

WINTER
2024



PSYCHOTHERAPIST NEWSLETTER



THIS ISSUE

Editors' Note
Committee Update
Psychoanalytic Crises
A Conductor-less Ensemble
PsiAN Update

PSYCHOTHERAPIST COMMITTEE

Michael Burke LCSW
Padmavathy Desai LMHC, LPC
Kathryn Fleming-Ives MD
Margo Goldman MD
Cynthia Lucas LCSW
Linda Michaels PsyD, MBA
Petra Pilgrim MD
Carol Reichenthal PhD
Margaret Cheng Tuttle MD
James Woody PsyD

NEWSLETTER EDITORS

Padmavathy Desai LMHC, LPC
Margo Goldman MD

EDITORS' NOTE

This is the first issue of the Psychotherapist Newsletter since APsA experienced a crisis, rekindled by recent horrific world events. Several articles in this issue address the importance and benefits of respectful collaboration and discourse. Kathryn Fleming-Ives' piece about a scientific session in June, "Psychoanalytic Crises: A Historical Perspective" concludes with a hopeful statement about useful dialogue. Our optimism is also bolstered by the editorial process, during which Kathryn shared the draft with the program's panelists, reached out and talked with a panelist about specific objections to the essay's content and publication, and subsequently found sufficient common ground to enable approval for inclusion in this newsletter. Margo Goldman's article about the Psychotherapist Committee's experiment with a different kind of leadership model highlights how participatory management has been a powerful strategy for fostering innovation, collegiality, exchange of ideas and shared responsibility for the group's work and well-being.

Margo P Goldman MD
Padmavathy Desai LMHC, LPC
Co-Editors, Psychotherapist Newsletter

COMMITTEE UPDATE

BY PADMAVATHY DESAI LMHC, LPC

Dear Colleagues and Friends,

As we approach the February 2024 National Meeting in New York, it is wonderful to share another issue of our newsletter with you. Before we do, we would like to acknowledge that APsA continues to be in tremendous turmoil - recent world events have exacerbated ongoing organizational challenges that are affecting membership in profound ways. We continue to offer hope, support, and collegiality to all members of APsA. Despite ongoing difficulties in the organization at large, our committee strives to innovate, create, and expand into activities that are aligned with our ongoing mission: to provide a professional home for psychoanalytical psychotherapists at APsA.

Interim co-chairs Margo Goldman and Carol Reichenthal will continue to serve in their capacities until June 2024, at which point two new co-chairs will assume their positions. Successfully operating under a shared leadership model since December 2022, our committee of ten members has seen significant benefits such as increased inclusion of committee members and decreased risk of stress and burnout. This management strategy has also enabled committee members to expand their involvement in APsA. We are proud to highlight our recent accomplishments, new projects, and upcoming events:

Developments and Accomplishments

1. Rejuvenated the Psychotherapist Committee
2. Successfully implemented participatory management/shared leadership in the Committee
3. Obtained representation by our Committee members on key APsA committees, task forces and a commission.
4. Formulated Committee succession plan for leadership positions – to start June 2024.
5. Leadership agreed to establish Expanded Membership Implementation Task Force (EMITF) on which several Committee Members represent Psychotherapists. Tasks have included:
 - Reviewing and providing feedback about provisions of Expanded Membership
 - Recommending possible modifications for problematic elements – i.e. more gradual dues increases
 - Clarifying history of Psychotherapists in APsA
6. Made recommendations to APsA President for Psychotherapy Department’s Psychoanalyst and Psychotherapist Co-Chairs
7. Organized Psychotherapy Dine Around, Networking Reception, Discussion Group, and Workshop for the National Meeting. The Psychotherapy Dine Around and Networking Reception are the only such events scheduled for the National Meeting.
8. Improved format and expanded distribution of Psychotherapist Newsletter thanks to Michelle Rada’s valuable input on design, layout and publication on APsA’s website
9. Collaborated with TAP Editor, Austin Ratner to include an Editor’s Note in the upcoming issue of TAP about the Committee’s new management strategy, as well as a link to the related Psychotherapist Newsletter article.
10. Implemented Psychotherapists’ involvement in newly formed Collegiality Groups, thereby increasing Psychotherapist representation in a crucial new APsA initiative.

COMMITTEE UPDATE | PADMAVATHY DESAI

11. Successfully advocated for inclusive language about, and inclusion of Psychotherapists and psychotherapy in APsA scientific programs' content and descriptions, Listserv communications, etc

Upcoming Events at the National Meeting in February 2024

1. Psychotherapist Dine Around and Psychotherapy Networking Reception:

- Please join us for the Dine Around at Emporium Brasil February 6, 2024, 7: 00 pm to 9:00 pm and the Psychotherapy Networking Reception February 8, 2024, 7:00 pm to 9:00 pm! Registration is available on the Meeting website's Psychotherapy "Program Tracks" page (<https://apsa.org/2024nm-psychotherapist-and-trainees/#toggle-id-1>). They will be two wonderful events and we hope to see you at both!

2. Psychotherapist Discussion Group and Workshop:

- Discussion Group #37: Psychotherapists Present: Living with Your Patients: Experiences in a Therapeutic Milieu - Thursday February 8th 9:00 am to 11:00 am
- Committee Sponsored Workshop #7: The Business of Practice: Sponsored by the Psychotherapist Committee: Psychoanalytic Practice in a Rapidly Changing Landscape: Lessons from The Research and Advocacy of Psychotherapy Action Network (PsiAN) - Friday February 9th 2:00 pm to 4:00 pm

New Projects

Expanded membership implementation - our foremost project:

1. Work with leadership and the Board of Directors to enable Psychotherapists' involvement in developing membership application, assessing applicants' membership

qualifications and evaluating training programs for APsA affiliation

2. Appraise impact of significant dues increase and new membership qualifications for psychotherapists

3. Continue to ascertain and convey concerns about impact of Expanded Membership on:

- Retaining members
- Attracting new members
- Members' morale
- Experience of inclusion, acceptance and value by APsA

4. Psychotherapy Department: Work with new department heads (once appointed) to define Department's mission and constituents

Challenges and Possible Solutions

If Expanded Membership negatively affects member numbers, morale or participation, the Expanded Membership Implementation Task Force Chair has agreed to communicate with Board of Directors and request changes (i.e. feasible fiscal and membership guidelines) that might facilitate APsA's Expanded Membership's success

Navigation of culture change from an organization for and by psychoanalysts to one comprised of both analysts and non-analyst therapists.

Despite the complex issues we are facing in APsA and the world at large, we look forward to ongoing work with APsA's leadership and staff on our current projects and upcoming events. We hope collaboration with APsA leadership will clarify and resolve not only the dilemmas associated with Expanded Membership, but also APsA's internal struggles. Though difficulties in APsA and the world may seem daunting, we strive to strengthen our clinical work, achieve true inclusion in APsA and retain our unique identity as psychoanalytic therapists. ■

REPORT ON PSYCHOANALYTIC CRISES: A HISTORICAL PERSPECTIVE

KATHRYN FLEMING-IVES MD

The 112th APsA Annual Meeting in June 2023 took place during a tense time for APsA. Earlier this year the current APsA president, Kerry Sulkowicz, MD, resigned amid a controversy around whether Lara Sheehi, PsyD, should participate in a proposed discussion panel. For some of our members, these events felt singularly explosive. However, in attending the session on “Psychoanalytic Crises – A Historical Perspective,” I learned that there have been many crises within APsA. In fact, as one panelist, Charles Strozier said, “sectarianism and splits are endemic in the history of psychoanalysis.”

The chair and moderator, Sharon Blum, PhD, set the frame for the session. She briefly shared the origin story of APsA: the first meeting in 1911 having eight people in attendance and electing James Putnam, MD, a professor of neurology, as president. A year earlier, Sigmund Freud had founded the IPA. It was only a matter of time before the two associations’ differences collided. One of the prominent early disagreements involved what type of professional could be a psychoanalyst. Freud supported “lay analysts,” psychoanalysts who were not medically trained. American analysts wanted psychoanalysis to be a subset of medicine and were against training non-physician analysts. This conflict came to a head during the 1930s when many lay analysts, who were fleeing Europe, attempted to find analytic homes in unwelcoming American Institutes.

The first panelist, Charles Strozier, PhD, relayed another crisis from APsA’s past. Strozier authored a biography of Heinz Kohut and knew

him during his time at the Chicago Institute. Kohut had served as APsA’s president from 1964-1965 and for much of his life was an admired figure within psychoanalysis. Strozier shared that as Kohut broke new ground with his theory of self-psychology and began questioning drive theory, many “sacred cows... [were] gored in Kohut’s work.” In the 1970s, as Kohut became more controversial, some colleagues began to shun him; people would literally turn their backs on him when he walked into a room. At a meeting in Paris, Kohut’s presence caused half the audience to leave. Finally, in 1978, Kohut was voted off the council of the Chicago Institute, a devastating blow for him.

Bryant Welch, JD, PhD, recounted his work as the architect of the 1985 anti-trust lawsuit filed against APsA and the IPA on behalf of psychologists training in APsA-affiliated institutes. The lawsuit alleged that psychologists were being illegally denied access to training and subsequent practice in psychoanalysis. The suit was eventually settled in favor of the psychologists, opening APsA institutes to non-medical practitioners. In terms of the current APsA crisis, Welch drew on his knowledge of political manipulation to warn that Sheehi was being “doxxed” and cautioned against adopting the negative representation of her by select organizations and media. He encouraged APsA members to shelve our discomfort with the style of her speech (e.g., as he put it, her frequent “f-bombs”) and focus on the substance of her message, which he summarized as speaking about the deep harm of colonialism.

The final presenter, Jack Drescher, MD, entered psychoanalytic training in the late 1980s, a time when APsA Institutes would not accept openly gay people. Drescher recalled how one APsA-affiliated analyst offered this problematic analogy in justification of this policy: “blind people should be entitled to all the rights of sighted people, but you don’t want them to fly a plane.” At the time, many psychoanalysts thought that homosexuality represented a developmental arrest on the way to heterosexuality. In 1991, Richard Isay, MD, in collaboration with the ACLU, threatened a lawsuit due to APsA’s discriminatory policies. In response to this, APsA changed its non-discrimination statement to include sexual orientation and altered its position statement to articulate support of admitting gay candidates. In 2019, Lee Jaffe, PhD, then president of APsA, issued an apology on the 50th anniversary of the NYC Stonewall riots.

In her discussion of the three panelists’ presentations, Susan Kolod, PhD, explored how our most recent APsA crisis was both similar and unique in comparison to prior ones. All of the crises involve themes of inclusion versus exclusion, power, generational differences, as well as disagreement over who gets to define what counts as psychoanalytic. She highlighted that despite Kohut’s hurt, he never considered splitting off from APsA.

Kolod further noted other features that set this most recent crisis apart, one being the important role that the APsA listserv played in facilitating the speed of the division and controversy, with “polarization spreading like wildfire.” In addition, Sheehi, the figure at the center of the crisis, resigned from APsA. Kolod also pointed out that in Sheehi’s book, *Psychoanalysis under Occupation: Practicing Resistance in Palestine* (Taylor & Francis, 2022), co-written with her husband, Stephen Sheehi, MA, PhD, one chapter entitled “Psychoanalytic Innocence: The Ideological Misattunement of

Dialogue”, specifically rejects dialogue as a tool for lessening conflict and polarization when one party to the conflict is oppressed. (This is consistent with my summary of this book chapter as well. Although the chapter focuses on dialogue specifically related to the Israeli-Palestinian conflict, the Sheehis generalize the value of dialogue initiatives in the context of what they describe as settler colonialism. They write, “In other words, psychoanalytic notions around mutual recognition...are ideologically misattuned in the context of settler-colonial and racial domination because they are unable to perceive the violence of the end goal, let alone the process itself.”) Kolod felt heartened by the APsA collegiality groups’ explicit intention to foster dialogue this fall.

This excellent panel had many aspects that could be elaborated on, but I want to focus on the topic of dialogue that Kolod brought up in her discussion. Dialogue may not always be indicated. It can be used by those in power as a delaying tactic or a mode of appeasement unaccompanied by actual change. In other instances, we may feel certain that our perspective is correct, and we know that our interlocutors are not engaging in good faith (e.g., dialoguing about racism with someone who is a member of a white supremacist group). However, I think such instances are exceptions rather than the rule. In our current world, it seems that people are turning less and less to dialogue. As we see this play out, the result is more disconnection, polarization, and violence. I hope as an organization we can continue to be advocates and models for dialogue. While APsA’s history is marked by splits and sectarianism, given the organization’s persistence, and thriving over the decades, it is also notable for its ability to repair and change. ■

A CONDUCTOR-LESS ENSEMBLE: EXPERIENCE WITH PARTICIPATORY MANAGEMENT

MARGO P. GOLDMAN MD

This article demonstrates how the Psychotherapist Committee utilized participatory management (also known as shared leadership) to effectively distribute tasks previously performed by the chair or co-chairs, improve efficiency and morale and as a result, diminish the risk of isolation and burnout common in traditionally chaired work groups.

During my over 40-year long career as a psychiatrist/psychotherapist, I have had extensive experience serving on professional organizations' committees, leadership entities and advocacy groups, some of which I have chaired or co-led. As a longstanding Psychotherapist Associate, I served on several APsA committees, which included chairing and co-chairing the Psychotherapist Associates Committee for over six years. In December 2022, prior to the passage of the expanded membership bylaw amendment, I co-led the task of revitalizing the Psychotherapist Associates Committee after at least one year of Committee dormancy. I am also a music lover whose favorite genre is chamber music, in which each musician has a unique voice that contributes to a sum greater and more beautiful than its parts - without having a formal conductor. The parallel between a chamber ensemble and our Committee's newly evolved work strategy has been striking to me.

In most committees, the chair or chairs are responsible for "holding the baton" with group members' input. This is akin to an orchestra, in which the conductor directs, and each musician follows his/her/their cues. I had numerous responsibilities while leading the former Psychotherapist Associates (PA) Committee: Overseeing educational and networking programs, Committee meetings and the Newsletter; working with other APsA groups, leadership, and staff; attending to administrative duties; building an effective Committee; recruiting new Psychotherapist Associate Members; defining and fulfilling our evolving mission; launching new initiatives; and advocating for Psychotherapists within APsA.

Fast forward to December 2022: Our Committee had no Chair, and no recent or future scientific sessions, networking events or Committee meetings. Committee membership had declined, my successor Chair had stepped down, and by December, those remaining members wondered whether the Committee would survive. Fortunately, the Committee's E-Newsletter had not "missed a beat," thanks to a capable Committee member and newsletter editor.

After speaking with another past Chair of our Committee and emeritus Committee member (Carol Reichenthal), she and I decided to "resuscitate" the Committee and the initiatives our predecessors and we had established. With Membership Assistant Bronwyn Zevallos' help, we arranged a virtual Committee meeting for December. Committee members were unanimous about reviving the Committee; if granted Membership, we felt it imperative for Psychotherapists to have representation to advocate for inclusion and our distinct identity as non-psychoanalyst therapists. Though we direly needed new Committee leadership, no Committee member was able to step onto the "podium." We confronted the challenge of rebuilding a Committee without designated chairs.

A CONDUCTOR-LESS ENSEMBLE | MARGO P. GOLDMAN

I was familiar with a business management strategy, participatory management, because a friend helped implement the model in the manufacturing industry. Its premise is to empower workers' involvement in business and production decisions. With the absence of a succession plan for our Committee's leadership, I proposed an experiment: The Co-Chairs' numerous tasks would be divided across the Committee, based on each individual's strengths and preferences. The Committee discussed my proposal and decided to "give it a whirl." I distributed the chairs' job description and asked members to volunteer for at least one responsibility. Two people would share each task, to optimize cooperation and reduce isolation and burnout.

Our priority was adding early or mid-career Committee members who could "carry the torch." Our search yielded five terrific new members with a range of professional disciplines and experience. Everyone understood the shared leadership strategy, and no one was to work alone. We expected Committee members to respond to Committee-related correspondence and if possible, attend Committee meetings - to support one another, facilitate this new way of working, and navigate the anticipated expanded membership transition.

At our request, APsA scheduled our February 2023 Committee meeting. The first in-person meeting since 2020 was celebratory for "veteran" members and welcoming towards new members. President Kerry Sulkowicz and President-Elect Dan Prezant personally congratulated us on the Expanded Membership bylaw amendment's passage with "overwhelming" approval.

A lot has happened since then: 1) Psychotherapist Associates have become full Clinical Members. 2) The organization has suffered a crisis resulting in multiple resignations, including Kerry's decision to step down as President. 3) We have identified concerns about psychotherapists' changed Membership status: Would higher membership dues adversely affect APsA's size and morale? Would APsA embrace psychotherapy/psychotherapist-inclusive language and policy and enable Psychotherapist representation on APsA's Board? Would psychotherapists have sway in determining and applying equivalency criteria for non-analyst applicants for Membership? (This would affect only those who are not graduates of an APsA-affiliated Psychotherapy Training Program). Can we preserve the "big tent" philosophy central to the longstanding PA affiliation? Can APsA manage tensions associated with this cultural transition? 4) Our Committee members have been deeply affected by the intra-organizational strife and attendant uncertainties about future APsA leadership and survival, so we arranged several extra virtual meetings to "hold" one another and process the events; 5) We successfully implemented participatory management.

We now have two exciting scientific programs planned for February 2024 (Psychotherapists Present Discussion Group and Business of Practice Workshop), each chaired by two Committee members, with Committee support. The Newsletter is continuing with two co-editors and access to a superb professional editor, Michelle Rada, APsA's Director of Public Affairs. Another Committee Member is running for a Director-at-Large Board seat. We have representation on the Program Committee, Pathways to Membership Project, Future Meetings Task Force, Expanded Membership Implementation Task Force, Commission on Economics as well as the Collegial Development Task Force. Two of our Committee Members have planned February's Psychotherapy Dine Around and Psychotherapy Networking Reception; at least one member will represent us at the New Attendees' Reception and the Department Heads/Committee Chairs meeting. We are rebuilding the Psychotherapy Department to foster a healthy partnership between non-analyst and analyst

A CONDUCTOR-LESS ENSEMBLE | MARGO P. GOLDMAN

psychotherapists. APsA now utilizes language on its website, program descriptions, sessions' content, continuing education documents and discussions that includes psychotherapy and psychotherapists. We have more to accomplish and would welcome additional Committee members to manage the workload.

Carol and I are serving as interim Co-Chairs but are really facilitators and point people for our dedicated Committee. We have a cohesive group that is efficient, empathic, and highly productive. We are confident the Committee will continue to develop and implement quality programs, represent Psychotherapists throughout and beyond this transition, and advocate for Psychotherapists' integration as Clinical Members. Our experiment with shared leadership is working and we now have a succession plan.

We are a "conductor-less ensemble." Though chamber ensembles have no conductor, members look to the first violinist or another designated musician to start the piece, facilitate harmony and tempo as well as provide input for interpretation; the individual performers use their virtuoso voices to make "beautiful music together." Much like a chamber group, our Committee members utilize the interim Co-Chairs for guidance and as point people, enabling them to proficiently and harmoniously "perform" their parts.

This experience demonstrates it is not necessary for leaders and members of committees, task forces, or organizations to be overloaded and alone. By sharing this pilot with others, we hope to provide a cogent, usable model for successful teamwork as APsA strives for growth via self-examination, open respectful dialogue, and true inclusion of a broad range of current and future members. ■

PSYCHOTHERAPY ACTION NETWORK (PSIAN) UPDATE

LINDA MICHAELS, PSYD, MBA

From spreading the word about our work via podcasts and articles, to deepening our understanding of the public's attitudes about therapy through our ongoing research, we've kept busy advocating for depth therapy. Here are some of our latest updates.

[Partnership with ROOM](#)

Last fall, PsiAN announced our partnership with ROOM: A Sketchbook for Analytic Action, the award-winning magazine that combines art practice with a psychoanalytic understanding of transformation. This collaboration continues to be rich and fruitful. In June, ROOM published an article by Linda Michaels that offers a full account of being sued by Talkspace. To read the harrowing story of what happened when PsiAN dared to stand up to a major corporation, *When Talkspace Sued PsiAN and Me*, please follow this link: <https://analytic-room.com/essays/when-talkspace-sued-psian-and-me-by-linda-michaels/>

In July, ROOM featured PsiAN co-founders Janice Muhr and Linda Michaels on their podcast, Voices from ROOM, for a fascinating conversation about how the experience of advocating for depth therapies has impacted them, from the consulting room to the outside world. Here's the link to the podcast: Defending Mental Health from Industry: <https://analytic-room.com/podcast/>

Lastly, PsiAN, Janice and Linda were honored at ROOM's annual gala, for their activism on behalf of depth therapy, along with a psychoanalyst and visual artist. We are humbled and delighted by this recognition of PsiAN's work, and look forward to more opportunities to collaborate with ROOM.

[Trademarking Therapies of depth, insight and relationship™](#)

PsiAN has successfully trademarked the phrase it coined several years ago, "therapies of depth, insight, and relationship"™. The US government now recognizes this phrase as uniquely ours, and we hope you can take pride in this phrase as well. Please feel free to use it in discussing or writing about your work. We hope this shows others that there are more than just a few of us who practice, teach, research, and advocate for these powerful therapies.

[Special Events](#)

Film Screening

PsiAN was thrilled to host a screening of the documentary Hiding in Plain Sight: Youth Mental Illness, executive-produced by Ken Burns and co-directed by Erik Ewers and Christopher Loren Ewers. This powerful and poignant film features more than 20 young people, from all walks of life and ranging in age from 11 to 27, sharing their experiences living with mental health challenges. Their parents, teachers, friends, therapists, and mental health experts are also featured. The messages in this

emotional and well-researched film align with PsiAN's vision and the values of therapies of depth, insight and relationship™, and bring home the importance of trusted relationships in healing and growth. (Here's a link to the screening: <https://psian.org/events/hiding-in-plain-sight-film-screening>)

We screened a portion of the film, and then enjoyed a stimulating panel discussion with the director Erik Ewers, mental health advocate and PsiAN Advisor, Amy Kennedy and chair and cofounder of PsiAN, Linda Michaels We were especially honored to have youth from the film join our panel discussion.

[New Books Network podcast](#)

PsiAN's book, Advancing Psychotherapy for the Next Generation: Humanizing Mental Health Policy and Practice, was featured on the New Books Network podcast. PsiAN's chair and cofounder Linda Michaels discussed with host Judith Tanen, PsiAN's activities and goals, the value of therapies of depth, insight, and relationship™, the various threats to these therapies as well as PsiAN's steadfast commitment to protecting and advancing them. You can listen to the podcast here: <https://newbooksnetwork.com/advancing-psychotherapy-for-the-next-generation>

[Ongoing Research Projects](#)

This summer, we have been working with our third team of executive MBA students from the University of Michigan Ross School of Business. Whereas past projects focused on helping us define our organizational structure and resources, this year's project focused on how we can engage more directly with the public, which would be a new step for PsiAN. From our market research we learned that the public wants the benefits of depth therapy. But the general public doesn't know how to find and assess therapists. One of our goals is to help people become more educated and informed,

and we'll be working on this important initiative going forward. Also this summer, Santiago Delboy and Linda Michaels launched a new market research study to assess changes in the public's attitudes. They will also gather information about new developments in the field, such as the public's use and feelings about mental health apps and technology. We are knee deep in the analysis now and look forward to sharing the results with you soon.

Lastly, PsiAN is a part of the Digital Therapy Project, an international research group of academics, researchers and clinicians that seeks to better understand the mental health landscape. Their first project is surveying therapists and patients on the uses of digital tools in mental healthcare, from video technology to self-help tools and online platforms. We are pleased to work on this research to help document the impacts of technology in our field. To read more about the Digital Therapy Project, please visit its website: <https://www.thedigitaltherapyproject.org/>

[Honoring Erika Schmidt](#)

As many of you know, Erika Schmidt passed away unexpectedly, in December 2022. She was a part of PsiAN from our beginnings, and most recently served as our Vice Chair. She was also very active on the APsA Board and was the immediate past president of the Chicago Psychoanalytic Institute – the first woman, the first social worker, and the first child analyst to become their president.

Her two children gathered together Erika's publications, obituary, two tributes, and her donation requests. Here is the link to access these materials: <https://linktr.ee/esschmidt>

Also, an article honoring Erika and her legacy was published in The American Psychoanalyst (TAP): <https://tapmagazine.org/57issue2/the-freeing-speech-of-pioneer-erika-schmidt?rq=erika%20schmidt>

We'd like to note that the new editor of TAP is Austin Ratner, PsiAN Board member. As you've seen, Austin has revamped and reimagined TAP and the results are impressive. It's a tribute to the work we all do, and it's as well-written and beautiful and professionally executed as any magazine out there. Great job, Austin, and thanks for giving psychoanalysis and depth therapy such a compelling platform.

[PsiAN in the Wall Street Journal](#)

As always, PsiAN is focused on changing the narrative about psychotherapy in the media. For the very first time, we were featured in the Wall Street Journal when they ran a [letter to the editor](#) on August 8, 2023, by Linda Michaels. Her letter was in response to an [article](#) that raised concerns about new screening guidelines for anxiety. The letter, included below, is a timely reminder that any discussion of mental health symptoms is incomplete if it fails to mention the role of psychotherapy:

"The essay ignores psychotherapy and the importance of understanding the meaning and underlying causes of anxiety, depression, sleeplessness, or lack of appetite. While psychiatric medications can be lifesaving and very useful, we need to differentiate when someone requires psychiatric medication from when he or she needs psychotherapy. Yes, it is time-intensive, but it's highly effective and evidence-based.

Demand outstrips supply when it comes to mental-health professionals. We need to increase the numbers of those professionals and pay them market rates, rather than institute superficial screenings that will only create more demand and crowd out those who do need professional mental-health care."

[New donation, and big vote of confidence in PsiAN!](#)

Joan Sarnat previously donated \$50,000 to fund the position of Executive Director, enabling PsiAN to make our very first hire. Joan's donation is a meaningful vote of confidence in PsiAN's mission, vision and leadership, and her generosity and vision were instrumental in helping to take PsiAN to the next level. We're deeply honored and incredibly grateful that she has recently renewed that support with another grant. We thank Joan, and also invite all of you to participate in our annual fundraising campaign to support the advocacy work we do on behalf of all of us. Here's a direct link to our campaign:

<https://secure.givelively.org/donate/psychotherapy-action-network/2023-end-of-year-appeal> ■

**MAKE A GIFT TO APSA TODAY!
USE THE QR CODE BELOW TO GIVE:**



Interested in writing for the next
Psychotherapist Newsletter?
We'd love to hear from you!

Please contact Margo Goldman
margogoldmanmd@gmail.com
or Padmavathy Desai
padmadesaillc@gmail.com
for more information.

The views expressed in the Psychotherapist Newsletter are solely that of the authors and does not necessarily reflect the views of the American Psychoanalytic Association or other associated parties.

APSA 2024 **NATIONAL MEETING**

REGISTER TODAY
apsameeting.org

February 6–11, 2024
New York Hilton Midtown Hotel

