grief as a Requisite for Change.”

Our next Annual Meeting, planned for May 2023 in San Francisco, will hopefully take place in person. Organized by co-chairs Drs Gerald Perman, J.J. Rasimas, Douglas Ingram, Danielle Patterson, Grace Cho, and William Butler. The theme, Race, Gender and Climate Have Entered the Chat: Psychodynamic Considerations, will focus on the psychodynamic/psychoanalytic impact of our current crises.

The monthly scientific presentations by distinguished clinicians, now in its third series, has been the creation of Dr. Jerry Perman. This program has been providing CME to our membership and non-members, with scholarly 90 minute lectures via Zoom.

The Academy has also supported several study groups. The Monthly Case Conference, chaired by Dr. John Tamerin, features the presentation of complex clinical material to a group of experienced clinicians for discussion. The group initially examining the impact of the pandemic on the therapeutic space, chaired by Drs Douglas Ingram and Kim Best, is moving into exploring other aspects of covid’s effect on our work.

We are also in the process of putting together an Academy YouTube Channel which will provide recordings of lectures on topics of interest to our membership and to the general public. It is being developed by Dr. J.J. Rasimas.

The Academy is also establishing a special Committee on Diversity, Equity, and Inclusion to be chaired by Dr. David Lopez. It will help us assess issues of unconscious racism and bias in ourselves and our organization and ways to deal with them.

We face great challenges as an organization, and it will require us working together to take them on. Please let me know your ideas and suggestions of how we should best move forward, and if you have a particular project you would like to be involved in. I will always be available at my email address: jrsilvio@aol.com or my mobile number: 301-775-0429.

With best regards, Joe Silvio

Stay Safe AND Healthy
Dear Academy Members,

It is a pleasure to be in communication with all of the Academy members this summer.

While a tremendous amount of uncertainty continues to permeate the Covid-19 pandemic, there is some hope for a slow return to normality as the crisis transitions into an endemic phase. In addition to this historic catastrophe, we continue to face ongoing crises as a result of gun violence, racial injustice, political divisions and a worldwide decline in democratic values. These societal challenges make the Academy more important to our members by providing a community to process our experiences and feelings about these events.

I wish to welcome Dr. Joe Silvio as the next President of the Academy and to thank Dr. Joanna Chambers for her service to the Academy. I also wish to thank Dr. Silvio for his President’s message in this newsletter that summarizes the ongoing work of our membership and the numerous educational opportunities available to members and non-members.

We had a successful 2022 Annual Meeting by Zoom this past April. The theme was “How to Replenish a Passion for Medicine with Psychodynamic Psychiatry and Consultation-Liaison Psychiatry”. The panels and presentations provided an excellent opportunity to discuss how we can understand and employ psychodynamic principles to psychiatric care in environments other than the traditional psychoanalytic consultation office.

At the present time, the 2023 Annual Meeting is scheduled to be held in San Francisco in-person on May 18 through 20. As we are all aware, however, the state of Covid-19 could change this winter resulting in changes to an in-person meeting. The theme of the meeting will be “Race, Gender and Climate have Entered the Chat” with Drs. Gerald Perman, J.J. Rasimas, Douglas Ingram, Danielle Patterson, Grace Cho and William Butler co-chairing the program. Speakers will include Saul Levin, MD, the Medical Director of the American Psychiatric Association, esteemed psychoanalytic historian George, Makari, MD and Petros Louvanis, MD, the President Elect of the APA. If you are interested in presenting or participating in the meeting, please see the call for papers below.

At the start of the pandemic, Drs. Gerald Perman and Joseph Silvio organized a monthly CME event which is scheduled to continue through the spring of 2023. These activities are open to both Academy members and non-members. The next event, titled The Social Phenomenology of RD Laing: A Re-
Appraisal of RD Laing, His Relationship to J-P Sartre, and the Psychotherapy of Schizophrenia” and presented by Vincenzo DiNicola, MD, PhD, is scheduled for Thursday, July 21. Please see Dr. Perman’s comments below to see a complete list of the scheduled events.

Drs. Cesar Alfonso and Jennifer Downey, the editors of the Academy Journal Psychodynamic Psychiatry, have published two special editions of the journal in 2022 to celebrate the 50th Anniversary of the journal. Guilford Press, the journal publisher, is granting free access to all of the articles in these two issues. Please see the information below for links to these volumes. Again, I would like to personally thank the journal editors for their work on past and future issues of the journal.

I look forward to continue to work with the membership in the future. As always, we are always looking for new content and we always welcome member news and contributions to this newsletter. Please email me at drtuttle@jtuttlemd.com if you would like to share news or personal reflections about these extraordinary times. I would like to end with my gratitude to Marie Westlake who makes this newsletter possible.

Jeffrey Tuttle
Introduction

We find ourselves in a world of fast-moving unpredictable events prompting general apprehension about what might happen next. Already, the world has been upended by the coronavirus pandemic. By the time of our 2023 Annual Meeting, in the U.S. alone there will have been over 100 million people infected, over one million deaths, and 80 million people having recovered, some with long-haul COVID. The pandemic has had a profound impact on our healthcare, education, livelihoods, families, and how we relate to one another at all levels.

Climate change is affecting our planet with rising sea levels and extreme weather events and threatens the extinction of our own and other species – not tomorrow, but in the decades and centuries ahead unless serious steps are taken by a politically fragmented world in which many countries have more immediate and pressing needs to address.

The murder of George Floyd, more than any other racially motivated event, resulted in a heightened awareness of racial injustice. The American Psychiatric Association and other mental health organizations around the country – including our own – have begun to examine, not if, but how, we have been guilty of long-standing systemic racial bias.

Finally, there has been an increased focus on sexual orientation and gender identity – LGBTIQA+ (lesbian, gay, bisexual, transgender, intersex, queer/questioning, and asexual...among other categories). We believe that psychodynamic psychiatry has a duty to examine and to explore this important aspect of being human.
These topics have entered our clinics and consultation rooms and have affected our patients at a deep psychological level. The AAPDPP leadership, its Scientific Program Committee, and the Co-Chairs of this 66th Annual Meeting in San Francisco, May 18-20, 2023, invite you to address the interface between these physical, social, and psychological shifts in the world we live in, and how our patients and ourselves have been affected by them.

Closer to home, there are other quotidian and exceptional matters that we encounter with our patients - their anxieties, depressive moods, life-stage adjustments, and relationship and work issues. We also want to learn about how clinicians and our patients are being creative, resilient, and even optimistic, in the face of the above-described challenges.

This will be the first in-person Academy Annual Meeting in three years, and we hope to make it a welcoming, engaging, informative, and fun experience in beautiful San Francisco! We are seeking a robust turnout as we move from two- to three-dimensional multi-sensory interactions between and among our Academy members and guests.

The Program Committee will review proposals for:
- Panels
- Paper Sessions
- Symposia
- Workshops

**Deadline for abstract submission is Midnight on October 15, 2022.**

For questions, email (info@AAPDP.org) or call the Academy Office (888-691-8281).

*We are planning for an in-person meeting but that this will depend on what is happening with the Covid pandemic as we get closer to the date of the meeting. By submitting an abstract for this meeting you agree to onsite in San Francisco*

**CLICK HERE TO SUBMIT YOUR ABSTRACT**

**WE HOPE TO SEE YOU IN SAN FRANCISCO!**
ANNOUNCING
The Third Educational Zoom Series

Race, Gender and Climate Have Entered the Chat!
June 16, 2022 - April 20, 2023 from 8:00—9:30 PM Eastern

Chair: Gerald P. Perman, MD, AAPDPP Past President

Thursday, June 16, 2022
Diversity, Equity and Inclusion: Psychodynamic Perspectives on Residency Training in the General Medical Setting
Presented by Anna Dickerman, MD

Thursday, July 21, 2022
The Social Phenomenology of RD Laing: A Re-Appraisal of RD Laing, His Relationship to J-P Sartre, and the Psychotherapy of Schizophrenia
Presented by Vincenzo DiNicola MD PhD

Thursday, September 15, 2022
A Hierarchy of Humor for Clinicians
Presented by David Forrest MD

Thursday, October 20, 2022
Taming the Wild West of Managed Care
Presented by Eric Plakun MD

Thursday, November 17, 2022
The Psychiatrist on the Integrated Care Team: Countertransference and the Problem of the "Difficult Patient" Revisited
Presented by Sherry P. Katz-Bearnot MD

Thursday, December 15, 2022
Culture, Surprise and the Psychoanalyst
Presented by Alexandra Harrison MD

Thursday, January 19, 2023
Humiliation and Oppression: Hidden in Plain Sight
Presented by Richard Chefetz, MD

Thursday, February 16, 2023
When Disavowal Goes Global: The Critical Role of Psychoanalytic Thinking in Overcoming Behavioral Resistance to the Climate Change Response
Presented by Elizabeth Haase MD

Thursday, March 16, 2023
Rescue Fantasies of a Psychiatrist in Society, or, Can Psychiatrists Help Address Social Psychiatric Problems Beyond Patient Care?
Presented by Steven Moffic MD

Thursday, April 20, 2023
Current Development of Concepts of Transference and Countertransference
Presented by Harold Blum, MD

CLICK HERE TO REGISTER

Presentations are FREE OF CHARGE to AAPDPP members, residents and medical students. Non-Member registration fee is $25 per presentation (contact the Academy Executive Office to receive a discount if registering for the entire series: info@AAPDP.org).
Every two years, *Psychodynamic Psychiatry*, the journal of the American Academy of Psychodynamic Psychiatry and Psychoanalysis, awards a Journal prize for the best article published during the preceding two years. For the years 2020-2021 we are proud to announce that the Journal Prize has been awarded to Douglas Ingram, M.D. and Kimberly R. Best, M.D. for their distinguished papers, “The Psychodynamic Psychiatrist and Psychiatric Care in the Era of COVID-19” (*Psychodynamic Psychiatry*, Volume 48, Issue 3, September 2020) and “Five Months Later: The Psychodynamic Psychiatrist and Psychiatric Care in the Era of COVID-19” (*Psychodynamic Psychiatry*, Volume 48, Issue 4, December 2020). The prize of $2500 will be divided by the two authors.

Douglas H. Ingram, M.D., Editor of *The Journal of the American Academy of Psychoanalysis and Psychodynamic Psychiatry* (2001--2011), is Clinical Professor of Psychiatry at New York Medical College. He graduated from Columbia College with a B.A. in 1964. He attended New York University School of Medicine, completing his studies in 1968 following which he accepted a medical internship and psychiatry residency at St. Vincent’s Hospital and Medical Center in New York City. During his residency he matriculated at the American Institute for Psychoanalysis, founded by the psychoanalytic culturalist Karen Horney in 1941. Completing his studies, he eventually became Medical Director of the Karen Horney Clinic and Dean of its Institute. He served as Editor of the affiliated journal, *The American Journal of Psychoanalysis* from 1991 to 2000. The following year he was elected editor of the Journal of the Academy where he also had served as President 1997-98. A member for the American Psychoanalytic Association and the International Psychoanalytic Association, he is the author of nearly 60 peer-reviewed papers spanning a variety of topics in psychoanalysis and psychodynamic psychiatry. He is the editor of the Final Lectures of Karen Horney (Norton, 1987). In the wake of the COVID-19 pandemic, his most recent research has concerned the concept of the therapeutic space and the impact of various venues—in-person, video, telephone—on the therapeutic process.

Kimberly R. Best, M.D. served as Secretary of the American Academy of Psychodynamic Psychiatry and Psychoanalysis (2019-2022) after being a Trustee of the organization from 2009 to 2012. She is also active in the American Association of Directors of Psychiatry Residency Training as a member of its Integrated Care Task Force (2014-2020). Her previous leadership positions include being President of the Philadelphia Psychiatric Society (2000-2001) and the Pennsylvania Psychiatric Society (2007-2008). For the past decade she has been the Director of Psychiatry Residency Education at Albert Einstein Medical Center in Philadelphia. Before becoming a leader in residency education, she worked as a subspecialty certified Consultation-Liaison psychiatrist with a particular interest in Infectious Diseases. Dr. Best’s educational journey includes graduating from Penn State University with a B.A. and completing her M.D. at Jefferson Medical College in 1978. She completed a Psychiatry Residency at Thomas Jefferson University Hospital in Philadelphia in 1982 and was chosen Chief Resident during her last year of training. She then pursued psychoanalytic training at the Psychoanalytic Center of Philadelphia. At present she is Assistant Professor, Clinical Educator Track, Sidney Kimmel Medical College, Thomas Jefferson University. Dr.
Best is the recipient of multiple teaching distinctions, including the Teacher of the Year Award at Albert Einstein Medical Center in Philadelphia in 2003; the Edward Lawlor Award for Contributions to the Profession of Psychiatry, given by the Philadelphia Psychiatric Society in 2005; the Dean’s Award for Faculty Excellence in Teaching, given by Jefferson Medical College of Thomas Jefferson University in 2007; the Daniel Blain Award for Service to the Profession, given by the Philadelphia Psychiatric Society in 2009; and the Nancy C.A. Roeske Certificate of Recognition for Excellence in Medical Student Education, given by the American Psychiatric Association in 2010.

After the first cases of COVID-19 were diagnosed in the United States in January 2020, transmission of the virus spread rapidly. In March 2020 the White House announced the social distancing requirements country wide. In urban areas of the Northeast, especially New York, the first catastrophic wave of hospitalizations and deaths came. Only a few weeks later, on April 13, Drs Ingram and Best convened a teleconference of 50 Academy members to talk about the impact of COVID-19 on their practices, their patients, and themselves. At that time people reported the rapid adoption of telemedicine to deliver psychiatric services but a host of challenges including over-taxed hospitals and psychiatric residents deployed to other areas of the hospital, effects on patients and practitioners of physical isolation and separation and feelings of loss and grief. Some patients were noted to do surprisingly well during this time including patients suffering from social anxiety and paranoia as well as some severely ill bipolar patients. The authors re-contacted the original meeting’s participants 5 months later for follow-up. The disruption had become even more pervasive with spread of the virus, lock-downs, unemployment, political conflict over public health measures, and emerging adverse health impacts on the poor, mentally ill, and minoritized individuals. Psychodynamic psychiatrists reported diverse clinical challenges and difficult personal reactions to the suffering and isolation of their patients and their own selves, families, and friends.

Two and a half years after the onset of the pandemic, the virus continues to ravage the world in waves. By this time much has been written about many aspects of COVID-19. Public health deficiencies in our country included a lack of preparation, conflicting attitudes toward masking and vaccination, and inequities in access to life-saving treatment. The divisive effects of politics on public health have also been widely discussed.

Drs. Ingram and Best’s two papers were among the first reports of how psychiatrists and psychiatric treatment were affected by the epidemic. They wrote about the interpersonal relationship of psychiatrist to patient and the intrapersonal effects of the pandemic on the clinicians. The editors of Psychodynamic Psychiatry congratulate the authors for this unique and very timely set of papers which were among the first to draw attention to the effect of the epidemic on psychiatric clinicians, psychiatric educational programs, and psychiatric patients.

César A. Alfonso, M.D.
Jennifer I. Downey, M.D.
Editors, Psychodynamic Psychiatry

Psychodynamic Psychiatry is the official journal of the American Academy of Psychodynamic Psychiatry and Psychoanalysis. The Journal is an indexed, peer-reviewed quarterly publication, available both online and in print.

Psychodynamic Psychiatry addresses clinical and biopsychosocial aspects of care in all psychiatric settings. The Journal is interested in advancing concepts related to the psychodynamic theory of the mind and publish manuscripts that report clinical applications of contemporary psychoanalytic theory. The Journal offers academic psychiatrists, psychoanalysts and other psychodynamically interested scholars a platform to disseminate state-of-the-art research. Each issue includes a variety of articles, balancing the number of published original research studies with clinical articles, reviews, case reports, brief communications, and manuscripts that describe psychodynamic and psychoanalytic educational strategies.

Information for authors: Click Here

Psychodynamic Psychiatry Publisher website: https://guilfordjournals.com/journal/pdps
Ann Louise Silver left us last night (September 12, 2021) after falling into a deep coma that day, according to what Stuart, her husband, told me by phone today. She had no worsening of pain, but became unresponsive and died on the way to the hospital. I was touched that Stuart thought to call me. I respected Ann and genuinely liked her too. Her lively sense of humor and friendly demeanor made my shaky arrival into the Academy a little less scary! Ann was a serious scholar and a creative thinker. She trained under Frieda Fromm-Reichmann and Harold Searles and became involved with the humanistic philosophy and approach of the great Maryland Training Center at Chestnut Lodge, which she went on to direct. The classic of psychoanalytic cinematography, “David and Lisa,” was composed and filmed there and was a striking departure from the rigidity of technique that pervaded the field at that time. The notion of treating patients rather than pathological entities was part of the process of creating a more empathic therapeutic milieu and became a central aspect of many theories, such as Horney and Sullivan.

The attraction to this type of work was central to Ann’s passion for the field, and aside from writing the quintessential textbook on the psychoanalytic treatment of psychoses, she frequently lectured on the subject. My own work with understanding delusional patients became a source of much sharing of ideas and even lecturing together at the New York Medical College Institute and in Academy meetings. Ann was a strong opponent of the stifling effect resulting from over-zealous neuroleptic administration often seen in hospital settings. In our classes, many a resident would walk out wide-eyed amazed that “such deep change could happen without medications!” She wholeheartedly believed in the power of trust, sincerity, and insight to effect lasting changes. She did NOT like mere masking of symptoms, and though admitting that this would be a positive step, it certainly could not substitute for seeking the intrinsic dignity of the self. She embraced many theoretical approaches though awareness and judgment were always superior to pure theoretical speculation, especially as a exercise in complex diagnostic or dynamic thinking, or, as she would put it, glorified mental gymnastics designed to impress. She was elected Academy President about 25 years ago, and, if memory serves me, she found that the politics and debates pulled her away from her primary mission, which always was one of preserving the integrity and value of a deep therapeutic alliance as the most empathic and dignified way to reach severely troubled patients. She came into our world at a time of many changes in technique and approach, but remained a stalwart supporter of the therapeutic process as a means to achieving real change. She was a unique individual, a fine practitioner, and a committed person.

Scott C. Schwartz, MD
Ralph Maxwell Obler, MD, a Psychoanalytic Fellow of the Academy, died on April 14, 2022, at age 95.

Ralph was a stalwart member and supporter of the Academy for many years. He is survived by his wife, June; daughters, Elizabeth (Robert); Katherine (Kenneth); sons, James (Marta) and Richard; many grandchildren and great-grandchildren.

Ralph was born in Elmira, New York, served in the U.S. Navy during WWII, attended Union College, and received his medical degree from the University of Buffalo. He took his psychiatric residency at the University of Colorado Medical Center, and then settled in Los Angeles where he began a private practice of psychiatry. In addition, he completed his psychoanalytic training at the Los Angeles Psychoanalytic Institute. Ralph served on the staffs of the Department of Psychiatry at the UCLA School of Medicine, the Veterans Administration Hospital, and Saint John’s Hospital, in Los Angeles. He taught generations of residents in the UCLA residency program, mentored medical students, and was an active member of the Los Angeles Psychoanalytic Institute.

Ralph found great satisfaction in treating patients, teaching medical students and residents, and being extremely active in the Los Angeles psychiatric community. He joined the Academy, along with several other psychoanalytic colleagues from Los Angeles, including William (“Rick”) Rickles and Clay Whitehead (both deceased). He loved participating in the educational and social activities at Academy meetings over the years. I recall sharing many evenings with Ralph, Rick and Clay at Academy meetings, during which time topics far and wide were discussed, usually over a bottle of whiskey.

In addition to his family and many friends, Ralph loved to travel and to collect art. He especially enjoyed bicycling with June and others on the bike path alongside Santa Monica Bay. The bike rides always ended with lunch at his favorite restaurant (Big Dean’s) on the beach. Ralph treasured the time he spent with his family, friends, patients, students, and professional colleagues. He will be greatly missed.

Myron (Buddy) Glucksman, MD
Dr. Mauricio Cortina, Psychiatric Fellow Member of the Academy, would like to announce the new book he edited with Michael Maccoby, *Leadership, Psychoanalysis and Society* published by Routledge

Dr. Graeme Taylor, Psychoanalytic Fellow Member of the Academy, announces a recently released book titled *Willem de Kooning’s Women: A Psychoanalytic Exploration*, published by International Psychoanalytic Books (IPBooks). One of the endorsements on the back cover is written by Ronald Turco, a past-president of the Academy.

**MERICAN ACADEMY OF PSYCHODYNAMIC PSYCHIATRY AND PSYCHOANALYSIS NEWSLETTER ANNOUNCEMENTS**

We would like to publish your personal news and/or accomplishments in the Academy Newsletter, our informal membership communication. Promotion? New Publication? New Grandchild? Whatever you would like to share with your colleagues.

We look forward to hearing from you!