

# SYMPOSIUM 2022



## RESILIENCE and *PERSONAL GROWTH*

APRIL 16, 2022  
VIRTUAL LIVE CONFERENCE  
HOSTED by  
**Mount Sinai Medical Center**

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## RESILIENCE AND PERSONAL GROWTH

During these perilous times, the ability to bounce back from trauma, and deal with stress, has been essential to mental health and well-being. As psychodynamic clinicians, we are playing an essential role in helping people to not only deal with challenge and adversity but also to live better, fuller lives.

The philosopher Friedrich Nietzsche (1884–1900) expressed this view in his famous aphorism, “What does not kill me makes me stronger.” He meant it as an affirmative and intentional statement. I’d say at least that what doesn’t kill us, we can at least learn and grow from.

It’s interesting that this ability to become more resilient—overcome trauma and even be stronger for it—can be refracted into its principle parts and studied. As described by the American Psychological Association, these parts include: (1) taking care of and managing stress, (2) establishing sound beliefs and judgment, (3) fostering insight and understanding, (4) connecting with family, friends and community, (5) developing realistic optimism, (6) nurturing gratitude and hope. Notice how these attributes are active and effortful. Resilience and personal growth are not passive but require work.

In *Resilience: The Science of Mastering Life’s Greatest Challenges* (2012), Dennis Charney and Steven Southwick add cognitive and emotional flexibility to the list. So while insight and understanding are key components of psychological treatment, they’re not its sum and total. Personal growth, bolstered by strengthening resilience, also includes physical, spiritual, and psychosocial enhancement. These dimensions of personal growth are not commonly integrated into traditional psychoanalytic theory and practice. To the extent that we don’t recognize them as clinically significant, we limit how we can better serve our patients.

Likewise, the ways we use ourselves and adapt to changing times makes a difference in helping people. Teletherapy and other virtual practices used to be seen as necessary compromises. Now there is strong evidence for their efficacy, and we’ve incorporated them into our work at home and abroad. Our own flexibility and adaptability—and following the science—advances psychodynamic practice. So let’s see how we can use our clinical experience and science to better help patients become more resilient, grow personally, and change.

—Ahron Friedberg, MD

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# SYMPOSIUM 2022

## RESILIENCE AND PERSONAL GROWTH

MOUNT SINAI—MEDICAL CENTER  
April 16th, 2022

**Organizers:**

Ahron Friedberg, MD Conference Chair; Anthony Bass, PhD, Program Chair;  
Arnold D. Richards, MD, Former Conference Chair, Program Consultant

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

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 Psycho-analysis and Psychotherapy; William Alanson White Institute.

**C3PO also includes the following Publications:**

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

# RESILIENCE AND PERSONAL GROWTH

= SATURDAY, APRIL 16th, 2022 =

**8:45 to 9:00 am Introductory Remarks: Ahron Friedberg, MD**

**9:00 to 9:45 am Keynote: Deepak Chopra, MD**

Dr. Chopra will discuss Resilience Approaches to Personal Growth

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

- Gain a better understanding of wellbeing and learn practical tools to enhance your capacity for total wellbeing (physical, emotional, spiritual, social).
- Create a roadmap for "higher health," based on the latest findings in both mainstream and alternative medicine
- Learn practical ways to experience higher consciousness, transformation and healing.

= Coffee Break: 9:45 to 10:00 am =

**10:00 am to 12 Noon**

**Panel I: Teletherapy, Chair, Douglas Ingram, MD**

**Presenter: Simon Dosovitz, MD**

**Discussants: David Forrest, MD, Gerald Perman, MD, Amy Schwartz Cooney, PhD, and Elise Snyder, MD**

This presentation addresses teletherapy in psychoanalytic clinical practice.

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

- Describe different types of teletherapy.
- Discuss the role of teletherapy in treatment of mental illness.
- Explain how teletherapy can be applied in clinical practice.

= LUNCH: 12 Noon to 1:00 pm =

**1:00 to 1:45 pm Afternoon Presentation**

**On Resilience During the Pandemic: Ahron Friedberg, MD**

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

- Describe mental health disorders and other conditions brought on by the pandemic.
- Discuss clinical approaches to treating mental health issues.
- Apply resilience-based techniques to clinical practice.

**1:45 to 3:45 pm Panel 2: Resilience and Society**

**Chair: Timothy Sullivan, MD**

Presenters:

Richard Brockman, MD

Jonathan DePierro, PhD

Adriana Feder, MD

Jennifer Harper, MDiv

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

- Describe how resilience approaches can be applied to broader societal issues.
- Discuss evidence-based and research-oriented clinical practices to resilience work.
- Apply approaches to social and mental health issues.

= Coffee Break: 3:45 to 4:00 pm=

**4:00 to 4:30 pm Discussion and Q & A: Anthony Bass, PhD**



= Co-Sponsors =



Department of Psychiatry and Behavioral Health System, Icahn School of Medicine at Mount Sinai; Institute for Psychoanalytic Training and Research (IPTAR); National Association for the Advancement of Psychoanalysis (NAAP), and The Consortium for Psychoanalytic and Psychotherapeutic Publications and Organizations (C3PO).

## 6.0 CE CONTACT HOURS

The Institute for Psychoanalytic Training and Research (1651 3rd Ave, Suite 205, New York, NY 10128) is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for Licensed Psychologists (#PSY-0026).

National Association for the Advancement of Psychoanalysis (NAAP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an Approved Provider of continuing education for licensed psychoanalysts. (#P-0019.)

National Association for the Advancement of Psychoanalysis (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 social workers (#SW-0168).

## = Bios =

**ANTHONY BASS, PHD**, faculty, and Clinical Consultant, New York University Postdoctoral Program in Psychoanalysis and Psychotherapy, Faculty, Training and Supervising Analyst, the Columbia University Center for Psychoanalytic Training and Research, Columbia University Department of Psychiatry, Founder, faculty and President, the Stephen A. Mitchell Relational Study Center; IARPP, Founding Director; *Psychoanalytic Dialogues: A Journal of Relational Perspectives*, Editor Emeritus Board of Directors, Sandor Ferenczi of New York, Clinical study groups and workshops throughout North America, Europe and beyond.

**RICHARD BROCKMAN, MD** is Clinical Professor of Psychiatry, Columbia University, College of Physicians and Surgeons, and Visiting Professor of Psychiatry, University of Namibia, School of Medicine. His book, *A Map of the Mind*, was published by International Universities Press and was reviewed widely. He has written over 40 peer reviewed articles. He has received numerous awards including the Teichner Scholar Award. He lectures regularly on the topic of the interface of psychotherapy and biology.

As a playwright, Brockman has produced: in New York, London, Chicago, Los Angeles, Philadelphia. Honors: New York Foundation for the Arts, New York State Council on the Arts, Samuel French Best Short Play Festival, the 7 Devils Playwrights Conference, among many others. His articles have appeared in *The Atlantic* monthly, *The Los Angeles Times Magazine*, *Readers Digest*, and *The Wall Street Journal*. Professional organizations: The Workshop Theater Company, founding member; The Dramatists Guild; The Actors Studio Playwrights/Directors Unit.

**DEEPAK CHOPRA™ MD, FACP**, founder of The Chopra Foundation, a non-profit entity for research on well-being and humanitarianism, and Chopra Global, a modern-day health company at the intersection of science and spirituality, is a world-renowned pioneer in integrative medicine and personal transformation. Chopra is an Adjunct Professor of Urology at Mount Sinai, Professor of Internal Medicine at University

of Central Florida, Clinical Professor of Family Medicine and Public Health at the University of California, San Diego and serves as a senior scientist with Gallup Organization. He is the author of over 90 books translated into over forty-three languages, including numerous New York Times bestsellers. His latest book, *Abundance—The Inner Path to Wealth* unlocks how you can cultivate a sense of abundance in times of fear and insecurity and will be available on March 1, 2022.

*TIME* magazine has described Dr. Chopra as “one of the top 100 heroes and icons of the century” ([www.deepakchopra.com](http://www.deepakchopra.com)).

**AMY SCHWARTZ COONEY, PHD** is on faculty at the NYU Post-Doctoral Program in Psychoanalysis and Psychotherapy, in the Relational Track. She is Board Director/Faculty/Supervisor at the National Institute for the Psychotherapies and is also Faculty/Supervisor at the Stephen Mitchell Center for Relational Studies. She is Joint Editor in Chief, *Psychoanalytic Dialogues* and is Co-Editor/Contributor to the 2021 book, *Vitalization in Psychoanalysis: Perspectives on Being and Becoming*, published by Routledge. She is particularly interested in the application and integration of object-relational perspectives in the contemporary psychoanalytic conversation. She is in private practice in New York City.

**JONATHAN DEPIERRO, PHD** is an Assistant Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai. He is Clinical and Research Director of Mount Sinai’s Center for Stress, Resilience and Personal Growth (CSRPG), where he oversees resilience training and education, clinical care, and research. Dr. DePierro earned his PhD in Clinical Psychology from the New School for Social Research and completed his post-doctoral fellowship at the NYU School of Medicine World Trade Center Health Program. His clinical expertise is in the treatment of trauma-related mental health conditions and promoting resilience. He has published on novel treatment approaches to Post traumatic Stress Disorder (PTSD), mental health service needs in WTC and COVID-19 responders, and the physiological impact of psychological trauma.

**SIMON DOSOVITZ, MD**, is a fellow in Forensic Psychiatry at New York University. His clinical focus is on psychodynamic psychotherapy, psychosis and treatment of the medically ill. Dr. Dosovitz is a fellow in Forensic Psychiatry at New York University. He completed medical school at the University of Pennsylvania and residency at Columbia University/New York State Psychiatric Institute, where he served as Chief Resident during his final year. In his fellowship, he is involved in research on suicide and violence risk assessment, and inter-jurisdictional differences in the regulation of psychiatric practice. Apart from fellowship, he maintains a small private practice. His clinical focus is on psychodynamic psychotherapy, psychosis and treatment of the medically ill. He looks forward to continuing his training in psychoanalytic therapy.

**ADRIANA FEDER, MD**, is an Associate Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai. She is Director of the Trauma and Resilience Program, Associate Director for Research at the World Trade Center (WTC) Mental Health Program at Mount Sinai, and Co-Director of the Ehrenkranz Laboratory for the Study of Human Resilience at the Depression and Anxiety Center at Mount Sinai. Dr. Feder's research spans clinical, epidemiological, and translational/biological studies of resilience and posttraumatic stress in diverse trauma-exposed populations, ranging from WTC first responders and survivors to earthquake survivors, urban low-income Hispanic and African American populations, survivors of interpersonal violence, and frontline healthcare workers during the COVID-19 pandemic. Her research has also focused on the development of novel treatment interventions for individuals with chronic PTSD. Her team has led the development of ketamine as a novel treatment for chronic PTSD, publishing results from the first randomized controlled trials demonstrating efficacy of this intervention for individuals with this disorder.

**DAVID V. FORREST, MD**, is Clinical Professor of Psychiatry at Columbia University College of Physicians & Surgeons, Past President of The American College of Psychoanalysts, Fellow of The Explorers Club, and Founding Editor of *SPRING: The Journal of the E.E. Cummings Society*. His recent publications include *SLOTS: Praying to the God of Chance*; *Beyond Eden: The Other Lives of Fine Arts Models and the Meaning of Medical Disrobing*; *The Laughing Brain: A Hierarchy of Humor by Mental and Neural Levels*; and, with his wife Lynne Stetson, *The Ballet Company Game*.

**AHRON FRIEDBERG, MD**, Clinical Professor of Psychiatry, Mount Sinai School of Medicine. Editor, *The Academy Forum* of the American Academy of Psychodynamic Psychiatry and Psychoanalysis. Book Editor, *Psychodynamic Psychiatry*. Co-Chair, International Council of Editors of Psychoanalytic Journals. Research interests focusing on translational neuroscience in the treatment of anxiety, depression, PTSD and other clinical disorders. Director, Symposium Series. Recent books include *Two Minds in a Mirror: Psychotherapy and Personal Change* (Routledge 2020) and *Through a Screen Darkly: Psychoanalytic Reflections During the Pandemic* (Routledge 2021). He is a regular contributor to *Psychology Today* and various academic journals.

**JENNIFER R. HARPER, MDIV, LP**, is Director of the Interfaith Doctor of Ministry program for Clinical Education and Pastoral Care at the Hebrew Union College-Jewish Institute for Religion (NY Campus). She is a faculty member at the Blanton-Peale Institute for Religion and Health, and former Dean 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 current 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 the 2020 Recipient of the Helen Flanders Dunbar Memorial Award for significant achievement in the field of Clinical Pastoral Care and Counseling. She is in private practice in New York City and Bergen County, NJ.



**DOUGLAS H. INGRAM, MD** is Clinical Professor of Psychiatry and Behavioral Sciences at New York Medical College and Training and Supervising Psychoanalyst at the American Institute for Psychoanalysis where he was formerly Dean. He had served as Medical Director of the Karen Horney Clinic. He is a past president of the American Academy of Psychodynamic Psychiatry and Psychoanalysis, and is currently Chair of its Committee for the Advancement of Psychoanalysis. He was Editor of the *American Journal of Psychoanalysis* and then of the *Journal of the American Academy of Psychoanalysis and Dynamic Psychiatry*, now renamed *Psychodynamic Psychiatry*. He is the author of over fifty peer-reviewed articles. The three most recent of his articles appearing in *Psychodynamic Psychiatry* explore the impact of the pandemic on the practice of psychodynamic therapy. For further information, see [dHINGRAMMD.COM](http://dHINGRAMMD.COM).

**GERALD P. PERMAN, MD** is Clinical Professor in the Department of Psychiatry and the Behavioral Sciences at the George Washington University Medical Center in Washington, D.C. He is the Immediate Past-President of the American Academy of Psychodynamic Psychiatry and Psychoanalysis (AAPDPP) and is Past Editor of the Academy Forum. Dr. Perman is in the full-time private practice of psychodynamic psychiatry (now totally online during the COVID pandemic) in Washington, DC. Dr. Perman is a member of the DC Medical Society's Physician Health Committee and is currently Editor of *Capital Psychiatry*, the e-Magazine of the Washington Psychiatric Society ([dcpsych.org](http://dcpsych.org)). He has also been a member of the AAPDPP Therapeutic Space Study Group chaired by Douglas Ingram, MD for the past two years, and has contributed to several articles about telepsychiatry. Dr. Perman is a Distinguished Life Fellow of the American Psychiatric Association.

**ELISE SNYDER, MD** received her MD in 1958 from P & S, Columbia University and graduated in 1980 from the Western New England Psychoanalytic Institute. She taught at Albert Einstein College of Medicine, Downstate SUNY and is Associate Clinical Professor of Psychiatry Yale since 1970. At Yale, she was on the Board of the Muriel Gardiner Seminar in Psychoanalysis and Humanities, twice a Fellow of the Whitney Humanities Center, and Co-founder and Chairman of "Mind, Brain, Culture and Consciousness" (a faculty seminar with members from 20 disciplines and five universities). An APsaA member, she has been a member of the Board of Directors for 30 years and twice elected Councilor-at-Large; chaired many committees including Societies, Membership, and most importantly the Fellowship Committee (inaugurated by Steven Levy). Dr. Snyder is Past- President of the American College of Psychoanalysts. She is the Founder and President of CAPA (China American Psychoanalytic Alliance) a non-profit organization whose mission is to train the next generation of teachers and practitioners of psychoanalytic psychotherapy in China using distance learning technology. She is a recipient of the Sigmund Freud Award October 2012 of the American Association of Psychoanalytic Psychiatrists and a recipient of the Presidential Award 2013 of the American Academy of Psychoanalysis and Dynamic Psychiatry.

**TIMOTHY B. SULLIVAN, MD**, is Chair of the Department of Psychiatry and Behavioral Sciences, and Program Director of the Psychiatric Residency Training Program, at Northwell Health/Staten Island University Hospital (SIUH); and Associate Professor of Psychiatry at the Donald and Barbara Zucker SOM at Hofstra/Northwell. After

graduating from Dartmouth Medical College, he trained in Internal Medicine and Hematology-Oncology; and subsequently pursued further training in Psychiatry at the New York Hospital Westchester Division, Cornell University Medical Center, where he then served as a member of the faculty for several years. He is a Distinguished Life Fellow of the American Psychiatric Association, and is Co-Chair of the Education Committee of the American Academy of Psychodynamic Psychiatry and Psychoanalysis; and a member of the Editorial Board of *Psychodynamic Psychiatry*. *Dr. Sullivan* is also a Fellow of the International Society for Affective Disorders, and a member of the Psychotherapy Section of the World Psychiatric Association.

## REGISTRATION FORM

### SYMPOSIUM 2022 RESILIENCE AND PERSONAL GROWTH

Conference Registrar  
Lawrence Schwartz  
47-46 40th Street (#3E)  
Sunnyside, NY 11104

E-mail: [PsyPsa@aol.com](mailto:PsyPsa@aol.com)  
Phone / Fax: 718-728-7416

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