



PRESS RELEASE

DR. AHRON FRIEDBERG / THROUGH A SCREEN DARKLY

RUBENSTEIN PUBLIC RELATIONS

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Dr. Ahron Friedberg Publishes Book on Mental Health During COVID-19: Through a Screen Darkly – Psychoanalytic Reflections During the Pandemic

New York, New York, June 22, 2021 — [Dr. Ahron Friedberg](#), a noted New York psychiatrist announces the release of his latest book, [Through a Screen Darkly](#), co-authored with Dr. Sandra Sherman. This book showcases compelling, relatable stories of how Dr. Friedberg’s patients developed resilience learned to cope throughout the COVID-19 pandemic.

The title adapts the biblical phrase, “through a glass darkly,” 1 Corinthians 13:12, suggesting that our vision of reality may be clouded. It reflects Dr. Friedberg’s experience practicing remotely, literally via screens, and his insights from working with patients under such unaccustomed circumstances.

Through a Screen Darkly identifies the psychological distress caused by the pandemic, examining how elements of COVID-19 -- including its ability to be spread by those who seem not to have it, and the long-term uncertainty it causes -- leave even relatively stable people uneasy about the future.

Dr. Friedberg states, “My goal in writing this book is demonstrating that, of necessity, people can learn to adapt. Even though we can only see “darkly”, we can call on resources we do have, in addition to those we can acquire to retain our sense of dignity and purpose. *Through a Screen Darkly* makes no predictions as to how this will play out, but rather is a time capsule of how we struggled through a disease we do not fully understand.”

This book is invaluable for anyone in this moment – from casual readers to scholars. It points to several possible directions for our national, psychological recovery, in a format rich with first-hand stories.

The book addresses the pandemic in phases, including I) Pandemic, II) Venturing Out, III) The New Normal, and IV) Life Simplified. The essays provide perspective on several subjects relating to mental health, including parenting, elder care, work life (losing jobs, finding jobs, choosing new work, commuting), loneliness, children, and dating.

In addition to *Through a Screen Darkly*, Dr. Friedberg has also written *Flashing Seven: Seven Essential Skills for Living and Leading*, co-authored with Dr. Jack Hirschowitz, Clinical Professor at Mount Sinai, *Between Us, A Father and Son Speak*, co-authored with his father, Dr. Eugene Friedberg, and *Psychotherapy and Personal Change; Two Minds in a Mirror*, also written with Dr. Sandra Sherman.



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Through a Screen Darkly is available for purchase at [amazon.com](https://www.amazon.com).

ABOUT DR. AHRON FRIEDBERG:

Dr. Ahron Friedberg, M.D. is a Clinical Professor of Psychiatry at Icahn School of Medicine at Mount Sinai. He is a practicing psychiatrist and psychoanalyst in Manhattan. At Mount Sinai, Dr. Friedberg served as Co-Chair of the Psychiatry Advisory Board and has helped develop and lead several academic and teaching initiatives including their Innovations in Psychiatry Symposium. Dr. Friedberg also directs the 'Symposium', a national meeting held annually at Mount Sinai. He has participated in clinical research as part of the Department's Mood and Anxiety Program, which focuses on translational neuroscience and understanding resilience.

Dr. Friedberg has served twice as national President of the American Society of Psychoanalytic Physicians. He was named first Executive Editor of *International Psychoanalysis.net*, a highly regarded online psychoanalytic resource. In addition, he is an Acquisitions Editor of *International Psychoanalytic Books*, Book Editor of *Psychodynamic Psychiatry*, Editor of the *American Academy of Psychodynamic Psychiatry* and *Psychoanalysis Academy Forum*, elected chair of the International Council of Editors *Psychoanalytic Journals*, as well as a regular contributor to *Psychology Today*.

His research has been published in numerous peer-reviewed journals, including *The Psychoanalytic Review*, *The American Journal of Psychoanalysis*, *Neuro-psychoanalysis*, and *Psychodynamic Psychiatry*. Dr. Friedberg's writing focuses on the treatment of anxiety and trauma, clinical technique, and the concepts of resilience, consciousness, and desire in psychoanalysis. He has received awards for excellence in writing, in addition to originality and scholarship.

For more information on Dr. Ahron Friedberg, visit www.ahronfriedbergmd.com.

BOOK SAMPLES:

Sample copies for media consideration and review are available through Sharon Nieuwenhuis at Rubenstein Public Relations via snieuwenhuis@rubensteinpr.com / (212) 805-3024.

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