



SYMPOSIUM 2023

LOVE & EMPATHY



APRIL 22, 2023
HYBRID (LIVE & VIRTUAL) CONFERENCE
HOSTED by



Mount Sinai Medical Center
Goldwurm Auditorium
Madison Ave. & 98th Street in NYC

LOVE & EMPATHY

The subject of this 25th Symposium is “Love and Empathy.” But “and” suggests a false duality: if love is intrinsic to human nature, empathy is intrinsic to love. While love and empathy are not the same, it is hard to imagine love absent empathy. Empathy is a type of “feeling with,” of caring that extends beyond whom we love. The circle of those touched by our empathy is wider than the one that includes those we love.

You could argue that while love is stronger, and even at times consuming, empathy is necessary to communal life. It is the workhorse of civilization. Yet if empathy is possible without love, the distance between love and empathy depends on how broad (and complicated) your definition of love is. And empathy refers to a rich and layered emotional experience as well. In this Symposium, we will approach love and empathy as such related, complementary, or at least coordinate feelings that we should discuss them together. We will examine how they implicate fundamental relationships.

Of course, feelings of love can remain unacknowledged, even unconscious, as they arise in relationships. Empathy, on the other hand, is usually acknowledged and mostly conscious. So, first, this Symposium will refract love into its various components, within and outside the psychoanalytic situation. Further, it will address empathy both on its own and as a component of love.

The main clinical panel is based on a case about an Oedipal obsession, that famous love triangle from Sophocles’ *Oedipus Rex* (about 425 BC) that Freud brought to light in terms of intrapsychic conflict as introduced in *The Interpretation of Dreams* (1899). In the case study, a young man works through the layered, complicated conflicts that have prevented him from loving more deeply and with less conflict. The treatment takes time, as the Oedipal rivalry with his father reveals a defense against more submerged, erotic feelings toward his mother.

Such intense desires play out in our daily personal and professional lives. Primarily, the healing professions address patients’ troubling feelings and fantasies, as well as romantic/sexual impulses, to help them manage guilt, grief, frustration and other emotions through enhanced self-awareness. To us, love as a motivation is the basis of much of what we do. This is because—in whatever its mode of expression—love is inescapable. In *Origins of Human Socialization* (2021), the prominent neuroscientist Donald Pfaff recognizes love’s deep neurobiological roots insofar as it is expressed in sexuality. Sex is fundamental to human identity.

In considering love, we therefore broach the issue of libido, that is the sex drive (with its roots in the Greek term for “life force,” coursing through the world). Freud considered libido as a kind of psychic energy, derived from the sexual instinct and our search for pleasure or satisfaction. He postulated that its sublimation was a source of motivation for human creativity and accomplishment.

In his *Symposium* (about 350 BC), Plato proposed different kinds of love: Eros (sexual), Agape (nature and God), Ludus (fun and playful), Philautia (self-love), and love between parents and children. We could add more, but a common denominator is empathy. More recently, Lacan posited a type of desire wherein one never finds unconditional love. One always desires what is missing, like one’s other half or soulmate. Ferenczi considered psychoanalysis as a cure through love.

Our goal for this Symposium is to tease apart these various approaches, to test them, and see how they animate our lives and professional practices. It is also our aim to examine how our profession is built on love and empathy, and could not function without it.

—Ahron Friedberg, MD

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MOUNT SINAI—MEDICAL CENTER

April 22, 2023

Organizers:

Ahron Friedberg, Director

Anthony L. Bass, Meeting Chair

Heather Berlin, Coordinator

Arnold D. Richards, 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, International Journal of Controversial Discussions, Psychodynamic Psychiatry, Psychoanalytic Dialogues, Psychoanalytic Psychology, The Psychoanalytic Quarterly, The Psychoanalytic Review, and The Psychoanalytic Study of the Child.

Mother Love

*Who can forget the attitude of mothering
Toss me a baby and without bothering
to blink I'll catch her, sling him on a hip.
Any woman knows the remedy for grief
is being needed: duty bugles and we'll
climb out of exhaustion every time,
bare the nipple or tuck in the sheet,
heat milk and hum at bedside until
they can dress themselves and rise, primed
for Love or Glory—those one-way mirrors
girls peer into as their fledgling heroes slip
through, storming the smoky battlefield.*

*So when this kind of woman approached at the urging
of her bouquet of daughters,
(one for each of the world's corners,
one for each of the winds to scatter!)*
*and offered up her only male child for nursing
(a smattering of flesh, noisy and ordinary),
I put aside the lavish trousseau of the mourner
for the daintier comfort of pity:
I decided to save him. Each night
I laid him on the smoldering embers,
sealing his juices in slowly so he might
be cured to perfection. O, I know it
looked damning: at the hearth a muttering crone
bent over a baby sizzling on a spit
as neat as Virginia ham. Poor human—
to scream like that, to make me remember.*

—Rita Dove

LOVE & EMPATHY

= SATURDAY, APRIL 22, 2023 =

8:45 to 9:00 am Introductory Remarks:

Arnold D. Richards, MD and Ahron Friedberg, MD

9:00 to 9:45 am Keynote: Gratitude

Jonathan Lear, PhD

After attending this presentation, participants will be able to:

- Discuss how ideas about love and empathy are clinically relevant.
- Describe issues related to love and empathy that manifest in society.
- Explain how considerations about love and empathy inform treatment.

= Coffee Break: 9:45 to 10:15 am =

10:15 to 12:00 pm Clinical Panel: A Complex Oedipus Complex

Chair: Harold Bronheim, MD

Presenter: Ahron Friedberg, MD

Discussants: Joseph Silvio, MD, Jennifer Harper, MDiv, LP,
Vladan Novakovic, MD

After attending this presentation, participants will be able to:

- Identify Oedipal conflicts when they are present in clinical situations.
- Discuss both maternal and paternal aspects of the Oedipal conflict.
- Use different psychoanalytic perspectives to inform clinical interventions.

= LUNCH: 12 Noon to 1:15 pm =

1:15 to 2:30 pm Plenary Panel: Neuroscience of Empathy

Chair and Introduction: Donald Pfaff, PhD

Presenters: Michael Silverman, PhD and Daniela Schiller, PhD

This presentation addresses the application of neuroscience and its implications for psychoanalytic and clinical practice.

After attending this presentation, participants will be able to:

- Identify and explain how neuroscience informs the study of empathy.
- Discuss empathy in terms of current neuroscientific research.
- Utilize scientific contributions to inform treatment and care.

2:30 to 4:00 pm Afternoon Panel: Love and Society

Chair: Philip Luloff, MD

Presenters: Henry Lothane, MD, Sandra Sherman, JD, PhD, Tony Bass, PhD, Arlene Kramer Richards, EdD

After attending this presentation, participants will be able to:

- Identify how clinical issues with love manifest societally.
- Discuss how empathy can be a tool for abetting social conflict.
- Apply empathic methods to clinical treatment and care.

4:00 to 4:30 pm Concluding Remarks & Wrap-up:

Maggie Zellner, PhD, LP

=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).

CE CONTACT HOURS:6.0

IPTAR 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 Practitioners as an Approved Provider of continuing education for licensed psychoanalysts #P-0019.



= Bios =

ANTHONY BASS, PHD, Faculty and Clinical Consultant, New York University Post-doctoral 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 Center of New York; clinical study groups and workshops throughout North America, Europe and beyond.

HEATHER BERLIN, PHD, MPH is a neuroscientist, clinical psychologist, and associate clinical professor of psychiatry and neuroscience at the Icahn School of Medicine at Mount Sinai. She explores the neural basis of impulsive and compulsive psychiatric and neurological disorders with the aim of developing novel treatments. She is also interested in the brain basis of consciousness, dynamic unconscious processes, and creativity. Berlin received her doctorate from the University of Oxford, and Master of Public Health from Harvard University, and trained in clinical neuropsychology at Weill Cornell Medicine's Department of Neurological Surgery. She's a visiting scholar at the New York Psychoanalytic Society and Institute, and was a Visiting Professor at Vassar College, the Swiss Federal Institute of Technology/University of Zurich, and The Hebrew University of Jerusalem. Berlin is a committee member of the National Academy of Sciences, and the American Association for the Advancement of Science, and a passionate science communicator. She hosted series on PBS and Discovery Channel and makes regular appearances on StarTalk with Neil DeGrasse Tyson. She's also appeared on the BBC, History Channel, Netflix, National Geographic, and TEDx.

HAROLD BRONHEIM, MD, Clinical Professor Psychiatry, Clinical Professor, Mount Sinai School Of Medicine; Residency, Internal Medicine, Mount Sinai Hospital; Residency, Clinical Psychiatry, Mount Sinai Hospital; Residency, Internal Medicine, Beth Israel Medical Center. Certified in Psychiatry & Neurology, Geriatric Psychiatry, American Board of Internal Medicine; Psychiatry, American Board of Psychiatry And Neurology. Awards: 2010 Best Doctors, *New York Magazine*.

AMRON 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), *Through a Screen Darkly: Psychoanalytic Reflections During the Pandemic* (Routledge 2021), and *Toward Happiness: A Psychoanalytic Approach to Finding Your Way* (Routledge 2022). 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.

JONATHAN LEAR, PHD teaches philosophy and psychoanalysis at the University of Chicago, and is a member of the Committee on Social Thought. His recently published book, *Imagining the End: Mourning and Ethical Life*, has been named by *The Washington Post* in its top fifty notable nonfiction books (2022); and by *The Chronicle of Higher Education* in its top 13 notable scholarly books. Lear also serves on the Faculty of the Chicago Psychoanalytic Institute and the Western New England Psychoanalytic Institute. He is a member of the American Academy of Arts and Sciences and the American Philosophical Society.

HENRY ZVI LOTHANE, MD, Distinguished Life Fellow of the American Psychiatric Association. Honorary member of the Polish Psychiatric Association. Member of the International Psychoanalytical Association and of the American Psychoanalytic Association. President of the American Society of Psychoanalytic Physicians, visiting professor with full pay at Heidelberg University in 2006 and 2007. Author of 85 publications listed in PubMed on the practice and history of psychiatry, psychoanalysis, and psychotherapy, including the book *In Defense of Schreber: Soul Murder and Psychiatry*, of which he published an expanded version in German, *Seelenmord und Psychiatrie Zur Rehabilitierung Schrebers*; co-author of *Schreber Revisited, Colloque de Cerisy*; and many other papers published in Europe in French, German, Polish, Russian, and Spanish. Author of papers about C.G. Jung and Sabina Spielrein, and creator of the method of dramatology. The book *The Untold Story of Sabina Spielrein, Healed and Haunted by Love*, is in press. Profile in ResearchGate, a European commercial social networking site for scientists and researchers.

PHILIP B. LULOFF, MD, FAPA, CGP, Associate Clinical Professor of Psychiatry, Director, Division of Psychotherapy, Department of Psychiatry in The Icahn School of Medicine at Mount Sinai. As Director, he creates, develops, and manages all the initiatives of the offered to medical students, residents, fellows, and attendings within the Division, and coordinates these within the Department of Psychiatry. He is liaison within the Medical Institution, creating and running programs for other Medical Departments, their Residents, Fellows, and Attending Staff. He is integrally involved in coordinating the Faculty Psychotherapy Conference and Faculty Group and Family Psychotherapy Conference of The Division of Psychotherapy in the Department of Psychiatry at the Icahn School of Medicine at Mount Sinai. He is codirector of Integrative Psychoanalytic Case Conference of the division. Recognized internationally for his work in Group Therapy and Sex and Couple Therapy, he teaches and supervises both at the Medical Center through Workshops and Lectures to Medical Students, Residents in Psychiatry, and Attending Staff. He conducts numerous workshops on Sex Therapy, Couple Therapy, and Group Therapy at the American Group Psychotherapy Association (AGPA), the Eastern Group Psychotherapy Society (EGPS), The International Association For Group Psychotherapy (IAGP). He was past Chairman of the Committee on Group, Family, and Couple Therapy for the District Branch of the American Psychiatric Association. He is Past President of the American Association of Psychoanalytic Physicians.

VLADAN NOVAKOVIC, MD is a psychiatrist and psychoanalyst affiliated with William Alanson White Institute for Psychiatry Psychoanalysis, NY, and Ichan school of Medicine, Mount Sinai WTC Health Program in New York City. His professional track includes Psychiatry at the Maimonides Medical Center in Brooklyn, fellowships at Columbia University Medical Center and Ichan School of Medicine at Mount Sinai, and completing psychoanalytic training in at WAWI in NY. He has an unwavering dedication and interest in psychoanalysis and psychotherapy, and commitment to the advancement of the field. Supervisor of the Intensive Psychoanalytic Psychotherapy program at WAWI, and has taught courses on "Treatment of a Difficult Patient," "Mentalization Based Psychotherapy," and others. Director of the NY Chapter of the American Society of Psychoanalytic Physicians (ASPP), an active member of both the American and International Psychoanalytic Associations, American Academy of Psychodynamic Psychiatry and Psychoanalysis, the American Psychiatric Association, and the International College of Person Centered Medicine. Author of many publications in peer-reviewed journals and a few books. He lives in New York and has a private practice in the city.

DONALD PFAFF, PhD is Professor Emeritus of Neurobiology and Behavior at Rockefeller University. He graduated from Harvard College, magna cum laude, and got his PhD from MIT, where he discovered hormone receptors in the brain. His lab has specialized in analyzing neural mechanisms for instinctive behaviors in laboratory animals (e.g., *How the Vertebrate Brain Regulates Behavior*, Harvard, 2017). He is a Fellow of the American Academy of Arts and Sciences (elected 1992) and a Member of the National Academy of Sciences.

ARLENE KRAMER RICHARDS, EdD is a psychoanalyst and a poet. Training and Supervising Analyst with the Contemporary Freudian Society and the International Psychoanalytic Association; Fellow of IPTAR. Current faculty at the CFS and Tongji Medical College of Huazhong University of Science and Technology at Wuhan, China. Author of *Psychoanalysis: Listening to Understand* (2013) and Co-editor of the 2014 Gradiva award-winning *Encounters with Loneliness: Only the Lonely* and other books.

ARNOLD D. RICHARDS, MD is former editor of *JAPA* from 1994 to 2003, and Editor of *TAP* before that. Member of the Contemporary Freudian Society; Honorary member of the American Institute for Psychoanalysis. He has published a series of five volumes of his selected papers Volume 1: *Psychoanalysis: Critical Conversations*, Volume 2: *Perspectives on Thought Collectives*, Volume 3: *The Psychoanalyst at Work*, Volume 4: *The Psychoanalyst at Work*, and Volume 5: *The World of Psychoanalysis and Psychoanalysts*. He is also writing a memoir, *Unorthodox: My Life in Psychoanalysis*, and has co-edited four other books. He is Editor-in-Chief of InternationalPsychoanalysis.net, of the online *International Journal of Controversial Discussions*, and of the publisher, IPBooks.

DANIELA SCHILLER, PhD is a Professor in the Department of Psychiatry, the Nash Family Department of Neuroscience, and the Friedman Brain Institute, at the Icahn School of Medicine at Mount Sinai. Her research is focused on how the brain represents and modifies emotional memories. Schiller got her PhD in Tel Aviv University where she developed a laboratory model for negative symptoms of schizophrenia. She then continued to do a postdoctoral fellowship at New York University where she examined methods for emotional memory modification in the human brain. Schiller joined Mount Sinai in 2010, and has been directing the laboratory of affective neuroscience since. Her lab has delineated the neural computations of threat learning, how the brain modifies emotional memories using imagination, and the dynamic tracking of affective states and social relationships. Her work has been published in numerous scholarly journals, including *Nature*, *Neuron*, *Nature Neuroscience*, and the *Proceedings of the National Academy of Sciences*. She is a Fulbright Fellow and a Kavli Frontiers of Science Fellow, and has been the recipient of many awards, including the New York Academy of Sciences' Blavatnik Award, and the Klingenstein-Simons Fellowship Award in the Neurosciences.

SANDRA SHERMAN, JD, PhD, was a Senior Attorney in the federal government, as well as a professor of English at two major universities. She is the author of four books and over sixty peer-reviewed articles on cultural history. She is also an authority on early cookbooks. More recently, she has collaborated with Dr. Donald Pfaff on several books concerning neuroscience, including *The Altruistic Brain: Why We are Naturally Good and Origin of Human Socialization*. She is co-author of four books with Dr. Ahron Friedberg, including the latest, *Life Studies in Psychoanalysis: Faces of Love*. She serves as a Director and principal team member of Childsplay International, an organization that helps vulnerable children realize the benefits of play.

MICHAEL E SILVERMAN, PhD, is an Associate Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai. He is a licensed psychologist, clinician, and cognitive neuroscientist. His current scholarly activities, in part supported by the National Institutes of Health and the Stanley Foundation, are focused on bridging several scientific areas, including epidemiology, immunology, genetics, and cognitive behavioral neuroscience, towards the goal of early identification and treatment of psychiatric disorders through better disease characterization and clinical-translational science. Among his more recent accomplishments have been the first published fMRI study of postpartum depression, the most extensive epidemiologic study of postpartum mood change to date, and the most extensive study exploring the relationship between childbirth and maternal mood change. In addition, he has extensive experience in neuropsychiatric and cognitive assessment, and has developed

numerous novel studies probing the relationship between the brain and behavior. His work has resulted in numerous peer-reviewed publications, book chapters, public health policy recommendations, and awards.

JOSEPH SILVIO, PHD MD, President, American Academy of Psychodynamic Psychiatry and Psychoanalysis. Psychiatrist and psychoanalyst in private practice in Bethesda, MD. Distinguished Life Fellow of the American Psychiatric Association; Distinguished Psychoanalytic Fellow of the American Academy of Psychodynamic Psychiatry and Psychoanalysis; Associate Clinical Professor of Psychiatry at the Uniformed Services University of the Health Sciences; and a teaching analyst at the Washington Baltimore Center for Psychoanalysis. His interests include the effects of early childhood trauma on the works of Shaw, Brecht, Williams, and Lorca. More recently he has been looking at the interplay of psychodynamics and psychopharmacology, with a particular focus on the placebo and nocebo effects on medication outcome.

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

REGISTRATION FORM

SYMPOSIUM 2023 LOVE & EMPATHY April 22, 2023

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