



SYMPOSIUM 2019

On the Psyche in Psychoanalysis

Saturday, April 13, 2019

Goldwurm Auditorium
Madison Avenue & 98th Street
New York City

Every civilized human being, whatever his conscious development, is still an archaic man at the deeper levels of his psyche.

—Carl Jung

The human psyche, like human bones, is strongly inclined towards self-healing.

—John Bowlby

My friend... care for your psyche... know thyself, for once we know ourselves, we may learn how to care for ourselves.

—Socrates

The idea of the psyche is embedded in psychoanalysis like breath in the human spirit. Without a clear formulation of the term and recognition of its place in our work, there is little context for models of mind and the foundations of our clinical practice. While we elucidate the ways that brain functioning manifests in consciousness, and as we debate and sharpen our approach to clinical technique, the psyche as a working concept remains elusive.

The word *psyche* in Ancient Greek meant “soul” or “spirit.” It grew out of a notion from Biblical times of *nefesh*, meaning “living being.” In Greek mythology, Psyche was the Goddess of the soul. She began life as a beautiful princess who became the wife of Eros and divine. In psychology, a term coined by William James, the psyche is the totality of the human mind, conscious and unconscious. Psychology is the scientific study of the human psyche. That psyche is a fundamental consideration in understanding our own nature. Nowadays, cognitive scientists tend to use the term “mind” rather than “psyche” to describe the set of faculties including consciousness, perception, thinking, judgment, and memory.

Freud used the word “psyche” throughout his writings. In developing his tripartite model of mind, he refracted the psyche into three principle parts: id (the “it”), which represented biological drives of an individual, that remained largely unconscious; superego (the “over I”), which represented a person’s conscience and internalized parental and societal norms, and ego (the “I”), which contained executive functions and served to mediate and integrate the drives of the id with the prohibitions of the superego. Other psychoanalysts such as Jung distinguished between the psyche, by which he meant the totality of all psychic processes, conscious and unconscious, and the soul, which he described as personality.

In this conference, we hope to explore that center of thought, feeling and motivation—we refer to as psyche—to better integrate it with the brain and body, and thus further our grasp of human experience. Let’s see how we can understand and make use of the term “psyche” to elucidate and expand the potentials of our clinical work. Come join us as we try to look further into our very nature, and discover what we might find there.

—Ahron Friedberg, MD

=PROGRAM=

8:15 to 8:45 a.m.

Registration and Breakfast Buffet

8:45 to 9:00

Introduction Tony Bass, PhD

9:00 to 9:45

Keynote George Makari, MD

This presentation addresses the complex relationship between the history of mind and brain in psychic functioning.

After attending the presentation, participants will be able to

- Discuss aspects of how brain functioning manifests in the psyche.
- Identify how psychoanalytic understanding and history relate to clinical practice.

9:45 to 11:15

Panel I On the Brain in Psychic Functioning

Chair/Discussant Maggie Zellner, PhD, LP

Presenters . . . Cristina Alberini, PhD, Fred Busch, MD, Terry Rogers, PhD

This panel addresses how brain functioning is manifest in the psyche and models of the mind.

After attending the presentation, participants will be able to

- Discuss how brain functioning evolved to produce anxiety, fear, and other psychic conflict.
- Describe clinical material that demonstrates such understanding in the psychoanalytic situation.

= Coffee Break: 11:15 to 11:30 =

11:30 to 1:00 p.m.

Panel II: On the Mind in Psychic Conflict

Chair/Discussant: Richard Friedman, MD

Presenters: Joanna Chambers, MD, Andrew Gerber, MD, PhD, Vladan Novakovic, MD

This panel addresses how psychic conflict is manifest in the mind and how that understanding can be utilized in psychoanalytic practice.

After attending the presentation, participants will be able to

- Discuss how analysis of psychic conflict contributes to psychoanalytic treatment.
- Explain how this focus impacts clinical technique.

= LUNCH: 1:00 to 2:15 =

2:15 to 3:45

Panel III: On the Soul in Psyche

Chair/Discussant: Jennifer Harper, MA

Presenters: Heather Berlin, PhD, Michelle Friedman, MD, Alan Roland, PhD

This panel addresses how the psyche is related to religious, philosophical, and other academic disciplines.

After attending the presentation, participants will be able to

- Discuss how ideas about the soul can be useful in psychoanalytic work.
- Describe clinically how this concept gives an added dimension to psychoanalytic approaches.

3:45 to 4:15

Wrap-up: Discussion & Analysis of Theories and Concepts/

Q & A with Panelists and Audience

Chair/Discussant Ahron Friedberg, MD

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and Organizations (C3PO)

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5.75 CE CONTACT HOURS

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SYMPOSIUM 2019

On the Psyche in Psychoanalysis

MOUNT SINAI MEDICAL CENTER: Goldwurm Auditorium
98th Street and Madison Avenue
April 13, 2019

Organizers:

Ahron Friedberg, Conference Chair; Tony Bass, Program Chair; Arnold D. Richards, Former Conference Chair; Penny Rosen, Program Consultant

CONSORTIUM OF PSYCHOANALYTIC AND PSYCHOTHERAPEUTIC PUBLICATIONS AND ORGANIZATIONS (C3PO):

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C3PO also includes the following Publications:

The American Journal of Psychoanalysis, Contemporary Psychoanalysis, Psychodynamic Psychiatry, Psychoanalytic Dialogues; Psychoanalytic Psychology, The Psychoanalytic Quarterly, The Psychoanalytic Review, and The Psychoanalytic Study of the Child.

CRISTINA ALBERINI, PhD received her PhD in Immunological Sciences from the University of Genoa (Italy), and then trained in neurobiology as a post-doctoral fellow at Columbia University. She is currently Professor of Neuroscience at the Center for Neural Science at New York University. Her research focuses on understanding the molecular and brain plasticity mechanisms underlying long-term memory formation and retrieval using rodent models. Her studies target different ages of the lifespan. She trained as a psychoanalyst at NPAP and became licensed in the state of NY in 2012. She is the Editor-in-Chief of the journal *Hippocampus*.

ANTHONY BASS, PhD is on the faculty of the New York University Postdoctoral Program for Psychoanalysis and Psychotherapy, the Columbia University Center for Psychoanalytic Training and Research, the NIP National Training Program, and the Institute for Relational Psychoanalysis of Philadelphia. He is a founder and president of the Stephen Mitchell Relational Study Center, and a joint Editor-in-Chief of *Psychoanalytic Dialogues: The International Journal of Relational Perspectives*. He is a founding director of the International Association for Relational Psychoanalysis and Psychotherapy.

HEATHER BERLIN PhD, MPH is a cognitive neuroscientist and assistant clinical professor of psychiatry at the Icahn School of Medicine at Mount Sinai. She practices clinical neuropsychology at Weill Cornell Medicine in the Department of Neurological Surgery and is a visiting scholar at the New York Psychoanalytic Society and Institute. She conducts research, employing neuroimaging, neuropsychological, and psychopharmacological testing, to better understand the neural basis of impulsivity, compulsivity, and emotion with the goal of more targeted treatment. She is also interested in the neural basis of consciousness and dynamic unconscious processes. 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 received her PhD from the University of Oxford and Master of Public Health from Harvard University.

FREDRIC BUSCH, MD is a Clinical Professor Psychiatry at Weill Cornell Medical College, and a faculty member at the Columbia University Center for Psychoanalytic Training and Research. Dr. Busch has cowritten several manuals and articles on focused psychodynamic approaches to psychiatric disorders, including anxiety, panic disorder, depression and PTSD. He has been involved in research on panic focused psychodynamic psychotherapy and psychodynamic treatment of PTSD. He has written on integrating the theoretical conceptualizations of neuroscience and psychoanalysis, and the clinical approaches of psychoanalytic treatments and medication. His most recent book is *Psychodynamic Approaches to Behavioral Change*.

JOANNA CHAMBERS, MD is an Associate Professor of Clinical Psychiatry and Clinical Obstetrics and Gynecology at Indiana University School of Medicine. She completed medical school at the Medical College of Georgia and a residency in Psychiatry in the Neuroscience Research Track at Yale University School of Medicine. She has an interest in understanding the psychology and neurobiology of mother-infant attachment. Currently, she is the Director of the Integrated Perinatal Psychiatric Clinic in the Eskenazi Health System, where she works together with OB and Pediatrics, focusing on Attachment Theory to improve maternal-fetal bonding and well-being of the mother and infant. She also treats pregnant and postpartum women with Substance Use Disorders. In addition to her clinical work, she is participating in research on mother-infant attachment in an effort to reduce infant mortality and improve outcomes in infants born to mothers with opioid use disorders.

AHRON FRIEDBERG, MD is a psychiatrist and psychoanalyst in Manhattan. He is Clinical Professor in Psychiatry at Mount Sinai Icahn School of Medicine. Dr. Friedberg has developed and led several academic and teaching initiatives including their Innovations in Psychiatry Symposium. He participates in clinical research as part of the Department's Mood and Anxiety Program, which focuses on relevant translational neuroscience and understanding mechanisms of resilience. He was recipient of the Freud Award of the American Society of Psychoanalytic Physicians (2016). He serves as Book Editor of *Psychodynamic Psychiatry* and Co-chair of the International Council of Editors of Psychoanalytic Journals. He is Conference Chair of the Symposium.

MICHELLE FRIEDMAN, MD is a psychiatrist and psychoanalyst in private practice, the chair of Pastoral Counseling at Yeshivat Chovevei Torah Rabbinical School (YCT), and Associate Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai Hospital in New York City. Dr. Friedman has been involved in bridging religious life and mental health issues for over 30 years. Her recent book, *The Art of Jewish Pastoral Counseling: A Guide for All Faiths*, co-authored with Dr. Rachel Yehuda and published by Routledge, comes out of her teaching experience and her ongoing contact with graduates of YCT and other rabbinical seminaries.

RICHARD C. FRIEDMAN, MD, Editor-in-Chief of *Psychodynamic Psychiatry*, is Clinical Professor of Psychiatry at Weill Cornell Medical College, Lecturer in Psychiatry at the Columbia University College of Physicians and Surgeons, and Faculty Member at the Columbia Center for Psychoanalytic Training and Research. His book on male homosexuality was the first to integrate neuroscience, sexology, developmental psychology, and psychoanalytic theory and practice. He began a collaboration with Jennifer I. Downey in 1991 that led to many publications and a book on sexual orientation and psychoanalysis. Drs. Friedman and Downey served as Co-Chairs of the Human Sexuality Committee of the Group for the Advancement of Psychiatry. Dr. Friedman is a recipient of the Mary S. Sigourney Award from the Sigourney Trust. He practices in New York City.

ANDREW GERBER, MD has a BS, Physics, Cum Laude, Yale University, and MD, Harvard Medical School. He is President and Medical Director, Silver Hill Hospital, New Canaan, CT; Adjunct Associate Professor of Psychological and Brain Sciences University of Massachusetts, Amherst; Affiliate (Adjunct) Associate Clinical Professor, Child Study Center, Yale University; Associate Clinical Professor of Psychiatry, Division of Child and Adolescent Psychiatry, Columbia University; and Faculty Member, Center for Psychoanalytic Training and Research, Columbia University.

JENNIFER R. HARPER, MDIV, LP is Director of the Interfaith Doctor of Ministry program for Pastoral Care at the Hebrew Union College–Jewish Institute for Religion (New York Campus). She is a faculty member at the Blanton-Peale Institute for Religion and Health, and is a former Dean of training in psychoanalysis at the Westchester Institute for Training in Psychoanalysis and Psychotherapy (Bedford Hills NY). She is past-President of the National Association for the Advancement of Psychoanalysis (NAAP), and currently serves as Chair of the American Board for Accreditation in Psychoanalysis, Inc. (ABAP, Inc.) Ms. Harper received the Masters of Divinity degree from Union Theological Seminary in New York City and a Certificate in Psychoanalysis from the Westchester Institute. She is in private practice in New York City and Bergen County, N.J.

GEORGE MAKARI, MD is the Director of Cornell's DeWitt Wallace Institute for the History of Psychiatry and Professor of Psychiatry at Weill Medical College. He is also an Adjunct Professor at Columbia University's Psychoanalytic Center and a Guest Investigator at Rockefeller University. He writes and lectures widely on the lessons to be learned from the history of the mind sciences. In 2008, Dr. Makari published *Revolution in Mind, The Creation of Psychoanalysis*, which received over 80 reviews internationally and has been the subject of seven scholarly symposia to date. In 2015, he published *Soul Machine: The Invention of the Modern Mind*, a reassessment of the philosophy, science, and medicine that ushered in naturalist models of the mind. In 2017, he was awarded the Benjamin Rush Award from the American Psychiatric Association for his contribution to the understanding of psychiatry. In addition to research and teaching, He maintains an active psychiatric practice. He lives in New York City.

VLADAN NOVAKOVIC MD graduated WAWI (William Alanson White Institute of Psychoanalysis) in 2017 and is a clinical and teaching faculty and professor of Psychiatry at Ichan School at Mt Sinai, New York since 2009. He presently holds the position of Director of OPD Psychiatry and Professor of Psychiatry at the Zucker School of Medicine at Northwell Health-SIUH. He graduated from the University of Belgrade, Yugoslavia; pursued his residency in Psychiatry at the Maimonides Medical Center, Brooklyn; had two subsequent fellowships at Columbia University Medical Center and the Mt Sinai School of Medicine. He is current program chair of the New York Chapter of the American Association of Psychoanalytic Physicians, and an active member of the American and International Psychoanalytic Associations.

TERENCE W. ROGERS, PhD received his BS in Natural Sciences (First Class Honors), and his PhD in Elementary Particle Physics, from Cambridge University, UK; and is Assistant Clinical Professor of Psychiatry, Icahn School of Medicine at Mount Sinai. His research at Mt Sinai has focused on Consciousness and modeling the Mind. It aims to produce a description of the working of the mind that forms a bridge between the scientifically oriented neuroscientists and behaviorally oriented clinicians. He is the author of *Fifty Million Futures* (in publication), proposing a radical redevelopment of our public school system.

ALAN ROLAND, PhD is a Faculty Member of the National Psychological Association for Psychoanalysis for over 50 years as well as a Training Analyst. He is also on the Faculty and is a Training Analyst at the Institute for Expressive Analysis. He has authored four books: *In Search of Self in India and Japan: Toward a Cross Cultural Psychology*; *Cultural Pluralism and Psychoanalysis: The Asian and North American Experience*; *Journeys to Foreign Selves: Asians and Asian Americans in a Globalized Era*; and *Dreams and Drama: Psychoanalytic Criticism, Creativity and the Artist*. He is also an exhibiting visual artist and a performed playwright.

MAGGIE ZELLNER, PhD, LP is the Executive Director of the Neuropsychanalysis Foundation, and the co-editor of the journal *Neuropsychanalysis*. 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.



Psychoanalysis in Fashion

Edited by Anita Weinreb Katz & Arlene Kramer Richards

"In *Psychoanalysis in Fashion*, the editors have assembled a series of riveting essays that span a broad range of connections between the unconscious mind and its expression in the dressing and adornment of the self. Fashion trends, hairdos, jewelry, and even cross-dressing are all fair game for the book's bold expositions and intriguing ideas. Conscious and unconscious fantasies play large roles in dressing up, which itself shapes, expresses, and even conceals portions of identity. Ultimately, we are shown how we banish the animal body while cloaking ourselves in cultural glory."

—Danielle Knafo, PhD, Author,
Dancing with the Unconscious and The Age of Perversion



Jeffrey Berman & Paul Mosher

Off the Tracks: Cautionary Tales About the Derailing of Mental Health Care (Vol. 1): Sexual and Nonsexual Boundary Violations

"Psychoanalysis has been plagued by errant and abusive practitioners since its inception. . . . Berman and Mosher have traced the history of sexual boundary violations in great detail. Their meticulous research into appalling cases of analyst misconduct in the consulting room (and elsewhere) makes for a fascinating and chilling read. . . . We are all vulnerable to self-deception . . . psychoanalysts and psychotherapists should read this book, which is the most thorough history of analysis going awry that has ever been published. I highly recommend it."

—Glen O. Gabbard, MD



Cordelia Schmidt Hellerau

Driven to Survive: Selected Papers on Psychoanalysis

"Cordelia Schmidt-Hellerau has given us a work of deep scholarship and original thought. Fully engrossing and forceful in presentation, it is a bold and necessary reworking of Freudian drive theory. Her new formulations will reshape our thinking and our way of listening."

—Daniel Jacobs, MD, Author,
The Distance from Home: A Novel



Irwin Hirsch

More Human than Otherwise: Selected Papers

"Irwin Hirsch is one of the most creative analysts working today. With this rich and varied book, in which he shares with us his many interests, he has given us a precious gift: the opportunity to learn from the long experience, depth of knowledge, and broad, humanistic vision of a master clinician."

—Theodore Jacobs, MD

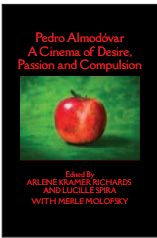
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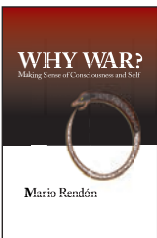
International Psychoanalytic Books



Pedro Almodóvar: A Cinema of Desire, Passion and Compulsion
Edited by Arlene Kramer Richards & Lucille Spira with Merle Molofsky

“It has often been said that watching movies is the poor man's psychoanalysis. The films of Pedro Almodóvar can be viewed as a direct descent into the unconscious. In this outstanding collection of psychoanalytic essays, the contributors take the reader on a journey through gender ambiguity, raw sexuality, death, desire, passion, violence and the mystery of what it means to be human. The link between dreams and the cinema is nowhere more compelling than in the work of Almodóvar, and readers of this superb new volume may feel they have emerged from a kaleidoscopic dream, richer and wiser as a result of the experience . . .”

—Glen Gabbard, MD

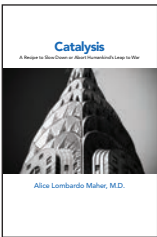


Mario Rendon

Why War? Making Sense of Consciousness and Self

“Drawing on his vast knowledge as a child psychiatrist, psychoanalyst, editor, and author, Dr. Mario Rendon has assembled a life's work in this volume. He strives to answer the question 'Why War?' by putting history on the psychoanalytic couch and interpreting the symptom as reflecting a trauma inflicted when we abandoned the morality of evolution (matriarchy) to its current detour (patriarchy). This led to a compromise of our moral uprightness and repressed our altruism. From biology through cultural history Rendon reviews the major thinkers as he searches for the answers in Why War?”

—Arthur A. Lynch, PhD, President,
American Institute for Psychoanalysis

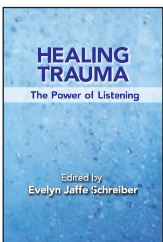


Alice Lombardo Maher

Catalysis: A Recipe to Slow Down or Abort Humankind's Leap to War

“Cordelia Schmidt-Hellerau has given us a work of deep scholarship and original thought. Fully engrossing and forceful in presentation, it is a bold and necessary reworking of Freudian drive theory. Her new formulations will reshape our thinking and our way of listening.”

—Vamik Volkan, MD



Evelyn Schreiber

Healing Trauma: The Power of Listening

“With a fine blend of history, neuroscience, psychoanalysis, and studies of creativity, Schreiber's book offers deep and far-reaching insights into the nature of psychic trauma and its long-lasting effects. Healing Trauma addresses the anguish of survivors of the Holocaust, veterans of war, targets of racism, victims of rape, and sufferers of natural disasters. The book's emphasis upon listening and its fundamentally interdisciplinary approach undergirds ameliorative strategies in this realm. A moving and clinically useful contribution, indeed!”

—Salman Akhtar, MD

REGISTRATION FORM

SYMPOSIUM 2019

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Participants:

Cristina Alberini, PhD, Anthony Bass, PhD, Heather Berlin PhD, MPH,
Fredric Busch, MD, Joanna Chambers, MD, Ahron Friedberg, MD
Michelle Friedman, MD, Richard C. Friedman, MD, Andrew Gerber, MD,
Jennifer R. Harper, MDiv, LP, George Makari, MD, Vladan Novakovic MD,
Terence W Rogers, PhD, Alan Roland, PhD, and Maggie Zellner, PhD, LP

**Mount Sinai Medical Center: Goldwurm Auditorium
98th Street and Madison Avenue
APRIL 13, 2019**