



Rodin's Kiss (c. 1888–1898)

SYMPOSIUM 2025

HYBRID (LIVE & VIRTUAL) CONFERENCE

Mount Sinai Medical Center

IPTAR

On Human Sexuality



April 19, 2025

Goldwurm Auditorium
Madison Ave. & 98th Street

On Human Sexuality

We had thought to playfully title this Symposium. But nowadays, it can be delicate to be a bit risqué about human sexuality. Like many other important topics of our time, the subject has become infused with politics, religion, and social norms. We want to approach it with respect, interest and understanding.

When Freud first posed his famous question, “What does a woman want?” in a letter to Marie Bonaparte, he was asking it, of course, as a man of his times in a patriarchal society. Perhaps, he even sensed that the lens of his own life and experience tintured his view of sexuality and its place in the world he inhabited. His phallogocentric perspective of the world—however profound the idea of the Oedipal Complex—was also inherently limited. What he said about men’s sexuality was not so readily transferable to women, who did not necessarily feel deficient for lacking a penis. Though there could be some of that in envy and other emotions, it was not the fundamental experience that women felt and expressed.

It took many years for women to formulate a language describing their experience. Karen Horney defined (dare we say in her seminal work?) the concept of primary femininity. A woman has her own identity, her process of becoming and being, and of separating and individuating from parents that is different from that of a man’s. Carol Gillian studied this pathway in her research on childhood development, which was further given voice by a generation of psychoanalysts and psychodynamic practitioners.

The idea of libido is useful in terms of describing a universal drive that motivates people towards myriad ends, depending on their preferences and circumstances. Perhaps Jacques Lacan, that architect of human desire, also offers us a way to find commonality in his idea that we unconsciously seek what is missing (manqué) in our psychic lives. Through the analytic process we become more aware of conscious and unconscious longings, and each of us becomes freer to choose our own destiny.

Human sexuality is complex, and those complexities are expressed in our fantasies and intrapsychic conflicts, especially to the extent that we are not aware of them. Think about the woman who grew up without a father and spends her life pursuing an alpha male. Or the son with a domineering mother, who seeks out women he can dominate or be dominated by. You need only scroll down the various menu options on a porn website (no, we’re not suggesting you do), to get a sense of the sundry variations on the theme.

It is important not only for the LGBTQ+ movement but for society in general to recognize the diversity of expression of human sexuality and to consider its sources in each person, so that one is free - or at least freer - to choose for oneself.

So, in this Symposium, let’s see what we can further explore about human sexuality and its expressions in intrapsychic fantasy and real life, on and off the couch. Let’s take this opportunity as psychoanalysts and psychodynamic clinicians to learn, deepen our understanding, and, perhaps, even better ourselves in the process.

—Ahron Friedberg, MD

SYMPOSIUM 2025

On Human Sexuality

MOUNT SINAI—MEDICAL CENTER

April 19, 2025

Organizers:

Director: Ahron Friedberg, MD, LP

Co-Director: Vladan Novakovic, MD

Coordinator: Jennifer R. Harper, MDiv, NCPsyA, LP

**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.

“Sexuality is the key to the problem of the psycho-neuroses and of the neuroses in general. No one who disdains the key will ever be able to unlock the door.”

—Sigmund Freud

*Fragment of an Analysis of
a Case of Hysteria*

"Everything in the world is about sex - except sex.
Sex is about power."

—Oscar Wilde

SYMPOSIUM 2025

On Human Sexuality

= SATURDAY, APRIL 19, 2025 =

8:45 to 9:00 am Introductory Remarks:

Ahron Friedberg, MD

9:00 to 9:45 am Plenary Address

Jennifer Downey, MD

After attending this presentation, participants will be able to:

- *Discuss how ideas about human sexuality are clinically relevant.*
- *Describe issues related to human sexuality in clinical work such as sexual dysfunction.*
- *Explain how considerations about human sexuality inform treatment.*

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

10:15 to 12:00 pm Clinical Panel:

Chair: Harold Bronheim, MD

Presenter: Vladan Novakovic, MD

Discussants: Christian Churchill, PhD, LP,

Vicente Liz DeFillo, MD, Monique Rinere, PhD

After attending this presentation, participants will be able to:

- *Identify and explain how psychodynamic work informs the study of human sexuality.*
- *Discuss how considerations about human sexuality can be explored using different clinical approaches.*
- *Utilize different clinical approaches to resolve patient issues and conflicts concerning sexuality.*

= Freud Award Luncheon: 12 Noon to 1:15 pm =

1:15 to 1:30 pm Introductory Remarks:

Vladan Novakovic, MD

1:30 to 2:15 pm Keynote Address:

Mark Blechner, PhD

After attending this presentation, participants will be able to:

- *Identify and explain how ideas about human sexuality are clinically relevant.*
- *Discuss sexual conflicts in terms of contemporary psychodynamic theory.*
- *Utilize psychodynamic understanding to to inform treatment.*

2:15 to 4:00 pm Afternoon Panel: Sexuality and Society

Chair: Philip Luloff, MD

Discussants: Eric Marcus, MD, Barbara Bartlik, MD,
Elizabeth Grill, PsyD, Martina De Giorgis, LCSW, JD

After attending this presentation, participants will be able to:

- *Identify how different perspectives on human sexuality are manifest in society.*
- *Discuss how human sexuality plays out in work and social situations.*
- *Apply the widening scope of human sexuality to clinical treatment and care.*

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

Ahron Friedberg, MD



=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 psycho-analysts #P-0019.

= Participant Bios =

Barbara Bartlik, MD Rated one of *New York Magazine's* Best Doctors in Psychiatry, Barbara Bartlik, MD, is an expert clinician and author in integrative medicine, psychiatry, and sexual health. Dr. Bartlik is in private practice in Manhattan. For over 30 years, she has treated men and women with psychiatric and sexual problems. She takes a holistic approach to patient care and combines natural therapies with conventional treatment. She is an editor and author of *Integrative Sexual Health* (2018), a volume in the [Dr. Andrew] Weil Integrative Medicine Library, Oxford University Press. Dr. Bartlik received her M.D. degree with distinction in epidemiology from the Albert Einstein College of Medicine in 1981, where she studied neurology with the late Dr. Oliver Sacks. She completed her psychiatry residency and research fellowship at NYU Medical Center / Bellevue Hospital (now NYU Langone Health). She was on the faculty/voluntary faculty at Weill Cornell Medicine for 31 years, and was employed with the NY State Office of Mental Health for 10 years. Bartlik is triple board-certified in psychiatry, integrative medicine, and sexology. She is a Distinguished Life Fellow of the American Psychiatric Association, and is recognized by *Castle Connolly's Top Doctors*.

Mark J. Blechner, PhD is a Training and Supervising Analyst at the William Alanson White Institute and Clinical Supervisor and Adjunct Professor, NYU Postdoctoral Program in Psychotherapy and Psychoanalysis. He has published four books: *The Mindbrain and Dreams: Explorations of Dreaming, Thinking, and Artistic Creation* (2018), *Sex Changes: Trans-formations in Society and Psychoanalysis* (2009), *The Dream Frontier* (2001), and *Hope and Mortality: Psychodynamic Approaches to AIDS and HIV* (1997). Dr. Blechner was the founder and director of the HIV Clinical Service at the William Alanson White Institute. He is editor emeritus of the journal *Contemporary Psychoanalysis*. He has also established scholarships to fund the training of candidates of color, and transgender candidates, at the White Institute. He practices psychoanalysis and psychotherapy, and also leads private dream groups.

Harold Bronheim, MD, Clinical Professor of Medicine & Psychiatry at the Ichan School of Medicine. He created the 1st-in-the-nation dual Residency in psychiatry & medicine, and is board certified in both Medicine and Psychiatry, as well as Geriatric and C/L Psychiatry. He has given numerous Grand Rounds and lectures on psychotherapy of the medically ill at Mt Sinai, the Mayo Clinic, NY Presbyterian, Memorial, Berlin Psychiatric, and other hospitals. He has organized symposia for the Academy of Consultation & Liaison Psychiatry and the American Psychiatric Association. He has also lectured and been a discussant at the American Academy of Psychoanalysis. Dr. Bronheim has published in the *Journal of the American Academy of Psychoanalysis* and has reviewed 6 books for them. He has continuously supervised residents & fellows since 1985, and has run the Psychotherapy of the Medically-ill Seminar for the senior fellows in psychiatry for the past 10 years. He was published by Jason Aronson (1998) *Body & Soul: The Role of Object Relations in Faith, Shame, and Healing*.

Christian J. Churchill, PhD, LP, FIPA, a member of Contemporary Freudian Society, he served at CFS NY as: fellowship director; Board member; director of the psychoanalytic training institute; director of the LP program; and Vice President. A sociologist (PhD Brandeis 2000), he left his tenured full professor position at St. Thomas Aquinas College for full-time practice in 2019 after 20 years of teaching; former visiting assistant professor of sociology at Williams College. In addition to peer-reviewed articles in sociology and psychoanalysis, his co-authored book is *The Enigmatic Academy: Class, Bureaucracy, and Religion in American Education* (Temple 2012)

Martina De Giorgis, LCSW received her Law Degree in Germany and her Master's degree in Clinical Social Work from NYU. She completed her 4-year psychotherapy training at NIP, the National Institute for the Psychotherapies. Martina has extensive specialty training in Couples therapy both from NIP and the Ackermann Institute. She received additional training in CBT from the American Institute for Cognitive Therapy. For nearly 20 years now Martina has worked with individuals and couples who experience Relationship Issues, Anxiety, Depression and Obsessive Compulsive Disorders (OCD). Martina is currently supervising and teaching Mt Sinai Psychiatry residents in couples therapy. She has in the past run Emergency Medicine Residency support groups, as well as support groups for psychology interns at the Mount Sinai Adolescent Health Centre. Martina is an active member of the Faculty Psychotherapy Conferences of the Mount Sinai Psychiatry Department where she has presented regularly over the last 15 years, on topics including couples work by Sue Johnson and Gottman, Attachment Theory, CBT and DBT.

Jennifer Downey, MD is Clinical Professor of Psychiatry at the Columbia University College of Physicians and Surgeons and Faculty Member at the Columbia University Center for Psychoanalytic Training and Research. She is Editor of *Psychodynamic Psychiatry*. She and Dr. Richard Friedman published their coauthored book *Sexual Orientation and Psychodynamic Psychotherapy: Sexual Science and Clinical Practice* (Columbia University Press, 2008). They published 24 peer-reviewed article together between 1993 and 2016. Dr. Downey is a psychodynamic psychiatrist and psychoanalyst whose areas of interest are women's health, sexual minorities, and issues of sexual identity, and teaching psychodynamic interventions to medical clinicians.

Ahron L. Friedberg, MD is 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), *Towards Happiness: A Psychoanalytic Approach to Finding Your Way* (Routledge 2022),

and *Faces of Love: Life Studies in Psychoanalysis* (Routledge 2023). Regular contributor to *Psychology Today* and various academic journals.

Elizabeth Grill, PsyD is the Director of psychological services at the Ronald O. Perelman and Claudia Cohen Center for Reproductive Medicine, and is Associate Professor of Clinical Psychology in the Departments of Obstetrics and Gynecology, Reproductive Medicine, and Psychiatry at Weill Cornell Medicine. She is also an Assistant Attending Psychologist at NY-Presbyterian Hospital. Dr. Grill is established as a nationally recognized expert and innovator in reproductive and sexual mental health. She is the current Chair of RESOLVE, the National Infertility Patient Organization, the Past Chair of the Mental Health Professional Group of the American Society for Reproductive Medicine, and the Past President of the Society for Sex Therapy and Research

Jennifer R. Harper, MDiv, NCPsyA, 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 NY 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.

Vicente Liz, MD, FAPA Board Certified Psychiatrist with a sub specialty in Psychosomatic Medicine Consultation Liaison Psychiatry which deals with the Psychiatric aspect of general medical conditions such as Heart Disease, Stroke, Pregnancy, Neurological Disorders, HIV AIDS, Dementia, Organ Transplantation and Cancer. He provides Psychotherapy services as well as Psychoanalysis. He serves as Faculty at Albert Einstein College of Medicine in the position of Assistant Professor.

Philip B. Luloff, MD, FAPA, Associate Clinical Professor of Psychiatry Director Division of Psychotherapy, Department of Psychiatry, The Icahn School of Medicine at Mount Sinai. Recognized internationally for his work in Group Therapy, Sex, and Couple Therapy. He teaches and supervises both at Medical Center through Workshops and Lectures to Medical Students, Residents in Psychiatry, and Attending Staff. He has conducted numerous workshops on Sex Therapy, Couples 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.

Eric R. Marcus, MD is professor of clinical psychiatry at Columbia University College of Physicians and Surgeons and training and supervising analyst at the Columbia University Center for Psychoanalytic Training and Research, where he was director for ten years. He is a Distinguished Life Fellow of the American Psychiatric Association. He has won many teaching awards including the Columbia University President's Teaching Award for Outstanding Teaching. He writes on modern ego psychology as an umbrella meta theory for psychoanalysis. His upcoming book *Modern Ego Psychology: A Contemporary View* spells out a one theory psychoanalytic psychology. His previous book is *Modern Ego Psychology and Human Sexuality: The Meaning of Treatment*. Another previous book is *Psychosis and Near Psychosis: Ego function, Symbol Structure, Treatment*, revised 3rd ed which won the Heinz Hartmann Award of the NY Psychoanalytic Institute.

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 NY City. His professional track is Psychiatry at the Maimonides Medical Center in Brooklyn, followed by fellowships at Columbia University Medical Center and Ichan School of Medicine at Mount Sinai, and completing the training in psychoanalysis at William Alanson White Institute in NY. He has an unwavering dedication and interest in psychoanalysis and psychotherapy and continuing commitment to the advancement of the field. He is supervisor of the intensive psychoanalytic psychotherapy program at the William Alanson White Institute and taught courses on "Treatment of a Difficult Patient," Mentalization-Based Psychotherapy, and many others. He serves as a Director of the NY Chapter of American Society of Psychoanalytic Physicians (ASPP), and is an active member of many professional organizations: American and International Psychoanalytic Association, American Academy of Psycho-dynamic Psychiatry, and Psychoanalysis, and the American Psychiatric Association. In addition, he is an active member of the International College of Person Centered Medicine. He is an author and co-author of many publications in peer-reviewed journals and authored few books. He presented his clinical and research work nationally and internationally. He lives in NY and has a private practice in the city.

Monique Rinere, PhD, after completing a PhD at Princeton, Monique published a book tracing the evolution of the German novel from the Baroque to the Enlightenment, which she touts as a sure cure for insomnia. She spent 20 years as a dean at Princeton, Harvard, and Columbia, running and building undergraduate support systems. These experiences led to her second book, *Countdown to College: The Essential Steps to Your Child's Successful Launch*, to help parents ease their children's college transition. She sits on the Board of the National Psychological Association for Psycho-analysis (NPAP).

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