



## **Psychotherapy E-Newsletter**

December 2017

*Dear Colleagues,*

*In this Fall/Winter Newsletter you will find an update from Margo Goldman, M.D. and myself on news and activities of our Psychotherapy Associated Committee. I am most delighted to be joining Margo as co-chair.*

*In addition, we have a brief summary of the 106<sup>th</sup> Annual Meeting that took place in Austin this past June, and some information on the upcoming 2018 National Meeting in February, with previews of special programming and networking events for Psychotherapist Associates.*

*As always, we would welcome and invite contributions for our next E-Newsletter. Please reach out to me if you have any feedback or ideas for the upcoming issue. I look forward to hearing from you.*

*I hope you have a healthy and happy Holiday Season,*

*Simone Hoermann, Ph.D.  
Editor*

### ***What you'll find in this issue:***

- ***Update and news from Psychotherapist Associates Co-Chairs Margo Goldman, M.D. and Simone Hoermann, Ph.D.***
- ***Brief report on APSaA's June 106<sup>th</sup> Annual Meeting in Austin***
- ***Information on the upcoming 2018 National Meeting (February 14-18)***
- ***Call for newsletter contributions***

### ***Psychotherapist Associates Update***

As we prepare for the 2018 National Meeting (February 14-18) in New York, we would like to update you about the Psychotherapist Associates Committee. We are very excited about the PA sponsored scientific programs and our 3<sup>rd</sup> annual networking event

in February listed below. We will also report on some feedback on the 106<sup>th</sup> Annual Meeting as well as news about the PA committee itself.

### **Special Programming for Psychotherapist Associates**

Please look for the Psychotherapist Associates Present Discussion Group (Thursday 2/15), and the Business of Practice Workshop (Friday 2/16), listed in the Preliminary Program.

Click [here](#) to access the Preliminary Program.

The Discussion Group's title is, "What Shapes the Therapist, Shapes the Therapy." We are fortunate to have Robin Deutsch, Ph.D. as discussant, who has professional and personal experience with the impact of one's therapist's life events on the treatment process.

Michael Groat, Ph.D. (a psychoanalytic candidate), will continue to co-chair the Business of Practice Workshop with Jonathan Kersun, M.D. They have arranged a terrific program about increasing treatment frequency, with a return engagement of Past President Mark Smaller, Ph.D. as discussant.

Click [here](#) to access the flyer describing both sessions.

We have also provided a broader list of sessions especially relevant to psychotherapists, available on the new [Psychoanalytic Psychotherapy Track](#) page of the Meeting Section of the APsaA website.

Click [here](#) to access the sessions geared for psychotherapists.

### **Networking and Socializing Opportunities**

Please join us for the [Psychotherapy Department's Dine Around](#) (Tuesday 2/13) and the evening [Psychotherapy Networking Reception](#) (Friday 2/16), all listed in the Preliminary Program.

Current and potential Psychotherapist Associates are also welcome to attend an informal "Dutch Treat" brunch immediately following the Thursday morning PA Presents Discussion Group. Details will be provided after registration closes.

### **106<sup>th</sup> Annual Meeting - June 2017, Austin, Texas**

June's conference offered a rich and stimulating program. We received positive feedback about the PA Presents Discussion Group "Using Self-Disclosure to Facilitate Introjection". Thank you to Judith Logue, Ph.D. for chairing the discussion group, President-Elect Lee Jaffe, Ph.D. for his discussion and Jennifer Gardner, LCSW for a fascinating case presentation. A successful Psychotherapy Department networking lunch also occurred, thanks to the able planning of Committee member Petra Pilgrim, M.D.

### **Psychotherapist Associates Committee Update**

The PA Committee members are actively engaged in program planning, newsletter editing, event planning, networking and outreach. We enjoy representation from a wide range of geographic locales and professional backgrounds.

Since June, the following changes have occurred:

- Jacques Gourguechon, M.A. stepped down as Committee Co-Chair, for personal reasons, but will continue as a PA Committee member. Simone Hoermann,

Ph.D. has accepted the position of Committee Co-Chair, and we look forward to working together.

- Robyn Stukalin, LCSW has resigned from the Committee and as co-chair of PA Presents Discussion Group due to family commitments.
- Margo will continue chairing the Committee and the PA Presents Discussion Group, with Petra Pilgrim, M.D. as new D.G. Co-Chair. Petra will also continue to explore a possible collaboration with Jeffrey Taxman, M.D. and the Committee on Psychoanalysis in the Community.

We wish Jacques well and hope he can return as an active PA Committee member soon; we greatly appreciate Robyn's involvement during the past few years, we'll miss her and hope she'll be back soon.

**Seeking additional committee members:** As you can see, our Committee has been working hard, but there is more to accomplish. We welcome newcomers with fresh ideas and enthusiasm about bolstering the future of psychoanalytic psychotherapy. We aim to add committee members from the West Coast, Southeast, Rocky Mountain region and the Midwest/Heartland area. If anyone is interested in being on the PA Committee and can represent one of these areas, please contact either Margo or Simone to arrange to meet with us during the February 2018 National Meeting.

**We have one final reminder:** For current PAs, *please be sure to renew your affiliation* when you receive your 2018 invoice. Talk to your psychotherapist friends and colleagues about the tremendous benefits of joining the **Psychotherapist Associates**. Peruse the [APsaA website](#) for information about our work, advanced [psychoanalytic psychotherapy training programs](#), the [PA Directory](#) and February's [2018 National Meeting](#).

*Please remember to share these links with your colleagues, to help us expand our reach.*

We look forward to connecting with you either before or during the New York meeting. Please do not hesitate to contact us if you have additional questions or suggestions.

Warm regards,

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Simone Hoermann, Ph.D.  
Co-Chair, Psychotherapist Associates Committee  
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## ***Report from APsaA's 106<sup>th</sup> Annual Meeting - Austin, Texas***

The 106<sup>th</sup> Annual Meeting took place from June 9 to 11 in Austin this year. The program was rich and varied, and included among other events a Town Hall Discussion on Race and Borders; A symposium on "Otherness"; Discussion Groups on the Comparison between Psychoanalysis and Psychodynamic Psychotherapy, on History of Psychoanalysis, or on Integration of Psychoanalysis and Couples treatment; Panels on Psychoanalytic Perspective on the Gun in American Culture, and on New Developments and Challenges In the Analyst as A Group Therapist.

There were many opportunities to meet and connect with other APsAA members, including the opening night party with food and dance lessons, the Ernest and Gertrude Ticho Memorial Lecture Reception, as well as a barbecue dinner with live Blues music and an exhibitor breakfast.

Specifically for Psychotherapist Associates, the *Psychotherapist Associates Present Discussion Group* was chaired by Judith Logue, Ph.D. with President-Elect Lee Jaffe, Ph.D. for his discussion and Jennifer Gardner, LCSW as presenter. The topic of this special programming for Psychotherapist Associates was the use of self-disclosure to facilitate introjection. The Psychotherapy Department lunch offered an opportunity to connect with fellow PAs in an informal and relaxed setting.

Simone Hoermann, Ph.D.



## Registration for the 2018 National Meeting in New York City from February 14-18 is NOW open. Register Today!



### Look out for our special programming:

- **Discussion Group:** “What Shapes the Therapist, Shapes the Therapy.” With Robin Deutsch, Ph.D. as discussant, and The Business of Practice Workshop with Jonathan Kersun, M.D., Michael Groat, Ph.D., and Past President Mark Smaller, Ph.D. as discussant.

### Don't Miss the Fun Social Events at the 2018 National Meeting

- ◆ Please join us for our Dine Around (Tuesday )
- ◆ An informal Dutch Treat Brunch (Thursday)
- ◆ The Psychotherapy Networking Reception (Friday)

See [Preliminary Program](#) for all the details.



## ***Are you interested in contributing to the next Newsletter?***

Are you interested in writing a summary of one of the panels, symposia, discussion groups, or workshops at APsaA's 2018 National Meeting this February? Do you have any other contributions in mind that you think might be of interest to fellow Psychotherapist Associates, such as articles about books or movies, talks, or research reports?

**Please contact Simone Hoermann, Ph.D., Editor, [sh@simonehoermann.com](mailto:sh@simonehoermann.com) with suggestions, inquiries, or regarding contributions to the Psychotherapy E-Newsletter.**

**Information:** Please click on the link for information on joining APsaA's Psychotherapist Associates. Benefits include a discounted meeting fee. Or contact APsaA's Membership Services Assistant, Bronwyn Zevallos ([membadmin@apsa.org](mailto:membadmin@apsa.org)) to receive a brochure.

You are currently on APsaA's list to receive the *Psychotherapy E-newsletter*. If you do not wish to receive future issues, please let us know by sending an email containing your name to **APsaA's Manager of Membership Services, Debbie Steinke Wardell** ([dsteinke@apsa.org](mailto:dsteinke@apsa.org)), and we will remove you from our e-newsletter distribution list.

12/5/17

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## **E-Newsletter Amendment**

December 2017

*Dear Colleagues,*

*The last E-Newsletter was sent before we could include two more articles about special programming at the 106<sup>th</sup> Annual Meeting in Austin, Texas last June. One is an interview with Jennifer Gardner about the Psychotherapist Associates Presents Discussion Group on Self-disclosure. The other is a report on the Discussion Group comparing Psychodynamic Psychotherapy and Psychoanalysis.*

*We are sending them now, because this is also a good opportunity to remind you that the January 9<sup>th</sup> registration deadline for APsaA's 2018 National Meeting (February 14-18) in New York City is approaching. We are listing all the special programming and networking events for Psychotherapist Associates below so you have them at a glance.*

*We hope you will enjoy this amendment and hope to see you in February.*

*Happy Holidays,*

*Simone Hoermann, Ph.D.*

*Editor, Psychotherapist Associates E-Newsletter*

### ***What you'll find in this issue:***

- ***2018 National Meeting (February 14-18) programming***
- ***Interview with Jennifer Gardner, LCSW about June's DG on Self Disclosure***
- ***Report on DG on Psychoanalysis and Psychoanalytic Psychotherapy***
- ***Call for newsletter contributions***

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***Registration closes January 9, 2018***





## Special Programming for Psychotherapist Associates at the 2018 National Meeting

- ◆ Thursday 2/15: Psychotherapist Associates Present Discussion Group: “What Shapes the Therapist, Shapes the Therapy.”; Followed by informal Dutch Treat Brunch
- ◆ Friday 2/16 : The Business of Practice Committee Sponsored Workshop: Increasing Treatment Frequency
- ◆ Tuesday 2/13: Psychotherapy Department Dine Around
- ◆ Friday 2/16: Psychotherapy Networking Reception

Click [here](#) to access the Preliminary Program.

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### *Report from APsAA's 106<sup>th</sup> Annual Meeting (June 9-11) Austin, Texas*

***Psychotherapist Associates Presents: Discussion Group: Facilitating Introjection through Therapist Self Disclosure with Jennifer Gardner, LCSW, Lee Jaffe, Ph.D. and Judith Logue, Ph.D.***

***An Interview with presenter Jennifer Gardner, LCSW***

**By Simone Hoermann, Ph.D.**

*SH: Jennifer, you presented in the Psychotherapist Associates Discussion group in Austin with Judith Logue, Ph.D. as moderator and Lee Jaffe, Ph.D. as discussant. Thank you for taking the time to tell us about your DG and your experience presenting. First, could you tell us a little bit about yourself?*

*JG: Well, I've lived in Houston my whole life. I started my career working with children and families in crisis, and working therapeutically with family systems. That means very often stabilizing an acting-out child who is the identified patient, and putting together a treatment plan for the family. I did a lot of workshops and trainings, went to schools and homes, and gave talks all over Texas on topics related to attachment and social and emotional growth. I did my postgraduate training at the Menninger Clinic and am still working with them as a consultant. I have a full time private practice and am in the Adult Candidacy program at the Center for Psychoanalytic Studies. I specialize in working with attachment trauma and a lot of my patients are parents*

who had attachment trauma and did not have any good role models - when they have children, sometimes the attachment trauma wakes up when they enter into the parent role. In addition, I give a lot of trainings and presentations.

*SH: How did you decide to present?*

JG: The chair of the Psychotherapist Associates Committee, Margo Goldman, M.D. invited me to present, via my friend Michael Groat, Ph.D. who also worked with Margo on the committee.

*SH: Could you tell us about the topic you were presenting on?*

JG: The discussion group was about whether and how to use self-disclosure in the therapy process. Some people do not use it at all and some people use it for selective reasons. All of the information so readily available on the internet about people, including therapists, certainly adds another layer to this question. There are situations when I use self-disclosure working in the parenting role.

*SH: Could you explain what you mean by that?*

JG: When I work with a parent, I tend to use self-disclosure selectively in my work with parents, whereas I typically would not in other clinical situations. The parents I work with very often do not have healthy modeling for parenting and for dealing with some of the experiences and feelings that can come up when one becomes a parent. They can become afraid of turning into a monster, into an abuser. Our panel discussion was about how much and for what purpose to disclose. We talked about the idea of facilitating introjection within the therapeutic relationship as a way of internalizing secure attachment models.

Maybe it would help if I told you a little bit about how the Discussion Group was structured. Our session started with Lee Jaffe, Ph.D. giving didactic information on the 6 generic modalities of therapeutic action to establish a context for introjection. He provided a foundational lens to look through for the presentation. I presented my case. Afterwards, there was not a quiet moment. We had a lot of back and forth in terms of certain moments of the therapy process and different directions the treatment could take, and how much need there was for self-disclosure, as well as its timing.

*SH: Were there any main takeaways, any main points that came out of the discussion for you?*

JG: The main takeaway was that when using self-disclosure, it is important to think about the purpose and timing. It is less about relating to the patient and more about providing a working model within the context of an established relationship. Self-disclosure is not as useful early in the relationship when we don't know how the patient will use it. A cautionary point is that the self-disclosure could lead the patient to think that, because the therapist experienced or dealt with things in a certain way, they should do the same thing. It could be experienced as prescriptive. Self-disclosure should be used sparingly and with purpose at the right time.

*SH: Would you be comfortable sharing with us what the experience of presenting was like for you?*

JG: Yes, I thought it went really well. I had presented before in New York. This discussion was great, I was very comfortable with Lee. He and Judy were so welcoming and warm. It was really helpful and I used the ideas when I came back. It helped deepen the treatment afterwards. The comments from the group, too, were so helpful, we were all thinking about the case.

*SH: This might be encouraging for people who might consider presenting.*

JG: If anyone were to ask, I would say it was a great opportunity. Everyone was very supportive.

*SH: Thank you very much for this interview Jennifer.*





## **Discussion Group: Psychoanalysis and Psychodynamic Psychotherapy: A Comparative Consideration of Method, Technique, and Therapeutic Action**

**By Simone Hoermann, Ph.D.**

The goal of the panel chaired by Ralph Beaumont, M.D. was to deepen our understanding of the relation between psychoanalysis and psychodynamic therapy. Lisa Madsen, M.D. and Cynthia Playfair, M.D. each provided thought-provoking case presentations: one describing a treatment process of psychodynamic psychotherapy, the other describing a treatment process of psychoanalysis. This allowed for a discussion and comparison of the two different modalities side-by-side.

The focus was not on which approach is superior but rather on which approach works for which patient. Looking at it through this lens, the two modalities are considered on a continuum.

The two most obvious distinctions typically observed between the modalities are the matter of frequency, and the matter of sitting in a chair versus lying on the couch. Discussant Glen Gabbard, M.D. moved the considerations beyond these questions. He emphasized that the type of intervention used is a key element of distinction. Thus, psychotherapeutic interventions can be thought of on a continuum from supportive interventions (for instance, clarification, confrontation, education) to interpretive interventions. Psychotherapy relies more heavily on the former and psychoanalysis more frequently makes use of the latter. Important criteria for the choice of intervention are the patient's ability to reflect and the way they process and respond to interpretations. It was argued that these abilities could also be associated with the question of frequency. In other words, the frequency of sessions and the amount of time between sessions might impact the process of reflection.

Members of the audience were actively engaged in a rich and stimulating discussion. There seemed to be consensus that treatment should be tailored to the patient and not the other way around. In that respect, the patients' response to interventions is a critical guide for determining the modality. The way Glen Gabbard, M.D. poignantly put it appeared to resonate with many audience members: "The patient is your best supervisor".



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12/28/17