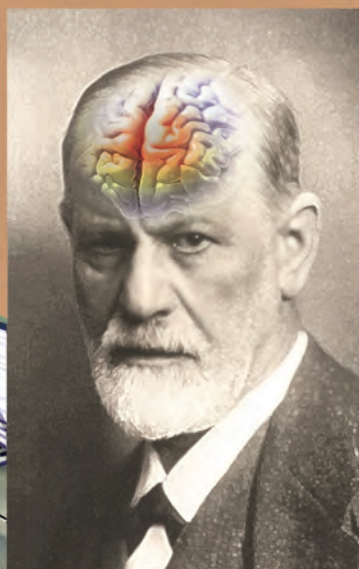


# SYMPOSIUM 2021



## THE TALKING CURE: PAST, PRESENT, and *Especially* FUTURE

APRIL 17, 2021  
VIDEO CONFERENCE HOSTED by  
**Mount Sinai Medical Center**

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## THE TALKING CURE: PAST, PRESENT, & *ESPECIALLY* FUTURE . . .

"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 phrase "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

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# 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 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.*

# 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 Neuropsychanalysis as a part of psychotherapeutic treatment.

*After attending this presentation, participants will be able to:*

- Discuss how neuropsychanalytic ideas are clinically relevant.
- Describe how issues with brain functioning are manifest clinically.
- Explain neuropsychanalytic 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**

## AFTERNOON SESSION

### **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 psychotherapy 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 Mental Health Practitioners as an Approved Provider of continuing education for licensed psychoanalysts. #P-0019.

## = Bios =

**JANET LEE BACHANT, PhD** Visiting Professor of Psychoanalysis, Zheng Dao Institute, Taizhou City, Zhejiang Province, China. Mentor in Psychology, SUNY/Empire State College, Metropolitan Center. Faculty, Westchester Center for the Study of Psychoanalysis and Psychotherapy. Founder, CEO, New York Disaster Counseling Coalition. Faculty, Training Analyst: Postgraduate Center for Mental Health. Author, *Exploring the Landscape of the Mind: An Introduction to Psychodynamic Therapy* and co-author (with Elliot Adler), *Working in Depth: A Clinician's Guide to Framework and Flexibility in the Psychoanalytic Situation*.

**ANTHONY L. BASS, PhD** Faculty and Supervising Analyst, New York University Postdoctoral Program in Psychoanalysis and Psychotherapy, Columbia University Center for Psychoanalytic Training and Research, Stephen A. Mitchell Center for Relational Studies (president), Institute for Contemporary Psychotherapy, Manhattan Institute for Psychoanalysis, National Institute for the Psychotherapies National Training Program, Institute for Relational Psychoanalysis of Philadelphia Editor Emeritus: *Psychoanalytic Dialogues: A Journal of Relational Perspectives*, Founding Director, International Association for Relational Psychotherapy and Psychoanalysis.

**TODD S. ESSIG, PhD** Training and Supervising Psychoanalyst, William Alanson White Institute. Co-Founder: Section X (Psychoanalysis and Technology), Div. 39 of APA 2016. Member, APsA and IPA. Chair, Board of Directors, New York Disaster Counseling Coalition (NYDCC) (2003–2005), Council of Fellow William Alanson White Institute (1998–2008). Founder and Director; The Psychoanalytic Connection: [www.psychoanalysis.net](http://www.psychoanalysis.net). Author, papers on psychoanalysis in relation to politics, gender issues, and modern life.

**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, USC, 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 LOTHANE, 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.

**Vladan Novakovic MD** Trained psychoanalyst, William Alanson White Institute of Psychoanalysis. Assistant Professor of Psychiatry, Northwell Health SIUH NY; Director of OPD Psychiatry and Professor of Psychiatry, Zucker School of Medicine at Northwell Health-SIUH. Program chair, New York Chapter, American Association of Psychoanalysis. Member: APSA, AAPDPP, IPA, Fellow of American Psychiatric Association. Contributing author, *Advances in Psychodynamic Psychiatry, Targets and Emerging Therapies for Schizophrenia*.

**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.

**MARK SOLMS, PhD** Member, British Psychoanalytical Society, APsaA and South African Psychoanalytical Association (training analyst). Research Chair, IPA; Science Director, APsaA. Member, South African Clinical Neuropsychological Association, British Neuropsychological Society. Co-Chair, International Neuropsychanalysis Society. Director, International Neuropsychanalysis Centre, London. Editor and Translator, *Revised Standard Edition of The Complete Psychological Works of Sigmund Freud* and *The Complete Neuroscientific Works of Sigmund Freud*.

**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: *JerusaLand*; 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.

**MAGGIE ZELLNER, PhD, LP** Executive Director, The Neuropsychanalysis Foundation. Co-editor, *Neuropsychanalysis*. Author, papers on the intersection of neuroscience and psychoanalysis. Psychoanalyst in private practice, New York City.



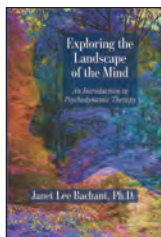
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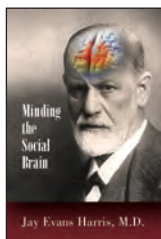
*Janet Bachant*

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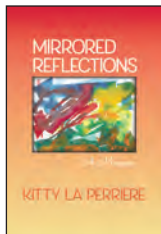


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Every page is a treasure trove of novel and integrative ideas. Dr. Harris artfully draws from cutting-edge neuroscience to contemporary culture; from classical psychoanalysis to social and political movements and back through the anatomy and chemistry 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  
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Contemp. Freudian Soc., Association for Psychoanalytic Medicine

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—JUDITH SCHACHTER, Former President, APsA (1994–1996)



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

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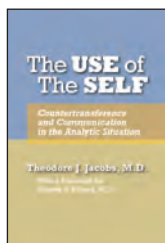
—ULRIKE MAY, German Psychoanalytic Association

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



## REGISTRATION FORM

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