

# ACADEMY FORUM

Vol. 67, No. 2 - Fall 2022



The American Academy of Psychodynamic Psychiatry and Psychoanalysis



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### Cover Photo

by

**Joseph R. Silvio, MD**

**President, American Academy of Psychodynamic Psychiatry and Psychoanalysis**

The male wood duck is among the most beautiful of waterfowls in the world. I dreamed for years of being able to photograph one close up and in the open. Last year I had my chance when they started to appear on the C&O Canal in suburban Maryland, probably an unexpected benefit of global warming.

## Editorial Policy for THE ACADEMY FORUM

Articles may be submitted to the editor of this magazine by anyone who wishes to write about topics related to psychoanalytic psychiatry.

Authors who submit an article to THE ACADEMY FORUM magazine for publication agree to all of the following:

1. the editor may proofread and edit all articles for content, spelling and grammar.
2. the printing of the article in THE ACADEMY FORUM and the printing date and placement are at the discretion of the editor.
3. the author of the article may submit his/her article published in THE ACADEMY FORUM to additional magazines for publication after obtaining permission from THE ACADEMY FORUM.
4. THE ACADEMY FORUM does not normally accept previously published articles but may do so at the discretion of the editor.

### Criteria for Submission:

1. All articles must be sent electronically as an attachment in a Word file (or text file) to [articlesforforumeditor@gmail.com](mailto:articlesforforumeditor@gmail.com). Any pictures embedded in the file must be high quality JPG files of each picture used.
2. Articles should be 1,000 to 2,500 words in length although the editor may make exceptions. Book reviews should usually be approximately 1,500 words. Please note that lists and examples take up room and decrease the number of words allowed.
3. Submissions should be of interest to the membership of the American Academy of Psychodynamic Psychiatry and Psychoanalysis including medical students, psychiatric residents, academic psychiatrists, research psychiatrists, psychiatrists in private practice, and psychiatrists working in the public sector.
4. Articles should be educational, new, informative, controversial, etc. Adequately disguised case vignettes with an informative discussion are welcome.
5. Although we edit and proofread all articles, PLEASE spellcheck your document before submitting it for publication. Be especially careful with names and titles.
6. Please use a word processor such as Microsoft Word and do not attempt to do fancy formatting. It does not matter whether you use a PC or a Macintosh computer. Do NOT use old, outdated programs as we may not be able to open the files.
7. Any photographs being submitted for publication must be clear and have excellent contrast. Please include a note with names of people in the photo or a description of what it shows.
8. Electronically created images should be in JPG format at 300dpi. JPG formatted images should be actual size or larger. Small JPG images will distort when enlarged, but larger ones look fine when made smaller.
9. Since editing submissions for publication is time consuming, we ask you to:
  - a. Never use the space bar more than once in succession. This includes at the end of a sentence after the period.

- b. If you want more than one space, use the tab.
- c. Space once before or after using a parenthesis. For example: (1) Freud or Freud (1)
- d. Space once before and after using a quotation mark. For example: John said, "Your epigenetic model was spot on." Then the research ended.
- e. Any articles that contain pictures of any kind must include the actual picture file in addition to the article.
- f. If something comes up at the last minute, call or email to see if you still have time to submit your article for that issue.

### Deadlines for Article and Ad Submission

- THE ACADEMY FORUM is published electronically in October (the Fall issue) and in April (the Spring issue).
- Confirmation for submissions are due seven weeks prior to the month of publication.
- Copy (articles) is due four weeks before publication.

### ADVERTISING

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The Academy Forum welcomes contributions from readers. All manuscripts must be submitted in computer-readable format. All manuscripts are subject to editing for style, clarity, and length. All communications, including manuscripts, queries, letters to the Editor and changes of address should be addressed to: Ahron Friedberg, MD, at [ahronfriedberg@gmail.com](mailto:ahronfriedberg@gmail.com).

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# MESSAGE FROM THE EDITOR

Ahron Friedberg, MD



We are pleased bring our members the Fall issue of our Academy Forum.

In his Message from the President, Dr. Joseph Silvio aptly applies the idea of Existential Uncertainty to the national and global crises we help our patients deal with: global warming with its wildfires, droughts, rising seas; the

pandemic with over 1 million American deaths; school shootings, political social hostilities, etc.) He believes that as psychodynamic psychiatrists we play a crucial role in our daily practices with patients and educating the general public. Like many of us, I concur and support his initiatives on our behalf.

In our Letters, Announcements and Reports, Dr. Jennifer Downey and Dr. César Alfonzo, Editors of Psychodynamic Psychiatry, announce that the prestigious Journal Prize has been awarded to Douglas Ingram, MD and Kimberly R Best, MD 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).

Dr. Sherry Katz-Bearnot shares with us the selection of two terrific Teichner Awardees this year, Dr. Carlos Velez, Director of Psychotherapy Education at University of Texas, San Antonio, and Dr. Martin Klapheke, Psychiatry Residency Program Director at UCF College of Medicine, Orlando.

Dr. Gerald Perman reminds us of our 66th AAPDPP Annual Meeting *Race, Gender and Climate have Entered the Chat: Psychodynamic Considerations* in San Francisco, CA, May 18-20, 2023. Deadline for paper submissions is October 31, 2022.

Further, Dr. Alfonzo informs us about the International Federation for Psychotherapy and the upcoming 23rd World Congress of Psychotherapy in Casablanca, Morocco. A clinical symposium, sponsored by AAPDPP, will feature our members Drs. Sherry Katz-Bearnot, Jennifer Downey, and Timothy Sullivan among others.

Finally, Dr. Adam Katz shares a poignant essay about his family reunion and an object lost and found.

Original Articles begins with an elegant piece by Dr. John Tamerin on the untapped use of music in the treatment and emotional lives of our patients. While

words are the currency of our work, music (our voices, their tone, rhythm) is what conveys meaning. It is surprising that music has not been seen as more of a resource as an adjunct to psychotherapy.

Dr. Henry Lothane, a consummate psychoanalyst and scholar, makes an exceptional contribution about the free associational process in psychoanalysis and its links to neuroscience.

Dr. Peter Olsson continues his work on former President Trump, this time locating Trump’s tragic flaw in his narcissism of winning at all costs. I think there is little doubt that flaw has contributed to the issues that he and our democracy now face.

Dr. Eugenio Rothe makes an important and timely contribution about the mind of the school shooter with an eye toward treatment and prevention. Its relevance is obvious not only to psychodynamic psychiatrists but to all parents and their children.

Dr. Nathan Szajnberg elucidates the complexities of patient referrals as training cases and the necessarily imperfect solutions that institutes devise. He beautifully brings to life three control cases and honestly describes how they played out.

Finally, Dr. David Forrest gives us a gem on teletherapy. He brings his considerable intellect and astute powers of observation to bear on the differences between teletherapy and in-person therapy in terms of what is lost and, perhaps, also gained with different modalities of treatment.

In our Book Reviews, Ms. Sheridan Goldstein’s excellent review of Malcolm Gladwell’s *Talking to Strangers: What We Should Know about People We Don’t Know* highlights how we are surprising inept at reading people, often with significant consequences personally and in world affairs.

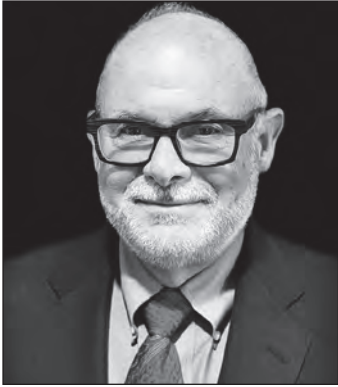
Cornelia Foss in her book review of Graeme Taylor’s *Willem De Kooning’s Women: A Psychoanalytic Exploration* brings her unique perspective as an accomplished artist.

In Memoriam notes the passing of Harold Eist, MD, and Brian Crowley, MD.

We hope you enjoy this issue and increase your knowledge of contemporary issues in psychodynamic psychiatry.

# MESSAGE FROM THE PRESIDENT

Joseph R. Silvio, MD



I've been struck by the simultaneous emergence of two significant phenomena—threats to our survival and the rise of political and social conflict. In wondering how they might be related, I thought of the term Existential Uncertainty, and when I did an internet search, I found it to be a significant

concept in the field of oncology.

“Existential uncertainty is conceptualized as an awareness of the undetermined but finite nature of one's own being-in-the world, concerned primarily with identity, meaning, and choice. This awareness is fundamental and ineradicable, and manifests at different levels of consciousness.

...Humans rely on identity, worldview, and a sense of meaning in life as ways of managing the ineradicable uncertainty of our being in the world, and these can be challenged by a serious diagnosis.” (Dwan and Willig 2021)

According to Kees van den Bos, ....”under conditions of personal uncertainty people may respond especially positively to events that bolster their cultural norms and values and particularly negatively to persons and events that violate these norms and values.”

I see here a link between the rapid emergence of global crises, which I equate in seriousness with a terminal illness, and the rise of extremist political action. In the past few years we have seen the acceleration of the effects of global warming in increases in number and size of fatal wildfires, droughts, floods, heatwaves, and tornadoes. We've seen sea level rise and river flow decline. The direct impact of such events have not only caused loss of home and possessions, but also jobs, community, and personal identity.

In addition, we have endured the Covid-19 pandemic with over 1 million American deaths, schools and businesses closed, socializing severely limited, our sense of safety lost. We have seen a rise in mass shootings and homicides, and the protests for social equality in the Black Lives Matter, Me Too, LGBTQ, and abortion access have encountered violence from elements who feel these ideas threaten their world view and core values. And we see warfare in Europe, Africa, and Asia that threaten our economy and our status in the world. With all this can come existential uncertainty with loss of personal identity, a sense of meaning, and a personal world view. Drowning

in despair, such victims reach for the life preservers of a world view they can embrace (the Federal Government is corrupt and has caused all this devastation), a powerful leader who conveys an air of certainty and infallibility and who promises to restore their lost status and pride, and a community of likeminded believers who bolster their convictions.

As psychodynamic/psychoanalytic physicians, it is important for us to understand the underlying dynamics that lead to extremist beliefs, actions, and affiliations. Sharing our perspectives with each other and our communities may not change beliefs but may defuse the level of hostility. And in our practices, keeping these dynamics in mind may help soften our countertransference to patients who embrace extremist views that run counter to our own core values.

During my Presidency, I hope to bring this crucial issue front and center in our educational efforts. If you have an interest in participating in such an “existential uncertainty initiative”. I would love to hear from you.

With best regards,

Joe Silvio, MD  
President, AAPDPP

## References:

Kees van den Bos) Making Sense of Life: The Existential Self Trying to Deal with Personal Uncertainty .(2009) Psychological Inquiry, vol 20:4

Dwan C, Willig C. Existential Uncertainty in Health Care: A Concept Analysis. Journal of Evaluation in Clinical Practice (2021) vol 27:3

# LETTERS, ANNOUNCEMENTS AND REPORTS

## *Psychodynamic Psychiatry Journal Prize Announcement*

César A. Alfonso, MD

Jennifer I. Downey, MD

Editors, *Psychodynamic Psychiatry*

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, MD and Kimberly R. Best, MD 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, MD



Kimberly R. Best, MD

Douglas H. Ingram, MD, 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, MD 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 MD 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, lockdowns, 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.



**Victor J. Teichner Award**  
By Sherry Katz-Bearnot, MD



Victor J. Teichner, MD

Dr. Carlos Velez, Director of Psychotherapy Education for University of Texas, San Antonio, and Dr. Martin Klapheke, Psychiatry Residency Program Director at UCF College of Medicine, Orlando are our two Teichner winners for this year.

By way of a short introduction to Dr. Velez: His personal story is unique, and the story of how his program came to win the Teichner is also unusual and special. He applied for the Teichner several times before he won (which is not unusual), but we had just decided to organize and Beta-test the Laughlin Distance Learning Initiative with Dr. Allan Tasman in charge the

year before. Two other programs won the Teichner last year, but Carlos' application was so very compelling, the number of residents he needs to train quite large (70!)--we were all convinced that we needed to offer some help. Carlos worked with Dr. Tasman for a year, reapplied for Teichner, and won the Award this year, along with Martin Klapheke. I had the pleasure of working with Dr. Velez on a couple of APA initiatives, and we met in person in NOLA in May.

We hope Teichner Awardees and faculty of their programs will join us at AAPDPP as well.

**66th Annual Meeting**  
**May 18-20, 2023**  
**San Francisco, California**

*Race, Gender and Climate Have Entered the Chat:  
Psychodynamic Considerations*

Program Co-Chairs: Gerald P. Perman, MD, Joseph J. Rasimas, MD,  
Danielle Patterson, MD, E. Grace Cho, MD,  
Douglas Ingram, MD William Butler, M.D

Co-Chairs of Scientific Programs Committee: Kimberly R. Best, MD  
and Joseph J. Rasimas, MD

CME Committee Chair: Silvia W. Olarte, MD

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 – LGBTIQ+ (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.

To receive a copy of the entire Call for Papers document and/or the required Disclosure Form, contact the Academy Office at [info@AAPDP.org](mailto:info@AAPDP.org) or 888-691-8281

Link to submit your abstract online: <https://aapdp.slayte.com/calls/detail/de45f353-e833-11ec-907b-0e0ce905385c/submissions/create>



***WE HOPE TO SEE YOU IN SAN FRANCISCO!***

# The International Federation for Psychotherapy and the 23<sup>rd</sup> World Congress of Psychotherapy in Casablanca, Morocco

César A. Alfonso, MD



The International Federation for Psychotherapy (IFP) is a worldwide organization that promotes psychotherapy practice, research, and educational activities. The Federation is open to professional societies, institutions, and individual members. IFP aims to foster high professional and ethical standards of psychotherapy in practice, research, and training. The Federation furthers an intercultural, interdisciplinary dialogue and mutual learning among psychotherapists, psychotherapy researchers, and social scientists.

The IFP realizes its aims by means of World Congresses, which occur every four years, and regional congresses organized by its 20 member societies. It also works closely with the World Psychiatric Association via interorganizational educational activities. The official journal of the IFP is *Psychotherapy and Psychosomatics*.

IFP has been in existence for almost a century. It started as the International General Medical Society for Psychotherapy in 1934, initially with delegates from Denmark, Germany, Holland, Sweden, and Switzerland, and with Carl Gustav Jung as its first President. By 1958 it had delegates from 13 countries and changed its name to the International Federation for Medical Psychotherapy at a world congress in Barcelona. Presiding the Federation from 1958-1998 were Medard Boss (Switzerland), Pierre-Bernard Schneider (Switzerland), Finn Magnussen (Norway), and Edgar Heim (Switzerland). In 1991, the organization changed its name from IFMP to IFP to be inclusive of psychotherapists from diverse mental health professions besides psychiatry. Presiding IFP subsequently were Wolfgang Senf (Germany), Ulrich Schnyder (Switzerland), Franz Caspar (Switzerland),

and Paul Emmelkamp (Netherlands). In 2018, Driss Moussaoui (Morocco) was elected President, becoming the first non-European leader of the Federation.

The IFP has held 22 World Congresses since its inception. The 23<sup>rd</sup> World Congress will take place (in person, not virtual, not hybrid) on 9-11 February 2023 in Casablanca, Morocco ([www.ifpwc2023.com](http://www.ifpwc2023.com)), under the leadership of President Driss Moussaoui (Morocco), with Norman Sartorius (Croatia) and Ulrich Snyder (Switzerland) as Advisors, and a Scientific Committee chaired by César Alfonso (USA) and co-chaired by Fiammetta Cosci (Italy), Gisele Apter (France) and Thomas Craig (UK). We anticipate attendance between 500 and 1000 delegates from all continents. To date we have other 100 presenters from 31 countries in the preliminary program, including eleven plenary speakers:

1. **Afzal Javed (Pakistan)** “*Psychosocial Treatments and Public Health Needs*”
2. **Norman Sartorius (Croatia)** “*Psychotherapy and Public Health*”
3. **Mark van Ommeren (Switzerland)** “*Integrating Psychosocial Interventions in Routine Health Systems*”
4. **Moussa Ba (Senegal)** “*Caring for the Caregivers in Challenging Situations – Lessons Learned from the United Nations*”
5. **Driss Moussaoui (Morocco)** “*Access to Psychotherapy: For a Better Mental health in the 21<sup>st</sup> Century*”
6. **Dinesh Bhugra (UK)** “*The Psychology of Institutions*”



7. **Ulrich Schnyder (Switzerland)** *“Evidence-based Psychotherapies for PTSD: Differences, Commonalities and Future Directions”*
8. **Jalil Bennani (Morocco)** *“For a New Approach of Traditional and Modern Practices”*
9. **Tom Jamieson-Craig (UK)** *“A Therapist in your Pocket? A Role for Digital Technology in the Delivery of Psychological Therapies”*
10. **César A. Alfonso (USA)** *“Childhood Adversity, Epigenetics, and Psychotherapy as a Biological Treatment”*
11. **Vincenzo Di Nicola (Canada)** *“Take Your Time: Seven Lessons for Young Therapists”*

The 23<sup>rd</sup> World Congress in Casablanca will take place over three full days. There will be seven pre-congress courses on evidence-based psychotherapies aimed at an audience of students, trainees, and early to mid-career professionals.

Another innovative educational activity will be the Interactive Panel of Experts Discussions.

The scientific core of the congress will be comprised of symposia, oral communications, paper sessions, research poster presentations and clinical poster presentations. Ten

Young Investigator Awards with travel stipends will be given for best posters by first authors under the age of 40.

Some symposia are sponsored by specific organizations and academic groups, such as the World Association of Dynamic Psychiatry, the Psychoanalysis in Psychiatry Section of the World Psychiatric Association, the HIV Psychiatry Section of the World Psychiatric Association, the Psychotherapy Section of the World Psychiatric Association, and the Massimo Fagioli Foundation. A symposium on *Clinical Examples of Psychodynamics Used in Everyday Interactions*, sponsored by the American Academy of Psychodynamic Psychiatry and Psychoanalysis (AAPDPP) will feature the following presenters: **Sherry Katz-Bearnot, Jennifer Downey, Timothy Sullivan, Randon Welton and Erin Crocker.**

The IFP is a vibrant organization with a rich and substantial history rooted in psychoanalysis. Casablanca is one of the most prominent and dynamic cosmopolitan cities in Africa. On behalf of the Board of Directors and Council of the IFP, we welcome AAPDPP members to attend the 23<sup>rd</sup> World Congress of Psychotherapy and participate in rigorous academic activities and lively social events and encourage you to safely travel throughout Morocco this coming February 2023.

## Baggage

By Adam Katz, PhD

I arrive at the party wearing a pair of shorts and a bright red tee-shirt. Despite its four good wheels, the suitcase has been weighing me down as I walk with it beside me. I don't really want to go to this party, but it is better to be invited than feel left out. The atrium of the building is huge and gray.

My dad meets me at the door. He always looked sharp on these occasions—studs shining black and gold, bowtie tied just so, neck a little red from the shaving, but that's ok. Interspersed threads of grey and black looking elegant as highlights. I guess because I've seen him in just a shirt and underwear, this version of him always seems incongruous to me. Maybe it's jealousy. I never learned to do what he is doing.

Our beards do that funny thing they do when they touch. When we pull away, he sneers a little bit at my outfit. There will be somewhere to change. But there is my cousin Arnold, who just had his bar mitzvah a couple of years ago, looking tall and fine. He smiles sheepishly as I go in for the hug, but he extends his hand to shake.

I start looking around for a bathroom, but he's leading me by the arm, asking me how my trip was and commiserating that I wasn't able to even go unpack at the hotel (I'm crashing on a friend's couch). And now, hey, here is another cousin. I grew up with her, and even though she now works at some bank, I feel really pleased

to see her. She, too, glances briefly at my tee-shirt and shorts, then renews eye-contact, as if to ask, “Really?”

“Oh, don't give me that look. As soon as I find a bathroom I can duck into, you're going to see a whole new—“

“Ok, let's find one.”

You can already hear the merry din, and there are slim, elegant women in cocktail dresses standing by the door chatting—like they came out to ‘get some air’ but didn't find any because we're half a mile from the front entrance. I feel my clothes like tar and feathers. There is a table topped with brightly colored parcels, and little kids are running around the way they always do, only this time when they fall, they will split the knee of a nicer pair of pants than the pair they would usually have on. My cousin pulls me along.

Past the table laden with brightly colored presents, another table is laden with huge steel trays, heated by sterno, with meat and grilled vegetables, surrounded by condiments and stacks of plates and napkins and... I feel a deep growling in my stomach. Carolina is still holding my arm protectively as she asks the woman where the men's bathroom might be. Is the woman hungry? Does she get to eat the same food we do? How many parties does



she have to go to like this in a week? Carolina is saying something to me. I don't catch it, but she says again:

"This way. Where's your suitcase?"

I look around and the growl in my stomach is replaced by the bottom dropping out. The room starts to lose color at the edges, and I feel dizzy and panicked and there are goosebumps on my arm. I start running back to the door and run smack into the uncle just back from Dubai.

"How are you?" He always has a smile when we see each other, even though that's only at events like this. If he notices my outfit, his reaction doesn't reach his face.

"I—I need to go."

"But how have you been?"

"Oh. You know. Fine." "And how's the—the—"

I disengage from his hands and run back past the brightly colored food tables, the brightly colored gift-table, the brightly colored clothing of the children gamboling in between chit-chatting young women in brightly colored cocktail dresses, and back out through the doors of the event space into the drab hallway. I look in all those places—under the tables, in the corners, between

the guests, but I already know it isn't there. I must have put it down when I put my arms around my father, and not picked it up again.

By the vending machines, right? Just up ahead. I can see the bright colors. My stomach feels like it's trying to digest an anvil. My eyes water but somehow feel like they are also burning. Self-recriminations march across my mind like a stock-ticker: *You moron. You always do crap like this. What is wrong with you? Why can't you just pay attention? Everyone in there takes care of their stuff before they get to the party, and you just waltz in there with your stupid shirt and your stupid shorts and—it's there.*

I tackle it like we're two puppies sporting with each other in the park. All the fear and misery floods away and for an eternal moment, I feel warm and safe. My breath won't slow down. My eyes won't stop leaking tears.

The self-recriminations won't stop ticking across the screen of my thoughts. This is why you lost your job. This is why you had to ask your mom to buy you the plane ticket. This is—

I feel hands on my shoulders, and look up through eyes blurred with tears. Dad is there with Carolina. They came outside—why? To see if I needed help? If I'm alright? How long have I been sitting here? I'm not. I'm not alright, and I don't know why.

## ORIGINAL ARTICLES

### Music as a Source of Wellness and as a Useful Adjunct in Psychotherapy

By John S. Tamerin, MD



In psychodynamic psychotherapy, treatment is conducted in a language common to the patient and the therapist. The essential ingredient is the spoken word. Ironically, the experience most frequently associated with a therapeutic breakthrough is not language, but rather a feeling or emotion. Franz Alexander

referred to this as the "corrective emotional experience," not the corrective verbal or intellectual experience. Words can and do touch feelings and emotions but often less directly and less effectively than music.

Albert Einstein said, "If I were not a physicist, I would probably be a musician. I often think in music. I live my daydreams in music. I see my life in terms of music" and the great lyricist E.Y. "Yip" Harburg who wrote the words to "Over the Rainbow," voted the greatest song of the 20<sup>th</sup> century in a joint survey by the National Endowment

for the Arts and the Recording Industry Association of America, said, "Words make you think a thought. Music makes you feel a feeling. A song makes you feel a thought."

Music is one of the most primal and fundamental aspects of human culture with many researchers even arguing that music (at least in a primitive form) pre-dates the emergence of language itself, a fact, ironically, not lost on some of the greatest writers in history. As Henry Wadsworth Longfellow once observed, "Music is the universal language of mankind."

Finally, to quote Oliver Sacks author of *Musicophilia*, "We humans are a musical species no less than a linguistic one. We integrate music in our minds using many different parts of the brain. And to this largely unconscious structural appreciation of music is added an often intense and profound emotional reaction.... that air, which has almost no substance whatsoever, when moved and when made to hit the eardrum in tiny subtle ways can make people dance, cry, have sex, move across country, go to war and more."

It's remarkable that something so subtle can illicit profound emotional reactions in people and, furthermore, hit an emotional target with more precision than could ever be possible with words alone.

Plato once said, "Music gives a soul to the universe,