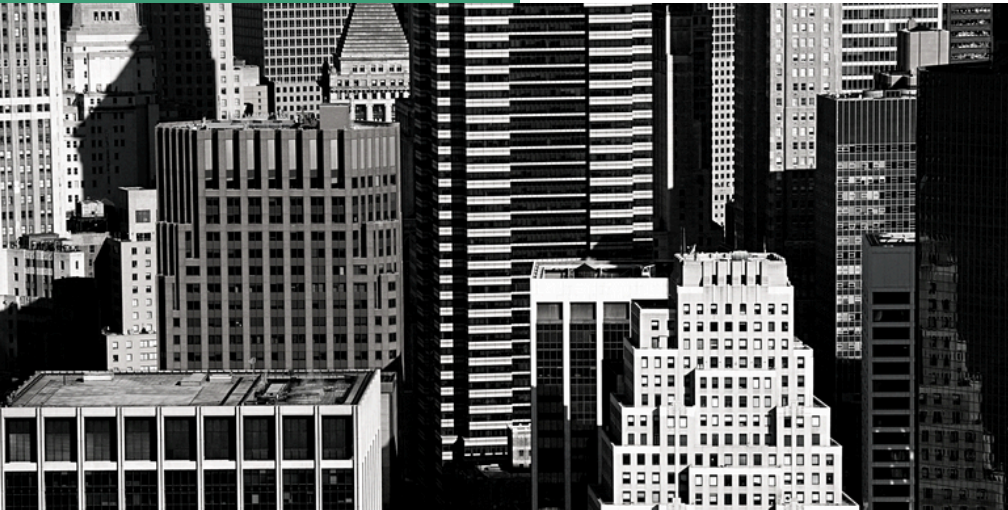


SPRING
2024



PSYCHOTHERAPIST NEWSLETTER



THIS ISSUE

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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

Despite tragic world events and divisions that impact us, the APsA Psychotherapist Committee has continued to productively collaborate and make significant progress. We are thrilled to introduce the new Psychotherapy Department Co-Chairs, Petra Pilgrim MD (a psychotherapist) and Richard Summers MD (a psychoanalyst), and we anticipate they will revitalize and hopefully increase the Department's and psychotherapists' roles in APsA. Furthermore, the current Committee Co-Chairs, Carol Reichenthal PhD and Margo Goldman MD will step down this June, and are working with their successors, Cynthia Lucas LCSW and Kathryn Fleming-Ives MD, to effect a smooth transition. (See below for bios and pictures of our future leadership team). Given the success of the Psychotherapist Committee's shared leadership, (see article in Winter 2024 Newsletter (<https://apsa.org/wp-content/uploads/2024/01/Psychotherapy-NL-Winter-2024-7.pdf>) the incoming Co-Chairs plan to continue using participatory management.

This newsletter issue also reflects our expanded reach. Since our Winter Newsletter, one of our committee members, Linda Michaels PsyD MBA was elected as a Director-at-Large on APsA's Board of Directors (BOD). As you will see in Linda's PsiAn update, momentum is building in favor of psychoanalytic treatment and other kinds of depth therapy. Andrea Corn PhD, a longstanding psychotherapist associate (and now clinical member) contributed a fascinating piece about her use of psychoanalytic developmental theory to inform clinical work with child athletes and their parents. Jerome Blackman MD (a psychoanalyst member) wrote a comprehensive, albeit abbreviated overview of IRED's recent and ongoing extensive compilation of psychoanalytic theories of ego development across the world. There are several other unique pieces in the pipeline for the Fall 2024/Winter 2025 newsletter. While none of these authors serve on the Psychotherapist Committee, we are pleased to have them in our newsletter and invite you, our readers, to submit articles to us as part of the greater APsA community.

We hope you enjoy this issue and have a wonderful spring and summer!

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

COMMITTEE UPDATE

BY PADMAVATHY DESAI & MARGO GOLDMAN

Dear Colleagues and Friends,

We hope you are doing well as we approach the June 2024 113th Annual Meeting. We are delighted to share another issue of our newsletter with you. Despite ongoing tragic world events that profoundly affect us, we continue to offer hope, support, and collegiality to all APsA members. We have continued to successfully operate under a shared leadership model since December 2022, with ongoing benefits such as increased inclusion of committee members, decreased risk of stress and burnout and expanded involvement in APsA, described below.

Before we discuss our recent accomplishments, new projects and advocacy efforts since our last issue (Winter 2024), we wish to extend a big thanks to our interim co-chairs Carol Reichenthal PhD and Margo Goldman MD for their dedication, leadership and most of all, warmth of heart in co-chairing our committee.

Thank you to Carol and Margo for helping and guiding us to where we are today!

Carol and Margo will continue to serve in their capacities until June 2024 and continue to serve on our committee, at which point two new co-chairs and current committee members Cynthia Lucas LCSW and Kathryn Fleming-Ives MD will assume those roles. Thank you both!



Margo Goldman



Carol Reichenthal

COMMITTEE UPDATE | PADMAVATHY DESAI & MARGO GOLDMAN

Kathryn is a psychiatrist in Providence, RI. She completed a psychoanalytic postgraduate fellowship at the Massachusetts Institute of Psychoanalysis. She works clinically with adults, teaches psychotherapy to psychiatry residents and first became involved in APsA in 2013 through the Teachers' Academy.

Cynthia has been practicing in Los Angeles for over 25 years. She graduated from the Adult Psychoanalytic Psychotherapy Program at the New Center for Psychoanalysis in 2021, has a full time private practice and is committed to psychoanalytic thinking and depth work.



Kathryn Fleming-Ives



Cynthia Lucas

We also extend a warm welcome to our new Psychotherapy Department Co-Chairs, Petra Pilgrim MD (a committee member and psychotherapist) and Richard Summers MD (a psychoanalyst) who began their positions in February 2024. We look forward to working with Petra and Rick to rebuild the Psychotherapy Department's role, mission, and function by increasing psychotherapy scientific programming and psychotherapist participation at APsA's bi-annual meetings and bolstering collaboration between non-analyst and analyst psychotherapists in APsA.

Petra is the Director and Psychiatrist at Silver Hill Hospital's Steward House, a transitional residential program consisting of intensive psychotherapy for adult professionals. She also has a private psychodynamic psychotherapy practice. Petra earned her MD at Texas Tech University School of Medicine and completed her psychiatric residency at Baylor College of Medicine. She is dedicated to resident and medical student education, focusing on psychoanalysis, long-term process groups and women's mental health.

Richard ("Rick") is Senior Residency Advisor and Clinical Professor of Psychiatry at University of Pennsylvania's Perelman School of Medicine, where he was previously Co-Director of Residency Training. He is Treasurer of the American Psychiatric Association (APA) and Past President of the American Association of Directors of Psychiatry Residency Training. His APsA leadership positions include serving as founding Chair of the Teachers' Academy, a longstanding member of the Fellowship Committee and Chair of the Committee on Residency Education. Dr. Summers' nationally recognized work consists of numerous publications on physician wellbeing, psychodynamic therapy, therapeutic alliance, and psychiatry residency training, including a co-authored book, *Psychodynamic Therapy: A Guide to Evidence Based Practice*.



Petra Pilgrim



Richard Summers

COMMITTEE UPDATE | PADMAVATHY DESAI & MARGO GOLDMAN

Recent Accomplishments & Current Activities:

a) Linda Michaels PsyD MBA, our committee member, was elected as director-at-large on APsA's Board of Directors (BOD); we have proposed a second nominee for member-at-large for 2025 election cycle. Her election as a psychotherapist on the BOD represents a historic victory in APsA. Congratulations to Linda!

b) Kathryn Fleming-Ives MD, Linda Michaels PsyD MBA and committee member Michael Burke LCSW will serve on the new psychotherapy advisory group to APsA's existing MRRC/IRRC. As representatives of APsA psychotherapists, they will advocate, advise and assist the MRRC/IRRC about psychotherapist membership applications and training programs seeking APsA affiliation. This is an important step towards including psychotherapists' input in key decisions. .

c) At the February 2024 annual meeting, we chaired a successful Discussion Group and Business of Practice Workshop that had both positive feedback and were well- attended by non-analysts and analysts alike.

d) We also hosted the first Dine Around and Psychotherapy Networking Reception since before Covid-19. It was wonderful to share the events with APsA leadership, meet new colleagues and reconnect with familiar ones.

e) As we mentioned in this issue's Editors' Note, we feel fortunate to have obtained several unique submissions for our Newsletter from Clinical Members (psychotherapists and psychoanalysts) for the current issue and the future fall 2024 edition; we would welcome additional future submissions from the entire APsA community.

New Initiatives, Ongoing Projects & Advocacy:

a) Expanded membership implementation remains a "work in progress." Our Committee's biggest concern is the potential impact of increased dues and new stringent membership requirements on attracting new Psychotherapist members, retaining existing ones and preserving individual and group morale. We will evaluate these changes over time, and if necessary, approach APsA leadership and the Expanded Membership Implementation Task Force (if still active) about possible modifications to these changes.

b) We will support ongoing psychotherapist representation on the Task Force for Future Meetings, Program Committee, Collegiality Task Force and BOD; we aim to expand psychotherapists' presence on other appropriate APsA committees and task forces except those dealing with training, curriculum development or certification for psychoanalysis. We are working to solidify psychotherapists' inclusion on the BOD and ExCom by seeking a designated BOD position for psychotherapists.

c) We will continue to interface with organizations such as the American Psychiatric Association, the American Psychological Association, and the National Association of Social Workers, PSiAN etc.

d) We will try to boost Psychotherapist membership by recruiting additional therapists from the psychotherapy community, local Institutes, other psychotherapy training programs and professional organizations.

COMMITTEE UPDATE | PADMAVATHY DESAI & MARGO GOLDMAN

We look forward to sustained work with APsA's leadership and staff on our current and upcoming projects. Our committee strives to innovate, create, and expand into activities aligned with our prevailing mission: To provide an inclusive professional home for psychoanalytical psychotherapists via quality scientific and networking programs, a Psychotherapist Newsletter with contributions from the larger APsA community and engagement with other APsA committees, work groups and individuals. If you are interested in helping to advance our work, please don't hesitate to contact our able Committee staff member Bronwyn Zevallos at membadmin@apsa.org. ■

CROSS FERTILIZATION OF CONCEPTS IN *IRED*

JEROME S. BLACKMAN MD

The IPA's Inter-Regional Encyclopedic Dictionary of Psychoanalysis (IRED) documents and highlights the "cross fertilization" of ideas due to cultural variation's effects on theory. Eva Papiasvili PhD, the global editor of IRED has termed this "mutation and migration" of concepts. This article represents an abbreviated overview of the 88 pages in IRED concerning the multiple American and international influences on ego psychology. The summary is based on some remarks made at the panel, "IPA Inter-Regional Encyclopedic Dictionary of Psychoanalysis (IRED): One Psychoanalysis and Many" at the February 2024 American Psychoanalytic Association's National Meeting.

NORTH AMERICA

New York

Ernst Kris (originally Austrian) in 1956, followed by Leopold Bellak in 1989 put forward the notion of regression in the service of the ego (ARISE). This allowed for the incorporation of primary process into consciousness to create art, make jokes, play with small children, and experience reverie during psychotherapy. (D. Marcus, 1997). ARISE modified Freud's earlier description of formal regression (Freud 1900).

Jacob Arlow pointed out that empathy was needed before using conflict theory (Brenner 1982) to develop formulations about patients. Therapeutic interventions then could be made concerning compromise formations (Brenner 2006). This framework exemplifies the impact of object relations theory on conflict theory.

Later, Lawrence Blum and I (Blackman, 2004) noted how compromise formation could be applied in object relations disorders in which wishes for fusion and separation were present simultaneously and led to defense. Here, conflict theory and object relations theory modified each other.

Harold Blum wrote that defense analysis led to integration of the ego and object relatedness; ego psychology and object relations theory were modified by conflict theory. Blum also pointed out that a secure-organized (interpersonal) attachment was requisite for the development of healthy intrapsychic object relations (Blum, 2004; Pine, 2004). Attachment theory modified Mahler's object relations theory.

CROSS-FERTILIZATION OF CONCEPTS IN *IRED* | JEROME S. BLACKMAN

By utilizing a confluence of object relations theory and ego psychology, Otto Kernberg (1975) showed that anxiety tolerance, an ego strength, depends on the development of whole object relations. He also delineated personality types based on object relations theory (splitting or not) and ego psychology (i.e., ego strengths and ego functions): Neurotic, infantile, depressive-masochistic, and borderline personality types.

James Masterson (1997) demonstrated how interference with reality testing in relationships could be caused by persistent mother-child symbiosis in the “borderline adolescent.”

In his books about neurotic styles, David Shapiro drew on the theory of pre-conscious automatisms (Hartmann, 1939) that are humorously demonstrated in the 1942 movie of the Three Stooges performing their “Niagara Falls!” routine. (<https://www.youtube.com/watch?v=MYP1OBZfFK0>)

Massachusetts

At Austen Riggs, Eric Erikson (2013) delineated “ego integrity” and “identity diffusion anxiety,” regarding changes in self-image during adolescence; in effect, this modified Mahler’s object relations theory. Erikson also described (1950) the eight phases of man - his “epigenetic” modifications of Freud’s libidinal phases (1905).

Nancy Chodorow (2004) introduced the theory of intersubjective ego psychology: Reality testing, abstraction, speech and language and other autonomous functions occur between therapist and patient, adding focus on treatment dyads.

Colorado

René Spitz et al. (1977) discussed the diacritic phase in the second six months of life. During this time, the infant recognizes the mother and is soothed by her familiar appearance and sound. The mother’s voice, an ego function, influences the child’s stability. Spitz et al. modified object relations theory by adding attachment theory and ego psychology.

Robert Emde (1990) showed that the superego develops early via reciprocity and mutual empathy; values develop later. Emde used object relations theory to modify ideas about superego development, previously thought related only to latency identifications with parents.

Connecticut

Hans Loewald (1970) observed that object relations (i.e. horizontal and vertical splitting) affect ego and drive development. He theorized that objects played an integral role in drive development.

Maryland

Paul Gray (1993) said microresistances must be interpreted by using conflict theory to make successful transference interpretations. This amalgamated Lang’s “frame” with Stolorow’s and Chodorow’s intersubjective techniques.

CROSS-FERTILIZATION OF CONCEPTS IN */RED* | JEROME S. BLACKMAN

Pennsylvania

In *Broken Structures* (1992), Salman Akhtar revised character theory by highlighting that object relations development persists into adulthood and is connected with defenses, i.e. “if only” and “someday” fantasies (1994). Dr. Akhtar (2022) further recommended that “detachment theory” be added to attachment theory, thereby modifying attachment theory to include Fred Pine’s and Selma Kramer’s conceptualization of separation.

New Hampshire

Peter Blos (1966) discovered a second individuation in adolescence and connected this with Erikson’s model of identity; these influence the development of ego functions. Blos termed these the “tasks” of adolescence.

Michigan

Kerry Kelly Novick (2013) wrote about open and closed channels for communication. These channels affect both the capacity for object relations and one’s relationship to reality, again connecting both object related features with ego functions.

Virginia

Vamik Volkan (2014) wrote about how large group identity interferes with reality testing. He described how such groups share chosen traumas and glories and experience time collapse. The traumas are “deposited” into later generations. Here primary process and object relations influence group psychology.

Canada

Joseph Fernando (2023) has posited a “zero process” in trauma, where mentation stops. Overwhelming affect breaks down integration, abstraction ability and memory functioning. During treatment, the therapist must reconstruct memory “shards.”

SOUTH AMERICA

Argentina

Leon and Rebeca Grinberg (1971) contributed “*Identidad y Cambio*” (Identity and Change), which studies Erikson’s theory of identity, “non-ego”, “non-self” and “self in the ego.” The book systematizes the relationship between self and ego.

Salomón Resnik, in “*El yo, el self y la relación de objeto narcisista*” (1971-1972), reviewed the meanings of ego and self, particularly theoretical and etymological roots in German, English and Spanish.

EUROPE

Spain

Cecilio Paniagua (1991) described a “workable surface” as conscious ego functioning and object relatedness between the patient and the therapist. Paniagua also delineated Spanish cultural influences on ego functioning, defensive organization and object relations.

England

Bowlby (1944) referred to touch contributing to attachment, refined by Anzieu as the “skin ego” (1993) in France.

Peter Fonagy and Mary Target (1998) modified the concept of observing ego (Freud, Fenichel) by suggesting the term “mentalization,” referring to the “self-observing” or “reflective function” necessary for dynamic treatment.

France

Sophie De Mijolla-Mellor wrote two books (2012, 2015) about sublimation. Differing from Kernberg, she demonstrated that wishes must become symbolized before being sublimated. This French tradition dovetails with Hartmann’s (1964) suggestion that “ego interests” are the end result of “sublimatory channels” (Kernberg’s term). Art, music, literature and sports lose their symbolic connections to drives as the ego develops these skills.

Didier Anzieu (1987) amended libido theory with an emphasis on obtaining satisfaction from an exciting object. This drive originates during infancy via interactions between the body and its surface, the “skin ego.”(See DRIVES entry in IRED)

Italy

The father of IRED. Stefano Bolognini discussed the ego and self. He differentiated between these notions in relation to self-image and ego functioning. He also identified a defensive use of empathy that he called “empathism” (1997).

This “snapshot” of IRED’s compilation of numerous cross-fertilizations between ego psychology, conflict theory, attachment theory and Mahler’s object relations theory provides a taste of the vast juxtapositions demonstrated in IRED.

For extensive information about IRED, please visit the IPA website: https://www.ipa.world/IPA/en/Encyclopedic_Dictionary/English/Home.aspx

For detailed references please contact Blackman, J MD Consultant to North American Editor to IRED at jblackmanmd@aol.com. ■

PSYCHOANALYTIC THOUGHT, PRACTICE AND YOUTH SPORTS: A VALUABLE INTERPLAY

ANDREA CORN PSYD

As a practicing psychoanalytic therapist who works with child athletes and their families, I utilize psychoanalytic theory to understand the positive and negative impacts of youth sports. I also am a firm believer in the potential value of sports for fostering healthy child development. In this article, I will demonstrate how I apply Eric Erickson's developmental framework to this work; I will also strive to provide a model for psychotherapists to enhance their work with sports-oriented children and their families.

According to the National Council of Youth Sports, 45 million children participate in organized sports each year.[1] Unfortunately, decades of studies have shown that approximately 70% of children drop out by the age of thirteen. What contributes to this huge attrition? Developmental factors (i.e. puberty) affect a child's desire to engage in sports. Parent-child relationships may also affect continuity, i.e. if the child feels or is pushed to play a parent's favorite sport, rather than choosing his/her own activity. Some children might decide to switch to a different sport or pursue non-athletic involvements i.e. music, theater, art, community service etc. Bullying and un-empathic coaches also contribute to the decline. Recently, gender issues have entered the playing field for a young boy or girl who feels unwelcome or ostracized for his or her biological fluidity or non-binary status. Peer influences weigh in too - some children feel the gravitational pull to follow their friends and leave the sports arena. Last, the role of virtual play cannot be underestimated, as some children prefer or are glued to digital play on computers, smart phones tablets, play stations and social media.

However, I believe a primary reason is the lack of attention to the child's feelings and his/her/their need to have fun! I speak both professionally and personally, as a longstanding tennis player and sports lover who incorporates this passion in my clinical work with children and their parents. I have encountered children whose parents overlooked their child's verbal or non-verbal complaints, fear, anger, or unhappiness about their athletic endeavor, leaving these youngsters feeling frustrated by conscious or unconscious parental pressure to perform. In some children, the discomfort emanates from their own punitive super-ego; but in my experience, it usually comes from parents, coaches, or well-meaning grandparents, who lack perspective and unconsciously seek vicarious pleasure from the child's pursuits.

Unfortunately, when children withdraw from sports, they potentially miss opportunities for self-discovery, improved health, fitness, cooperation, resilience, discipline, and sportsmanship, all of which are important skills for school, higher education, work, relationships and other innumerable adult experiences. These tools, gleaned from a positive athletic endeavor can contribute to the ability to later cope with increased life demands, challenges and stressors.

Given the potential benefit of youth sports for emotional development, I am passionate about optimizing children's experience and preventing withdrawal from sports, (if appropriate). To accomplish this work, I largely draw on Erikson's first four stages of psychosocial development to conceptualize their effect on the child's youth sport experiences - and vice versa.[2]

Most children begin youth sports around the age of five or six, by which time they have hopefully mastered the tasks in Erikson's first developmental stage: Safety and Trust. To nurture that developmental milestone in sports, parents and coaches must help youngsters believe participation matters because practice fosters trust that their body will do what the sport requires. By paying careful attention to the athlete's reactions, the subsequent emotional and behavioral fluctuations can display comfort (or discomfort), security (insecurity) as well as team unity, safety, or lack thereof.

During the next stage, Autonomy vs Shame and Doubt, (toddlerhood), there is increased activity, curiosity, and adventure without fully understanding the need for limits. Learning to adhere to societal expectations (i.e. toilet training), to take "no" for an answer and follow rules can shape a toddler's strivings toward mastery and self-confidence. Yet, if the adult consistently takes over, the child will feel self-doubt and shame. Similarly, when interactions in youth sports are fraught with non-compliance, power struggles, or feelings of heightened inadequacy, a downward spiral of negativity may occur and engender shame, vulnerability, and self-doubt in the child.

In applying Erikson's third stage, (pre-school), Initiative vs. Guilt, I also incorporate Piaget's concept of egocentric thinking. At this stage, children believe everyone sees the world from their point of view. Equally, it is impossible for a young child to understand that that his/her/their parent might feel contemporaneously happy and upset from the sidelines - happy to be at their child's game, but also anxious or concerned about unrelated matters. Yet, if the child personalizes how their parent appears to feel, that could distract and impede the child's performance. Though it takes great initiative and is exciting to try and do one's best, if the child feels guilt, that could wreak havoc and prevent them from believing they deserve success.

Last, the stage of Industry vs Inferiority represents the formative school age years during which children are developing numerous competencies for life. The development of greater academic and athletic skill starts to emerge, boosting confidence, self-esteem, and self-worth. Playing on a team during this stage teaches children about cooperation as well as competition and the drive to win. If they feel valued as a team member, this can guard against feelings of inferiority; naturally, the reverse is also possible.

Although Erikson's developmental markers occur long before a child ever steps foot on any playing surface, the seeds for embodying hope, perseverance, a sense of purpose and competency are ideally strengthened during these childhood years. These attributes represent the healthiest outcomes of Erikson's first four stages of psychosocial development (as represented in his epigenesis diagram).[3]

In my work with child athletes and their parents, I apply these and other psychoanalytic principles to enhance parent-child bonds around the child's athleticism. I also use it with adults (especially parents) to help them reflect on their own youth sport participation; this often unearths unresolved or previously inaccessible issues and can improve parent-child interactions around sports and other difficulties. I believe my use of sports as both a developmental vehicle and a method for understanding child athletes and their parents adds another dimension to the therapy and enriches the treatment. By enabling children to continue participating in a sport they love, (or move away from one they dislike), the therapist can provide a template for the child to master developmental tasks necessary for their future.

References:

1. <https://worldmetrics.org/youth-sports-industry-statistics/#:~:text=and%20healthy%20lifestyles,-,45%20million%20kids%20play%20sports%20each%20year%20in%20the%20U.S.,National%20Council%20of%20Youth%20Sports>
2. Craig, G. J. (1986). Human Development. 4th Edition (pp.43-46) New Jersey: Prentice-Hall.
3. Erikson, E.H. (1950, © 1963). Childhood and Society (pp.247-274), New York: W.W. Norton & Co. ■

PSYCHOTHERAPY ACTION NETWORK (PSIAN) UPDATE

LINDA MICHAELS, PSYD, MBA

Psychotherapy Action Network has stayed busy as we continue to share our message with policymakers and the general public; we have some exciting plans for 2024. We are pleased to share our latest announcements and initiatives below.

Mental Health Parity

Late last year, PsiAN submitted Comments to the federal government on Parity Rules on the Mental Health and Addictions Parity Act (MHPAEA). The MHPAEA became law in 2008 and stipulates that health insurance companies must provide mental health coverage on a par with coverage for medical/surgical care. Despite this law, enforcement has been loose and coverage restrictions are hard to identify and quantify. Consequently, insurance companies have continued to restrict mental health coverage without penalty.

We are heartened to see recent Federal Government interest in bolstering enforcement. With input from the Kennedy Forum and practicing therapists, we collected numerous examples of parity violations and their damaging effects on patient care. When insurance companies have denied coverage for mental health treatment, patients requiring more intensive care and their clinicians disproportionately bear the burden of proof and suffer harm.

Here is a direct link to our comment letter:

<https://static1.squarespace.com/static/5ee9576a3ac861262eae7959/t/659b764cdccfda032aae78c7/1704687180888/PsiAN+Comments+on+Parity+Rules+October+2%2C+2023.pdf>

It is now up to the Government to assess this information and accordingly strengthen the Rules. We will keep you updated about the progress.

Division 39 Hosts PsiAN Book Launch

We are grateful to the APA's Division 39 for hosting a panel discussion about PsiAN's book, *Advancing Psychotherapy for the Next Generation: Humanizing Mental Health Policy and Practice*. Editor and author Linda Michaels and chapter authors Nancy McWilliams, Usha Tummala-Narra, and Kirk Schneider were on the panel. This rich dialogue expanded on the book's themes: The authors weighed in on the myriad benefits and possibilities of depth therapy and discussed the applications of depth therapy to a breadth of problems (i.e. feeling lost in the modern world or experiencing ethical dilemmas around race and othering). If you haven't yet had read our book, this panel is a perfect way to whet your appetite! You can watch the full recording here:

<https://psian.org/events/book-launch-apa-div39>

PsiAN in the News

David Puder, MD interviewed Linda Michaels for a recent episode of his popular Psychiatry and Psychotherapy podcast. The interview covered PsiAN's original market research about what the public wants and needs from therapy. Consistent with PsiAN's mission and vision, they also discussed the treatment obstacles erected by for-profit entities (i.e. insurance companies and venture capitalists) and their negative impact on providing depth therapy.

You can access additional information about the podcast at:

[https://podcasts.apple.com/us/podcast/psychiatry-psychotherapy-podcast/id1335892956?](https://podcasts.apple.com/us/podcast/psychiatry-psychotherapy-podcast/id1335892956?i=1000649334766)

[i=1000649334766](https://www.psychiatrypodcast.com/psychiatry-psychotherapy-podcast/episode-208-what-people-want-from-therapy-with-linda-michaels), plus an accompanying article,

<https://www.psychiatrypodcast.com/psychiatry-psychotherapy-podcast/episode-208-what-people-want-from-therapy-with-linda-michaels>.

PsiAN's New Advisors

We're honored to welcome three new Advisors to PsiAN's team: Alexander Stein, PhD, who brings expertise about applying psychoanalytic thinking to complex human behavior issues and industry's challenges (including mismanagement, corruption and fraud); Harold Kudler, MD with years of experience in VA leadership and addressing veterans' posttraumatic stress; Paul Wachtel, PhD, renowned for his clinical expertise and influential writings on psychotherapy and social problems.

PsiAN's Alliances

The Psychoanalytic Consortium voted unanimously to include PsiAN as a member organization. The Consortium is comprised of the major national psychoanalytic organizations, officially established in the early 1990's by joining forces to foster excellence in psychoanalytic training and practice. Since its inception, the Consortium has fervently worked to maintain high psychoanalytic training standards. We at PsiAN are honored to be part of this esteemed group and look forward to contributing public advocacy and education to the Consortium's mission.

Linda Michaels, chair and cofounder of PsiAN and APsA Psychotherapist Committee member was recently elected to be a Member-at-Large on APsA's Board of Directors. She is the first psychotherapist in the organization's 113-year history to serve on its the Board; we look forward to Linda's representing APsA's Psychotherapists and furthering collaboration between APsA and PsiAN.

Update on Trademarking

We made a significant effort to trademark “therapies of depth, insight, and relationship.” Based on our lawyer’s optimistic feedback, we announced the trademark’s impending government approval. Unfortunately, we subsequently learned our proclamation was premature when the federal government required us to prove the phrase was more than just a description. Despite our contention that the proposed brand would reflect the numerous connections between a broad range of therapeutic approaches, the government indicated a “phrase” does not a brand make. We will continue celebrating therapies of depth, insight and relationship, and forego the trademarking pursuit. We encourage psychotherapists to use this phrase to build awareness about these treatments; in doing so, we therapists can highlight the potential for depth therapy to effect transformative change and distinguish it from popularized “quick fixes.”

Looking Ahead: What’s Next for PsiAN?

New research findings! As many of you know, in 2020 PsiAN conducted original research with the general public to explore the public’s thoughts and feelings about therapy. Building on this work, in 2023 our research team of Santiago Delboy and Linda Michaels created a new quantitative survey that assessed the

public’s perspective. We now have a “post-pandemic” read on public attitudes about therapy, apps, and technology.

Linda presented this new research at APsA’s February meeting, followed by a wonderful discussion by Eric Plakun. There will be another presentation of these findings – free with CEU’s, on May 18. Please check the PsiAN website or listserv to register for this presentation.

PsiAN is leveraging this research to reach the general population. Our research indicates that the public wants the benefits of depth therapy, but doesn’t know what it is called, how to find it or whether insurance will cover it. People frequently receive tainted, disparaging messages about depth therapy from venture capitalists and corporations – in 2023, BetterHelp spent \$100MM in advertising. It is now time for us to educate people about meaningful, effective therapy!

To accomplish this aim, PsiAN has hired marketing experts to develop a campaign to educate and empower the public. This is a major undertaking, and one we feel is an expression of our core values. By providing more resources to the public, we hope to increase access to high quality therapy and move one step closer to a world in which treatment is universally accessible to everyone who needs it. ■



**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.*

The logo for the APSA 2025 National Meeting. It features a red square on the left containing the letters 'APSA' in white. To the right of the square, the year '2025' is written vertically in blue, followed by the words 'NATIONAL MEETING' in large, bold, orange and purple letters.

APSA 2025 NATIONAL MEETING

February 4–9 | In-Person
Palace Hotel, San Francisco

