



Symposium 2018

Saturday, April 14, 2018

Mount Sinai Medical Center
Goldwurm Auditorium
Madison Avenue & 98th Street
New York City

Man with the Blue Guitar (Wallace Stevens):

The man bent over his guitar,
A shearsman of sorts. The day was green.
They said, "You have a blue guitar,
You do not play things as they are."
The man replied, "Things as they are
Are changed upon the blue guitar."
And they said then, "But play, you must,
A tune beyond us, yet ourselves,
A tune upon the blue guitar
Of things exactly as they are."

Metamorphoses (Ovid):

The worms which cover leaves with their white threads,
a thing observable by husbandmen, will change themselves
to funereal butterflies.

Karen Horney, MD:

There is no good reason why we should not develop and
change until the last day we live.

Perhaps nothing is more near to our experience than change. Day passes into night. The seasons change. A moving object eventually comes to rest—as we do.

Our life has its cycle. During the first year, an infant begins to walk and talk. Midlife he may find satisfying work, marry and have a family, and perhaps learn some valuable lessons. Toward the end, he may gain more self-realization and acceptance. Each stage of life can be an opportunity for personal growth and self-betterment.

The American Psychological Association reports that 25 percent of adult Americans currently have a mental illness and 50 percent will have one during their lifetime. So the majority of people will suffer from anxiety, depression, psychosis or another mental ailment. Symptoms are often an indication that something needs to change. Many people get better on their own or with the help of friends and family. They overcome problems such as alcohol, smoking and other addictions. We speak of behavioral change.

Treatment is one way we as psychoanalysts, psychiatrists, and other mental health professionals can be useful. Some people need professional help to overcome traumatic stress and difficulties. Others may utilize psychotherapy for personality issues that make it hard to function effectively in the world or be content. We help people to feel better and more whole, to learn and grow, to be more productive or freer.

Such changes can be measured behaviorally or by assessing internal states of mind. They may be recorded, imaged and analyzed. A quantitative approach helps inform and develop our field as a science. It improves the work we do as clinicians although, of course, is not a substitute for insight and understanding. Real change is a personal process—desired, struggled for, earned. It may be like a slow and steady thaw or a sudden shatter. But we see it: *Look! Up in the sky...* The chrysalis becomes a butterfly.

This progress impacts not only our therapeutic approach and technique but also psychoanalytic teaching and institutions. We learn from our work and the people we work with clinically. We learn from our colleagues and students. We learn from personal experience and the world around us as well as books and journals. Hopefully, we also grow professionally and personally. We change too.

—Ahron Friedberg, MD

INTRODUCTION

8:45 am to 9:00 am

Art Lynch, PhD

LUNCHEON

12:45 pm to 2:00 pm

PANEL 1

9:00 am to 11:00 am

Chair and discussant:
Robert Michels, MD

Presenters:
Glen Gabbard, MD
Anthony Bass, PhD
Sharone Ornstein, MD
Theodore Jacobs, MD

How psychoanalysis changes us: The effect of psychoanalysis on both patient and analyst

This panel addresses the changes that both the psychoanalyst and patient go through as part of the psychoanalytic process. It also considers the mechanism of actions that account for such changes (e.g., insight and understanding).

After attending the presentation, participants will be able to:

- Discuss aspects of change that occur in psychoanalyst and patient as part of the psychoanalytic process.
- Describe clinical material that demonstrates such changes in the psychoanalytic situation.

PANEL 3

2:00 pm to 4:00 pm

Chair and discussant:
Kerry Kelly Novick,
AB, BA

Presenters:
Kenneth Eisold, PhD
Henry Friedman, MD
Susan Vaughan, MD

How analysis has changed and is changing: Psychoanalytic technique, education and politics

This panel addresses how psychoanalysis as a professional discipline has changed, and is changing, in terms of educating candidates, politics, and alternative therapeutic modalities.

After attending the presentation, participants will be able to:

- Discuss aspects of psychoanalysis that relate to training candidates and factors considered outside the psychoanalytic situation (e.g., education, politics, alternative therapeutic approaches).
- Describe how these aspects of psychoanalysis impact clinical technique.
- Identify advances to teaching psychoanalysis and clinical practice.

PANEL 2

11:15 am to 12:45 pm

Chair and discussant:
Steven Ellman, PhD

Presenters:
Marianne Leuzinger-
Bohleber, PhD
Heather Berlin, PhD
Jeffrey Miller, MD
Margaret Zellner,
PhD, LP

How change looks in psychoanalysis: Recording, measuring, and observing change in psychoanalysis

This panel addresses how change can be recorded, examined, and measured in psychoanalysis using rating scales, functional imaging, and other measures.

After attending the presentation, participants will be able to:

- Discuss how change in the patient can be measured, quantified, and assessed.
- Describe how measurable changes relate to the patient's internal state of mind and subjective experience.
- Explain how knowledge about scientific approaches and techniques apply to quantifying change in clinical practice.

WRAP-UP DISCUSSION/Q&A

4:00 pm to 4:30 pm

Chair and discussant:
Ahron Friedberg, MD



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ON CHANGE

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6.0 CE CONTACT HOURS

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THE PRESENTERS

■ Anthony Bass, PhD

is on the teaching and supervising faculty at many institutes and training centers, including the New York University Postdoctoral Program for Psychoanalysis and Psychotherapy, the Columbia University Center for Psychoanalytic Training and Research, the National Institute for the Psychotherapies, the Institute for Relational Psychoanalysis of Philadelphia, and the Stephen Mitchell Center for Relational Studies, of which he is a founder and president. He is the author of many journal articles and book chapters focusing on the therapeutic relationship, unconscious communication between therapist and patient, the relational turn in psychoanalysis, and the mutuality of therapeutic relations.

■ Heather Berlin, PhD

conducts research to better understand the neural basis of impulsivity, compulsivity, and emotion with the goal of more targeted treatment. Dr. Berlin has conducted clinical research at hospitals in both the US and UK, including Bellevue Hospital and the Institute of Psychiatry in London. She is a Visiting Scholar at the New York Psychoanalytic Society and Institute, and was a Visiting Assistant Professor at Vassar College, and a Visiting Lecturer at the Swiss Federal Institute of Technology (ETH)/University of Zurich and the Hebrew University of Jerusalem.

■ Ken Eisold, PhD

is a practicing psychoanalyst and organizational consultant who plays a leading role in exploring the extensive and multifaceted unconscious dimensions of our lives. Dr. Eisold is past President of the International Society for the Psychoanalytic Study of Organizations. He is also a former Director of the Organizational Program at the William Alanson White Institute, which he helped to found. A member of the Boswell Group, he has published in the *Harvard Business Review* and provided commentary for *The Wall Street Journal*.

■ Steven Ellman, PhD

was a faculty member in the Doctoral Program in Clinical Psychology at City University of New York (CUNY) for many years. He was previously Director of the Program and is now Professor Emeritus at CUNY. He is a training analyst (Fellow) and faculty member at IPTAR and was President of IPTAR twice. He was the first President of the Confederation of Independent Psychoanalytic Societies (CIPS). He was recently (2012) the Program Chair of the Congress of the International Psychoanalytic Association (IPA).

■ Ahron Friedberg, MD

is a psychiatrist and psychoanalyst in Manhattan. He is Clinical Professor in Psychiatry at Mount Sinai Icahn School of Medicine and serves as Co-chair of its Psychiatry Advisory Board. He is also Conference Chair of the Symposium, a national meeting held annually at Mount Sinai. He is Book Editor of *Psychodynamic Psychiatry*, and Managing Editor of IPBooks. Recently, he received the Freud Award of the American Society of Psychoanalytic Physicians (2017).

■ Henry J. Friedman, MD

is an Associate Professor of Psychiatry, part-time, at Harvard Medical School and in private practice in Cambridge, Mass. He has been actively involved in critiquing psychoanalytic concepts that have been passed along as “received wisdom,” without the benefit of critical evaluation in light of changing understanding of personal suffering and the context within which it occurs. He is on the Editorial Boards of *The Psychoanalytic Quarterly*, *The Journal of the American Psychoanalytic Association*, and *The American Journal of Psychoanalysis*.

■ Glen O. Gabbard, MD

is Professor and Director of the Baylor Psychiatry Clinic at the Baylor College of Medicine and Training and Supervising Analyst at the Houston-Galveston Psychoanalytic Institute in Houston, Texas. He was previously Director of the Menninger Hospital in Topeka, Kansas. He is the author and editor of more than 15 books and currently is joint Editor-in-Chief and Editor for North America of the *International Journal of Psychoanalysis*. His numerous awards include the 2000 Mary Sigourney Award for outstanding contributions to psychoanalysis.

■ Theodore J. Jacobs, MD

is Clinical Professor of Psychiatry (Emeritus) at The Albert Einstein College of Medicine and training and supervising analyst at The New York Psychoanalytic Institute and The Institute for Psychoanalytic Education where he is also a child supervising analyst. He attended Yale University (BA), with a major in English, and The University of Chicago School of Medicine (MD), 1957. He is the author of two books, *The Use of The Self: Countertransference and Communication in the Analytic Situation* and *The Possible Profession: The Analytic Process of Change*, 70 papers, and a novel, *The Year of Durocher*. He is on the editorial board of several analytic journals.

■ Marianne Leuzinger-Bohleber, PhD

is former director of the Sigmund Freud Institut (SFI) in Frankfurt, Germany, (2010 to 2016), professor emeritus for psychoanalysis at the University of Kassel. She is training analyst of the German Psychoanalytical Association (DPV/IPA). Since 2010, she has been the Vice Chair of the Research Board of the IPA. She is a Visiting Professor at the University College London.

■ Arthur A. Lynch, PhD

is the president and past president of the Board of Directors, Senior Faculty member, and Training and Supervising Analyst at the American Institute for Psychoanalysis. He is an Adjunct Professor at Columbia University School of Social Work since 1983, and was a Visiting Professor and Head of Training for the Chinese-American Psychoanalytic continuous training program at the Wuhan Hospital for Psychotherapy, China, from 2012 to 2017. He has been the Chair of the Psychoanalytic Symposium series from 2011 to 2017. The Symposium is an annual New York-based psychoanalytic conference established in 1997.

■ Robert Michels, MD

is Walsh McDermott University Professor of Medicine, Cornell University, and University Professor of Psychiatry, Weill Medical College of Cornell University. He served as Dean of Cornell University Medical College and Provost for Medical Affairs of Cornell University from 1991 to 1996, and as Professor and Chairman of the Department of Psychiatry, Cornell University Medical College, and Psychiatrist-in-Chief of The New York Hospital, Payne Whitney Clinic and Westchester Division from 1974 to 1991. He is a past President of the American Board of Psychiatry and Neurology, past President of the American College of Psychiatrists, past President of the American Association of Chairmen of Departments of Psychiatry. He is the author of more than 350 scientific articles.

■ Jeffrey M. Miller, MD

completed his residency in psychiatry as well as post-doctoral research training at Columbia University and The New York State Psychiatric Institute, where he is now Director of Brain Imaging in the Division of Molecular Imaging and Neuropathology, and Assistant Professor of Clinical Psychiatry. His clinical and research interests focus on mood disorders, with goals of increasing our understanding of the neurobiology of mood disorders, and predicting treatment outcome with medication and psychotherapeutic interventions.

■ Kerry Kelly Novick, AB, BA

is a child, adolescent, and adult psychoanalyst who trained with Anna Freud and at the Contemporary Freudian Society. A faculty member at numerous institutes in the USA, she also serves as a Councilor-at-Large for the American Psychoanalytic Association, and chaired the IPA's Committee on Child and Adolescent Psychoanalysis. She is a widely published author on clinical, technical, theoretical, and developmental topics.

■ Sharone Ornstein, MD

is Clinical Assistant Professor of Psychiatry at New York Presbyterian Hospital-Weill Cornell. She is a Training and Supervising analyst and former Chair of Curriculum at Columbia Center for Psychoanalytic Research and Training. She teaches psychiatry residents at Cornell and psychoanalytic candidates at Columbia. Her most recent publication, co-authored, is *Self-Experience within Intersubjectivity: Two Clinicians' Use of Self Psychology*, a chapter in *Introduction to Contemporary Psychoanalysis: Defining Terms and Building Bridges*.

■ **Susan C. Vaughan, MD**

is Director, Columbia Center for Psychoanalytic Training and Research. A graduate of Harvard College and Columbia University College of Physicians and Surgeons, she completed her psychiatry residency, research fellowship in affective and anxiety disorders, and psychoanalytic training at Columbia. She has written two books, *The Talking Cure: The Science behind Psychotherapy* and *Half Empty, Half Full: Understanding the Psychological Roots of Optimism*.

■ **Maggie Zellner, PhD, LP**

is the Executive Director of the Neuropsychoanalysis Foundation, and the co-editor of the journal *Neuropsychoanalysis*. She is a licensed psychoanalyst in private practice in New York City, and received her PhD in Neuropsychology from the Graduate Center of the City University of New York. She has been teaching neuroscience to the psychoanalytically-minded since 2002.

ORGANIZERS

- Ahron Friedberg, Conference Chair**
- Arthur Lynch, Program Chair**
- Arnold D. Richards, Former Conference Chair**
- Penny Rosen, Program Consultant**

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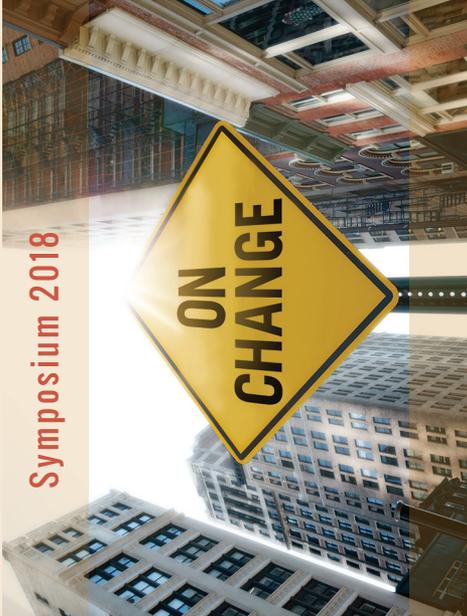
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FEES

	Before 03/20	After 03/20	On-Site
FULL RATE	\$150	\$175	\$215
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