Symposium 2021

The Talking Cure: Past, Present, and Especially Future

April 17, 2021
Video Conference Hosted by
Mount Sinai Medical Center
"If often he was wrong and, at times, absurd, 
to us he is no more a person
now but a whole climate of opinion
under whom we conduct our different lives."

—W H Auden
From "In Memory of Sigmund Freud" (1939)

“We are in a position now to do what Freud once suggested—
to tackle some of the neurological underpinnings of human nature;
the many aspects . . . that have been previously inaccessible to experiments.”

—V S Ramachandran
NPSA website (2015)

Bertha Pappenheim, aka Anna O, famously coined the phase “talking cure” while in treatment for her hysteria with the eminent Dr. Josef Breuer. Part of his approach was to listen to her stories and recollections each day from the previous year when her father was dying. As she spoke, at least as the case history describes it, a symptom that corresponded to the clinical material would disappear.

While the true extent of Anna’s improvement remains unclear (she was admitted to a sanatorium shortly after her thousand-hour “cure”), a young physician, Sigmund Freud, working as Breuer’s assistant, recognized the radical and astonishing contribution in his mentor’s work: namely, that telling the forgotten narrative of Anna’s past was, in effect, the treatment.

Nowadays, many of us might doubt if the daily recounting of details from the recent past is the best treatment for psychosomatic symptoms. Ideas about schizophrenogenic mothers, developmental fixation points, and the primal scene are no longer emphasized in treatment and training. Most colleagues recognize that psychopharmacology, CBT and other therapeutic techniques complement and enhance our clinical work. Furthermore, neuroimaging of psychiatric disorders, personalized genomics, and other scientific innovations are beginning to inform treatment and how we think about it.

How we think about the mind-brain and mental functioning also matters. Neuropsychanalysis, with foundational contributions from Mark Solms and Margaret Zellner among others, dissolves the dualism between mind and brain, seeing both as one integrated system that can be studied—and this can unify our clinical approach. Brain science from luminaries such as Eric Kandel, Joseph LeDoux, and Christof Koch advances knowledge of our own natural science and its basis. Conversely, an appreciation of the intrapsychic and interpersonal aspect of human subjective experience can also help inform the important work of neuroscience.

Psychology is still a developing field, with psychoanalysis serving as a useful framework, exploratory tool, and clinical technique. But whether and how talking cures, our careful listening and responding with understanding and care certainly makes a difference in people’s lives. So let’s talk about the cure—healing and personal growth—and see what more we can learn as we talk and listen to each other.

—Ahron Friedberg, MD
Symposium 2021

The Talking Cure: Past, Present, & Especially Future...

Mount Sinai Medical Center
April 17th, 2021

Organizers:
Ahron Friedberg, Conference Chair; Anthony L. Bass, Program Chair; Arnold D. Richards, Former Conference Chair; Penny Rosen, Program Consultant

Consortium of Psychoanalytic and Psychotherapeutic Publications and Organizations (C3PO):

American Association for Psychoanalysis in Clinical Social Work; The American Academy of Psychodynamic Psychiatry and Psychoanalysis; American Institute for Psychoanalysis; The American Society of Psychoanalytic Physicians; The Association for Child Psychoanalysis; Center for Modern Psychoanalytic Studies; Confederation of Independent Psychoanalytic Societies; The Contemporary Freudian Society; Society for Psychoanalysis and Psychoanalytic Psychology (Division 39), American Psychological Association; Institute for Contemporary Psychotherapy and Psychoanalysis, Washington, DC; Institute for Psychoanalytic Training and Research; Karen Horney Clinic; Los Angeles Institute and Society for Psychoanalytic Studies; The Menninger Clinic; The Metropolitan Institute for Training in Psychoanalytic Psychotherapy; National Association for the Advancement of Psychoanalysis; National Psychological Association for Psychoanalysis; The New York School For Psychoanalytic Psychotherapy and Psychoanalysis; New York Psychoanalytic Society and Institute; The Postgraduate Psychoanalytic Society and Institute; Psychoanalytic Center of California; The Psychoanalytic Center of Philadelphia; The Psychoanalytic Psychotherapy Study Center; Westchester Center for the Study of Psychoanalysis and Psychotherapy; William Alanson White Institute.

C3PO also includes the following Publications:
THE TALKING CURE: PAST, PRESENT, & ESPECIALLY FUTURE...

= SATURDAY, APRIL 17TH, 2021 =

8:45 to 9:00 am Introductory Remarks: Anthony L. Bass, PhD

9:00 to 9:45 am Keynote—On the Talking Cure: Mark Solms, PhD

This presentation addresses the scientific and clinical relevance of Neuropsychoanalysis as a part of psychotherapeutic treatment.

After attending this presentation, participants will be able to:
- Discuss how neuropsychoanalytic ideas are clinically relevant.
- Describe how issues with brain functioning are manifest clinically.
- Explain neuropsychoanalytic approaches and techniques in clinical practice.

9:45 to 10:15 am The Talking Cure: The First Two Centuries and Today

Presenter: Zvi Lothane, MD

This presentation addresses the history of ideas in psychoanalysis as they relate to clinical practice.

After attending this presentation, participants will be able to:
- Explain how the history of psychoanalysis is relevant for contemporary practice.
- Describe how psychotherapy techniques have progressed.
- Discuss how ideas in psychoanalysis and cure apply to treatment in clinical practice.

= Coffee Break: 10:15 to 10:30 =

10:30 to 12:00 pm Panel 1: Contemporary Perspectives and Psychoanalytic Technique

Chair: David Forrest, MD

Presentations:
Clinical Case: Vladan Novakovic, MD
Relational/Interpersonal: Stefanie Solow Glennon, PhD
Contemporary Integrationist Perspective: Janet Bachant, PhD
Resilience in Treatment: Nathan Szajnberg, MD

This panel addresses different psychodynamic and alternative approaches to treatment as they relate to psychotherapy practice by examining a case study.

After attending this presentation, participants will be able to:
- Explain a case study from the psychodynamic perspective.
- Discuss clinical material from different psychotherapeutic perspectives.
- Identify new approaches to clinical situations.

12:00 to 12:15 pm Discussion
1:30 to 2:15 pm  Keynote—The Neurobiology of Consciousness:
Concepts and Challenges: Christof Koch, PhD

This presentation addresses the scientific and clinical relevance of neuroscience to psychotherapeutic treatment.

After attending this presentation, participants will be able to:
- Discuss how neuroscientific ideas are clinically relevant.
- Describe how issues with brain functioning are manifest clinically.
- Identify neuroscientific approaches and techniques as they apply to clinical practice.

2:15 to 3:45 pm  Panel 2: On the Future of Psychoanalysis
Chair: Susan Vaughan, MD

Presentations:
Big Data Analysis of Therapy Sessions: Sahil Garg, PhD
Psychopharmacology and Dynamic Treatments: Steven Roose, MD
Psychoanalysis and Neuroscience: Maggie Zellner, PhD
At a Distance Consultation and Treatment: Todd Essig, PhD

This panel addresses different novel and alternative approaches to clinical assessment and treatment as they relate to psychotherpy practice.

After attending this panel, participants will be able to:
- Identify and explain novel methods for psychotherapy practice.
- Discuss clinical material based on novel psychotherapeutic approaches.
- Identify novel and alternative approaches to clinical situations.

3:45 to 4:00 pm  Discussion

4:00 to 4:30 pm  Wrap-up Discussion /Q&A
Ahron Friedberg, MD
Co-Sponsors

Department of Psychiatry and Behavioral Health System, Icahn School of Medicine at Mount Sinai; National Institute for Psychoanalytic Education and Research in Clinical Social Work (NIPER) Inc., educational arm of the American Association for Psychoanalysis in Clinical Social Work (AAPCSW); National Association for the Advancement of Psychoanalysis (NAAP), and The Consortium for Psychoanalytic and Psychotherapeutic Publications and Organizations (C3PO).

6 CE Contact Hours

National Institute for Psychoanalytic Education and Research in Clinical Social Work, Inc. is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #SW–0022.

NAAP is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed psychoanalysts #P–1009.

Bios


David V. Forrest, MD Clinical Professor of Psychiatry, Consultant to Neurology, and Faculty, Psychoanalytic Center, Columbia University Vagelos College of Physicians and Surgeons; Attending Psychiatrist, New York Presbyterian Hospital; Psychiatric Fellow, American Academy of Psychodynamic Psychiatry and Psychoanalysis; Distinguished Life Fellow, American Psychiatric Association, Fellow, American College of Psychiatrists, Past-President, American College of Psychoanalysts, Member, Association for Psychoanalytic Medicine, Fellow, Explorers Club, author of many publications in psychiatry and psychoanalysis, and of SLOTS: Praying to the God of Chance; Beyond Eden: The Other Lives of Fine Arts Models; and The Laughing Brain: A Hierarchy of Humor by Mental and Neural Levels (in press).
AHRON L FRIEDBERG, MD Clinical Professor in Psychiatry, Mount Sinai School of Medicine. Attending Psychiatrist, Department Psychiatry, Mount Sinai. Editor, American Academy of Psychodynamic Psychiatry and Psychoanalysis Forum. Chair, International Council of Editors of Psychoanalytic Journals. Member of the Mood and Anxiety Disorders Program in the Department of Psychiatry of Mount Sinai School of Medicine focusing on research in translational neuroscience in the treatment of these clinical disorders. Director, Symposium Series.

SAHIL GARG, PhD Program Committee Member for Conferences in CS The AAAI Conference on Artificial Intelligence (AAAI) 2017, 2018, 2020. Icahn School of Medicine at Mount Sinai Postdoctoral Fellow. Research Interests: Computational Psychiatry (early diagnosis, therapeutic dialogues, psychosis, schizophrenia, post-traumatic stress disorder, chronic pain, major depression, drug addiction, anti-NMDA receptor encephalitis). Natural Language Processing (dialog modeling, text clustering, semantic parsing, biomedical relation extraction). Neuroscience (auto-encoding, neurogenesis, life-long learning). Present Research Collaborations, Icahn School of Medicine at Mount Sinai, IBM Research, MIT, University of Montreal, MILA, NYU, UISC, Yale.

STEFANIE SOLOW GLENNON, PhD Supervisor and Chair (2010–2015) Faculty Selection Committee, Relational Track, NYU Postdoctoral Program in Psychotherapy and Psychoanalysis. Faculty and Supervisor Institute for Contemporary Psychotherapy. Faculty and Supervisor Stephen Mitchell Center for Relational Studies. Editorial Board Psychoanalytic Dialogues. Has written in the areas of immediate experience, mourning, artistic expression, termination, solitude, therapeutic action, and neuroscience and psychoanalysis. Full time private practice with adult individuals and couples.

CHRISTOF KOCH, PhD President and Chief Scientist, Allen Institute for Brain Science, Seattle, and Affiliate Professor, Department of Biology, University of Washington. Author, Biophysics of Computation: Information Processing in Single Neurons. The Quest for Consciousness: A Neurobiological Approach, Consciousness: Confessions of a Romantic Reductionist, and The Feeling of Life Itself—Why Consciousness is Widespread but Can't be Computed.

HENRY ZVI LOTHAINE, MD Clinical Professor of Psychiatry, Icahn School of Medicine at Mount Sinai. Author, 85 publications listed in PubMed on the practice and history of psychiatry and psychotherapy, including the book In Defense of Schreber: Soul Murder and Psychiatry and the published papers in journals about C.G. Jung & Sabina Spielrein, the Schreber Case, and the concept and method of dramatology.


STEVEN P. ROOSE, MD Columbia University Psychoanalytic Center for Training and Research. Professor of Psychiatry, College of Physicians and Surgeons, Columbia University. Research Psychiatrist and Director, Neuro-Psychiatry Research Clinic, NYS Psychiatric Institute.

**Nathan Moses Szajnberg, MD** Sigmund Freud Professor, Hebrew University (2008–2010); Wallerstein Research Fellow in Psychoanalysis, 2005–2016; Training Analyst, Israel and International Psychoanalytic Societies; Author, *Reluctant Warriors: Israelis Suspended Between Rome and Jerusalem; Sheba and Solomon’s Return: Ethiopian Children and Families in Israel; Jacob and Joseph, Judaism's Architects and Birth of the Ego Ideal; Lives Across Time/Growing Up: A Thirty Year Prospective Study (with H. Massie)* Editor of *Educating the Emotions: Bruno Bettelheim and Psychoanalytic Development*. Two novellas: *Jerusalem*; and *Breathless (Words Unspoken after Death)*. Graduate of the University of Chicago (College and Medical School).

**Susan C. Vaughan, MD** Director, Columbia University Center for Psychoanalytic Training and Research and Associate Professor of Psychiatry at CUIMC, Dept. of Psychiatry, Columbia University College of Physicians and Surgeons. Author, *The Talking Cure: The Science Behind Psychotherapy and Half Empty, Half Full: Understanding the Psychological Roots of Optimism*. As Director at Columbia Psychoanalytic Dr. Vaughan has been very focused on modernizing psychoanalytic training as well as engaging Columbia’s excellent Departments of Psychiatry and Neuroscience in research on the neural underpinnings of psychoanalytic ideas.

Janet Bachant

Exploring the Landscape of the Mind: An Introduction to Psychodynamic Therapy

“An engaging, comprehensive journey into how the mind works and how we can help it heal. Her presentation integrates psychodynamic theory and treatment with a focus on the practical steps involved in working with trauma. Written for many levels of clinical experience, she emphasizes the positive impact of adversity—facilitating the development of adaptive modes of being, and the importance of valuing the protective and proactive aspects of defense.”

—MARSHA WINEBURGH, President, Advanced Clinical Education Foundation of NY State Society for Clinical Social Work

Jay Evans Harris

Minding the Social Brain

Every page is a treasure trove of novel and integrative ideas. Dr. Harris artfully draws from cutting-edge neuroscience to contemporary culture; from classical psychoanalysis to social and political movements and back through the anatomy and chemistry of the brain. Looking for the neural substrates which link such things as mythology and history to developmental and quotidian human behaviors, this innovative thinker blazes new trails in our journey toward understanding where mind meets brain, creatively locating that junction within concentric circles of social context.

—VIRGINIA L. SUSMAN, MD, Associate Professor of Clinical Psychiatry, Weill Cornell Medical College

Kitty La Perriere

Mirrored Reflections: A Memoir

“Mirrored Reflections by Kitty La Perriere is a sweeping and intimate autobiography that lets each reader experience Europe on the edge of the Holocaust, changing language and culture in America, and helping others to survive and thrive. Her story inspires each of us to live our own story.”

—GLORIA STEINEM

Tom Woodridge

Ghosts of the Unremembered Past

“Ghosts of the Unremembered Past, a slim volume, reveals many surprises. Tom Wooldridge, in this compelling family drama, conveys some of the most profound psychological struggles we experience as we try to negotiate childhood, adolescence and adulthood. Using simple, convincing language, he draws the reader into experiences of trauma, tragic losses and confusion, and the thoughtfulness and kindness needed to face and begin healing these pains. A remarkable first novel.”

—PAUL WILLIAMS, Psychoanalyst, author of The Fifth Principle, Scum, and Invasive Objects: Minds Under Siege
**Phyllis Beren**

**Fela’s Story:** Memoir of a Displaced Family

“In this most moving memoir, horror and hope clash endlessly as psychoanalyst Phyllis Beren retraces her footsteps as a child in flight with her family in war torn Europe, and their temporary refuge in a displaced persons camp. She describes the quality of life in the camp, and the history of family members so vividly that images of both good times and atrocities are permanently etched in the reader’s mind. Her burgeoning associations are hauntingly framed by her mother’s growing dementia, and memories flow seamlessly over time in tragicomic detail. This is a compelling, beautifully written book that will totally engage your mind and heart.”

—DELLA BATTIN, Training & Supervising Analyst, Contemp. Freudian Soc., Association for Psychoanalytic Medicine

**Paul Mosher & Jeffrey Berman**

**Off the Tracks:** Cautionary Tales About the Derailing of Mental Health Care (Vol. 2): Scientology, psychoanalyst meets aliens, false memories, the Scopes trial of psychoanalysis, bizarre surgery, lobotomy, and the siren call of psychopharmacology

"...delivers more than its title. It is both a stimulating, accessible read and a highly researched, valuable, and thought provoking work. It will appeal to both professionals and the general public. The authors’ thesis, that treatment relationships are a powerful force in and of itself, is illustrated by extensive narrative examples of various theoretical approaches of mismanaged relationships that harmed patients. The authors include physical treatments since they too involve clinical judgments. The range of examples in the study is extensive. Off the Tracks will intrigue and enrich all readers.”


**Marco Conci**

**Freud, Sullivan, Mitchell, Bion, and the Multiple Voices of International Psychoanalysis**

“...relaxes rigidities, heals splits, and includes the previously excluded. ... Conci creates a true international psychoanalysis, forging a historical arc that reverses prior disappearances. Cataloging psychoanalytic theory across continental boundaries, he demonstrates an ethic of inclusion through his long-standing fine disregard for geographical, parochial, and continental customs. Anyone who aspires to a broadly defined, nonprejudicial psychoanalytic awareness should read this book—it is our new global standard.”

—ULRIKE MAY, German Psychoanalytic Association

**Theodore J. Jacobs:**

**The Use of the Self:** Countertransference and Communication in the Analytic Situation

“When the first edition of The Use of the Self appeared, Ted Jacobs was viewed as courageous for recognizing that what happened within the analyst was of equal importance to what happened within the patient. Since that time, few analysts would contest the notion that there are two ‘patients’ in the room and that what is going on inside the analyst is highly relevant to what is going on inside the patient. Indeed, today this view of analytic work is widely accepted wherever analysts practice. This second edition is therefore perfectly timed in its release. I recommend it to both beginning candidates and to well-established analysts of all theoretical orientations. It is a must-read.”

—GLEN O. GABBARD, MD, author of Love and Hate in the Analytic Setting
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