

CONTEMPORARY PSYCHOANALYTIC PERSPECTIVES ON THE TRAUMA OF PHYSICAL ILLNESS

Judie Alpert, PH.D.
& Tamara McClintock Greenberg, PSY.D., M.S.

Place: UCLA Faculty Center
480 Charles Young Drive, Los Angeles, CA 90095

Name _____
Address _____
City _____ State _____ Zip _____
Email _____ Phone _____

\$75 Members, Colleagues & Friends / \$85 at the Door; subject to availability
\$50 ICP Candidates / \$55 at the Door; subject to availability
\$35 Mental Health Graduate Students and Medical Trainees (must show proof)

Fee includes Breakfast and refreshments

No. of Registrants: _____ x \$75 = \$ _____
No. of Registrants: _____ x \$50 = \$ _____
No. of Registrants: _____ x \$35 = \$ _____

Check enclosed made payable to ICP \$ _____

Mail registration to:
Institute of Contemporary Psychoanalysis [ICP]
12121 Wilshire Blvd., Suite 505
Los Angeles, CA 90025-1164
Phone: 310-207-8441 • Fax: 310-207-6083

Pay by Credit Card: Visa MC

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Written cancellations for this Conference must be received by June 30, 2009. All cancellations are subject to a \$20 processing fee.



PHYSICIANS: ICP designates this educational activity for a maximum of 5 category 1 credits toward the California Medical Association's Certification in Continuing Medical Education and the AMA PRA Category 1 Credit(s)™. Each physician should claim only those credits that he/she actually spent in the activity.

PSYCHOLOGISTS: ICP is approved by the American Psychological Association to sponsor continuing education for psychologists. ICP maintains responsibility for this program and its content. Psychologists attending this program in its entirety may report 5 hours of Mandatory Continuing Education for Psychologists Credit.

SOCIAL WORKERS & MFTs: This course meets the qualifications for 5 hours of Continuing Education Credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences (Provider #PCE7).

NURSES: Provider approved by the California Board of Registered Nursing, Provider Number (pending), for 5 contact hours.

CONFERENCE SCHEDULE

- 8:30AM - 9:00AM – Registration & Breakfast
- 9:00AM - 9:15AM – Welcome and Introductions
- 9:15AM - 9:30AM – Opening Presentation
- 9:30AM - 10:25AM – Presentation – Tamara Greenberg
- 10:25AM - 11:20AM – Presentation – Judie Alpert
- 11:20AM - 11:35AM – Break
- 11:35AM - 12:50PM – Discussants
- 12:50PM - 2:00PM – Discussion & Questions

ICP SERIES ON MEDICAL PSYCHOANALYSIS

- October 31, 2009 – Integrative Treatment of Major Mental Illness: A Paradigm Shift
- July 10, 2010 – Infertility Issues & Treatment
- November 13, 2010 – Pain Management



Institute of Contemporary Psychoanalysis, Los Angeles
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Los Angeles, CA 90025-1164

Address Service Requested

COMMITTEE
David Markel, MD – CME CHAIR
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Nancy Vanderheide, PSY.D., PSY.D.
Kathleen Burr, EXECUTIVE DIRECTOR

WHO SHOULD ATTEND: Physicians, Nurses, Nurse Practitioners, Physicians Assistants, Mental Health Professionals, Students and Trainees as well as researchers in clinical medicine and nursing.



Institute of Contemporary Psychoanalysis

MEDICAL PSYCHOANALYSIS

A CONFERENCE SERIES

Contemporary Psychoanalytic Perspectives on the Trauma of Physical Illness

SATURDAY, JULY 11TH

9:00AM–2:00PM | registration begins at 8:00AM

UCLA Faculty Center | Westwood, CA

THE CONFERENCE

“A considerable proportion of patients with chronic mental disorders or personality disorders do not benefit sufficiently from short-term psychotherapy... In this meta-analysis, long term psychodynamic psychotherapy was significantly superior to shorter-term methods of psychotherapy with regard to overall outcome, target problems, and personality functioning. Long-term psychodynamic psychotherapy yielded large and stable effect sizes in the treatment of patients with personality disorders, multiple mental disorders, and chronic mental disorders. The effect sizes for overall outcome increased significantly between end of therapy and follow-up.”

-(Leichsenring, F., Rabung, S. JAMA. 2008;(13) pgs. 1551-1565

Clinical medicine and psychoanalysis – even though few dispute a body-mind connection, these two realms seldom interface. Current medical practice emphasizes behavioral change as the psychological factor impacting the course of a disease. Stress response, conscious control of somatic symptoms, cognitive reframing and bio-conditioning are the dominant paradigms of health psychology. Both fields espouse psychopharmacologic agents as the treatments of choice for the mental suffering which accompanies poor health.

The emergence of evidence based practice as a requirement for managed care insurance reimbursement profoundly diminished medical psychoanalysis. Until recently, a lack of empirical research demonstrating the efficacy of psychoanalytic psychotherapy was largely responsible for its absence from the examination room. Consequently, the usefulness of psychoanalytic ideas to their work was lost to a generation of medical practitioners.

Often quoted in medical circles, William Osler, M.D., the founder of modern medicine, instructed that *“it is much more important to know what sort of patient has a disease than what sort of a disease a patient has.”* Psychoanalytic thinking actually has a tremendous amount to contribute to treating the medical patient because of factors such as the effect of psychological

trauma on vulnerability to disease and receptiveness to treatment, the somatic expression of emotion, and the influence of unconscious factors on the experience of illness and relationships with medical professionals.

In recognizing the deficit of understanding in this area the Institute of Contemporary Psychoanalysis has made a commitment to re-introducing the compatibility of psychoanalysis and medical practice. This endeavor is expected to benefit clinicians of medical and mental health care, as well as the suffering patients of both. This conference is the first in a continuing series of topics relevant to clinical medicine.

Contemporary Psychoanalytic Perspectives on the Trauma of Physical Illness will consist of two presentations followed by panel and audience discussion. The first presentation, by Tamara McClintock Greenberg, “The Trauma of Chronic Illness: Theoretical and Clinical Implications of Working with Medically Ill Patients” will provide a psychoanalytic understanding of the traumatic experiences inherent in physical illness. Building upon that foundation, the second presentation by Judith Alpert, “Chronic Illness as Trauma: Falseness Keeps One Alive and Makes One Feel Dead” will consider the impact of the need to pass as physically healthy and deny suffering that our society often requires of those who are physically ill.

We hope that these presentations and the ensuing discussion will open up an ongoing dialogue in medical psychoanalysis for both medical and mental health professionals.

AT THE CONCLUSION OF THE PROGRAM, THE PARTICIPANT WILL HAVE AN UNDERSTANDING OF:

1. How physical illness can cause psychological trauma
2. The emotional experience of chronic illness
3. How society does not readily accept those with illness causing the need to “pass” in an as-if manner of relating
4. What psychoanalytic thinking can contribute to understanding the medical patient
5. How medical practitioners and psychoanalytic therapists can collaborate to improve patient care in clinical medicine

PRESENTERS



JUDIE ALPERT, PH.D.

Professor and Supervisor in the New York University Postdoctoral Program in Psychotherapy and Psychoanalysis, is also Co-Director of the Trauma and Violence Transdisciplinary Studies Program and Professor of

Applied Psychology at the university as well as a practicing psychoanalyst. She is editor of four books and over 100 articles and is the recipient of numerous awards, including APA’s Division of Psychoanalysis Award for Scholarship and APA’s Division of Trauma Psychology for founding the division and serving as its first president. Her interests revolve around psychoanalysis and trauma, and, specifically, the traumas of sexual abuse, violence, war, and illness. Presently, she is working on an edited book on trauma, psychoanalysis, and healing.



TAMARA McCLINTOCK GREENBERG, PSY.D., M.S.,

is an Associate Clinical Professor of Psychiatry at the University of California, San Francisco. She is the author of The Psychological Impact of Acute and Chronic

Illness (Springer 2007) and her forthcoming book, Psychodynamic Perspectives on Aging and Illness, will be published by Springer this summer. Tamara teaches in the San Francisco Bay area on the integration of psychoanalysis and health psychology. She is in private practice in San Francisco.

ICP

The Institute of Contemporary Psychoanalysis was founded in 1991 by a group of senior psychoanalysts who saw the need for a new approach to psychoanalytic training. There are currently over 350 members, candidates and students at ICP. ICP is a center for inquiry, clinical training and research. We offer a full scope of psychoanalytic training to individuals with those personal, intellectual, and ethical qualities that make a good psychoanalyst. ICP welcomes from a variety of disciplines who wish to obtain psychoanalytic training that incorporates the principles of academic freedom and participatory democracy.

ICP 4-year academic program offers a weekday and weekend track. The weekend track consists of a Friday-Sunday 6 times per academic year.

Psychoanalytic Psychotherapy Program offers licensed clinicians with an opportunity to study contemporary psychoanalytic approaches and their application to psychotherapy. Offered in Los Angeles, Bay Area, Pasadena, & San Diego

Extension Program offers classes to both licensed therapists and those in training who are not yet licensed. Offered in Los Angeles & Bay Area.

DISCUSSANTS

JEFFREY TROP, MD is Training and supervising analyst, faculty at ICP, Assistant Professor of Psychiatry UCLA School of Medicine.

NANCY VANDERHEIDE, PSY.D. is President of the Institute of Contemporary Psychoanalysis, Associate Editor of the International Journal of Psychoanalytic Self Psychology and Psychoanalytic Dialogues, and co-editor with William J. Coburn of Self and Systems: Explorations in Contemporary Self Psychology. She has a private practice in Beverly Hills, California.

STUART WOLMAN, MD is currently an assistant clinical professor of psychiatry at UCLA and a supervising and training analyst at ICP. A graduate of S.U.N.Y. at Buffalo Medical School, he completed residency training in pediatrics, adult and child psychiatry, and is board-certified in all three specialties. He completed his psychoanalytic training at the Southern California Psychoanalytic Institute, and is in private practice in West Los Angeles.