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# Lawrence E. Lifson, M.D., Conference on Psychodynamic Psychotherapy 2024

Friday and Saturday, April 26-27, 2024

Friday | April 26, 2024

**The Curative Factors in Psychodynamic Self Psychology**  
A Pre-Conference Workshop in Honor of Drs. Anna and Paul Ornstein

Saturday | April 27, 2024

## Psychodynamic Psychotherapy 2024

- The therapeutic action of psychodynamic psychotherapy
- Current concepts of cure
- Integration of theory into practice
- Contributions of time-honored constructs
- Deepening the psychodynamic process
- Widening its scope of applicability

Offered as  
**LIVE IN-PERSON**  
Only  
at Fairmont  
Copley Plaza,  
Boston, Mass

Register by  
Feb 1, 2024, for  
discounted pricing

Register at: <https://rb.gy/i7amsz>

# The Curative Factors in Psychodynamic Self Psychology

Friday, April 26, 2024  
Pre-Conference  
Workshop

This Pre-Conference Workshop is in honor of Drs. Anna and Paul Ornstein, both of whom were trailblazing pioneers in the field of Self Psychology. Anna and Paul have also been major contributors to our Annual Psychodynamic Psychotherapy Conference over the course of many years.

This workshop will be highly interactive and will focus on the clinical application of Self Psychology. We will review some of its basic concepts, including, but not limited to, empathy as a listening perspective, narcissism as a developmental driving force, the healing power of selfobject transferences, the role of countertransference, the importance of establishing a therapeutic dialogue, and working with narcissistic rage.

We will also explore how Self Psychology has evolved, especially with respect to its incorporation of a relational perspective while maintaining allegiance to its foundational concepts. Extended clinical examples will be presented, thereby enabling attendees to witness the profound impact of listening to our patients, and responding to them, from within this framework.

The workshop is intended for clinicians of all levels of training and familiarity with Self Psychology. The clinical presentations, including detailed descriptions of the "micro-process" as well as the "macro-process," will be of interest to all therapists, regardless of their theoretical inclinations.

**Objectives:** Upon completion of this course, participants will be able to

- Utilize empathy as a mode of observation and as a way to facilitate development of selfobject transferences;
- Define the clinical significance of empathic attunement and optimal responsiveness;
- Elaborate upon the role of narcissistic rage and its management;
- Explain the relationship between the co-created "needed relationship" and the emergence of a transformative self object connection;
- Describe the process whereby complex self object connections become actualized over time;
- Discuss the role of implicit relational knowing in the unfolding of the therapeutic process.

**Jackie Gotthold, Psy.D.** Supervisor, faculty member, and training analyst at the Institute for the Psychoanalytic Study of Subjectivity; She is also a member of the International Association of Psychoanalytic Self Psychology.

**Rafael Ornstein, M.D.** Instructor in Psychiatry (part-time), Harvard Medical School; Faculty, Boston Psychoanalytic Society & Institute; Supervisor, Psychiatry Residency, Massachusetts. General Hospital

**Steven Stern, Psy.D.** Clinical Associate Professor of Psychiatry at Maine Medical Center and Tufts University School of Medicine; Faculty member and supervisor at the Massachusetts Institute for Psychoanalysis and the Institute for the Psychoanalytic Study of Subjectivity; Dr. Stern is author of *Needed Relationships and Psychoanalytic Healing: A Holistic Relational Perspective on the Therapeutic Process and Airless Worlds and the Restoration of Psychic Breathing* (in print).

**Registration Note:** You may register for this workshop by itself or as part of a discounted package that includes the program on Saturday

Moderator - Rafael D. Ornstein, MD	
8:15 a.m.- 8:45 a.m.	Registration
8:45 a.m.- 9:00 a.m.	Welcome and Overview Nicholas Covino, Psy.D.
9:00 a.m.- 10:00 a.m.	How We Listen and How We Respond: The Clinical Impact of Psychoanalytic Self Psychology, A Review of the Basic Concepts - Rafael D. Ornstein, M.D.
10:00 a.m.- 11:00 a.m.	Breathing Together: Needed Relationships and Complex Selfobjects - Steven Stern, Psy.D.
11:00 a.m.- 11:30 a.m.	Coffee Break
11:30 a.m.- 12:30 p.m.	Discussion: Rafael D. Ornstein, M.D., Steven Stern, Psy.D., Jackie Gotthold, Psy.D., and Attendees
12:30 p.m.- 1:45 p.m.	Lunch (on your Own)
1:45 p.m.- 2:45 p.m.	Case Presentation: "So Now...How Does This All Work?" Evolving a Personal Clinical Theory Jackie Gotthold, Psy.D.
2:45 p.m.- 3:45 p.m.	Discussion of Case: Rafael D. Ornstein, M.D., and Steven Stern, Psy.D. Response to Case Discussants: Jackie Gotthold, Psy.D.
3:45 p.m.- 4:00 p.m.	Coffee Break
4:00 p.m.- 5:00 p.m.	Discussion with Rafael D. Ornstein, M.D., Jackie Gotthold, Psy.D., Steven Stern, Psy.D. and Attendees

# Psychodynamic Psychotherapy 2024

Saturday, April 27, 2024

Our extraordinary 20th annual conference will showcase renowned faculty in the field of psychodynamic psychotherapy. Focusing their discussions on two extended clinical vignettes, master clinicians will offer their innovative and ever evolving reflections on the integration of theoretical constructs into clinical practice. In addition, two pre-eminent clinicians will speak to several topical issues relevant for all of us in our psychodynamic work.

Our overriding goal for the day will be to widen the scope of applicability of psychodynamic psychotherapy to a broad range of clinical situations and to deepen understanding of the curative process. Special attention will be paid to the co-creation of therapeutic impasses and the contributions of both patient and therapist to the unfolding of the "cure."

**Objectives:** Upon completion of this course, participants will be able to

- Define the contributions of different paradigms to therapeutic change;
- Compare various therapeutic approaches to two compelling case presentations;
- Determine the role of the transference in the curative process;
- Describe the difference between the transference and the real relationship;
- Utilize the countertransference to inform a richer understanding of the patient;
- Examine the role of the unconscious in the patient's actions, reactions, and interactions;
- Summarize the importance of developing the patient's dual awareness and self-reflective capacity;
- Elaborate upon a how-to playbook for the middle game in psychodynamic psychotherapy;
- Review the distinction between minimally stressful and optimally stressful therapeutic interventions;
- Demonstrate effective ways to integrate theoretical constructs into clinical practice;
- Explain the therapeutic impact of juxtaposing "what is" with "what could be";
- Assess the importance of leveraging the patient's anxiety to incentivize transformation and growth.

## This Year

- Two thought-provoking presentations will feature pre-eminent leaders in the field of psychodynamic psychotherapy.
- Two compelling case presentations will be followed by two discussions demonstrating the integration of theory and practice.
- The various presentations throughout the day will represent a variety of treatment approaches designed to widen the scope of applicability of psychodynamic psychotherapy.
- The case discussions will represent different clinical perspectives intended to deepen understanding of the therapeutic action.

## WHO SHOULD ATTEND

- Psychiatrists
- Psychologists
- Social Workers
- Psychoanalysts
- Marriage & Family Therapists
- Mental Health Counselors
- Psychiatric Nurses
- Students in Mental Health Fields\*

\*Students are encouraged to attend, and discounted student rates are available. See the registration form.

Register by Feb 1, 2024,  
for discounted pricing

## COURSE SCHEDULE - Saturday, April 27, 2024

8:30 a.m.- 8:45 a.m.	<b>Welcoming Remarks</b> Mary K. McCarthy, M.D.
8:45 a.m.- 9:00 a.m.	<b>Overview by Moderator</b> Phillip Freeman, M.D.
9:00 a.m.- 9:45 a.m.	<b>Case Presentation: Reconstruction, Responsibility, Regret, and Repair? A Grandfather Enters Psychotherapy</b> James Herzog, M.D.
9:45 a.m.- 10:30 a.m.	<b>Case Discussants</b> Richard Schwartz, M.D. and Elizabeth "Libby" Shapiro Ph.D.
10:30 a.m.- 11:00 a.m.	<b>Coffee Break</b>
11:00 a.m.- 11:45 a.m.	<b>Clinical Presentation: Leveraging the Pain of Contrast Between "What Is" and "What Could Be" to Incentivize Transformation and Growth</b> Martha Stark, M.D.
11:45 a.m.- 12:30 p.m.	<b>Panel and Audience Discussion of Presentations:</b> Phillip Freeman, M.D., Rafael Ornstein, M.D., James Herzog, M.D., Richard Schwartz, M.D., Elizabeth "Libby" Shapiro Ph.D., and Martha Stark, M.D.
12:30 p.m.- 1:45 p.m.	<b>Lunch</b> (on your own)
1:45 p.m.- 2:30 p.m.	<b>Case Presentation: It's You and Me Against the World-'Holding' Versus 'Holding On' in Analytic Psychotherapy</b> Christopher Lovett, Ph.D.
2:30 p.m.- 3:15 p.m.	<b>Case Discussants</b> Nat Kuhn, M.D. and Jacquie Olds, M.D.
3:15 p.m.- 3:30 p.m.	<b>Coffee Break</b>
3:30 p.m.- 4:15 p.m.	<b>Clinical Presentation: Does Your Therapist Dream of Electric Sheep? Therapeutic Process, Artificial Intelligence, and Relational Change</b> Mark O'Connell, Ph.D.
4:15 p.m.- 5:00 p.m.	<b>Panel and Audience Discussion of Presentations:</b> Phillip Freeman, M.D., Rafael Ornstein, M.D., Nat Kuhn, M.D., Christopher Lovett, Ph.D., Jacquie Olds, M.D., Elizabeth "Libby" Shapiro, Ph.D., Mark O'Connell, Ph.D.
5:00 p.m.	<b>Adjourn</b>

Changes and substitutions may be made without notice.

# REGISTRATION INFORMATION

Lawrence E. Lifson, M.D.,  
Conference on Psychodynamic  
Psychotherapy 2024

Regular Registration After  
2/1/2024

Early Registration 2/1/2024

Pre-Conference Workshop  
April 26, 2024

\$275

\$225

Full Conference  
April 26-27, 2024

\$445

\$395

Students, interns, and fellows  
may register at the following  
discounted rates:

Full course:  
\$245

Pre-Conference only:  
\$150

**Register Online:**

Visit <https://rb.gy/i7amsz>



## REFUND POLICY

A handling fee of \$75 is deducted for cancellation. Refund requests must be received by mail or email to [psychcme@med.miami.edu](mailto:psychcme@med.miami.edu) one week prior to the conference. No refunds will be made thereafter.

**For more information,** Contact: Tonia Attard at 941-539-0500 or [psychcme@med.miami.edu](mailto:psychcme@med.miami.edu)

All fees shown in USD. Add processing fee (non-refundable) of \$10. Registration by credit card (VISA, Mastercard or American Express), fax registration is not accepted. Registration with cash payment is not permitted. Upon receipt of your paid registration, you will receive an email confirmation. Be sure to include an email address that you check frequently. Your email address is used for critical information including registration confirmation, evaluation, and certificate. **Please do not purchase non-refundable airline ticket(s) until you have received an email from our office confirming your paid registration.**

## THE FAIRMONT COPLEY PLAZA HOTEL

138 St. James Avenue, Boston, MA 02116  
1.800.441.1414 | [Boston@fairmont.com](mailto:Boston@fairmont.com)  
<http://www.fairmont.com/copley-plaza-boston>

**IMPORTANT NOTE:** A limited number of guest rooms have been reserved at a special discounted rate and will be allotted on a first-come, first-served basis until April 1, 2024. Please register and reserve your hotel rooms as early as possible, using the discount code below.

**For a reduced rate, go to:**  
<https://book.passkey.com/go/Psychotherapy2024>

or call 1-800-441-1414 and mention you are with the April 2024 Psychotherapy conference with the University of Miami.



# ACCREDITATION

## Earn up to 13 CME/CE Hours

**Physicians:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of American Psychoanalytic Association and the Boston Psychoanalytic Society and Institute. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians.

The American Psychoanalytic Association designates this Live Activity for a maximum of 13 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### IMPORTANT DISCLOSURE INFORMATION

**FOR ALL LEARNERS:** None of the planners and presenters for this educational activity have relevant financial relationship(s)\* to disclose with ineligible companies\* whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

\*Financial relationships are relevant if the educational content an individual can control is related to the business lines or products of the ineligible company. -updated July 2021

#### Workshop on Friday, April 26, 2024:

A maximum of 6.00 *AMA PRA Category 1 Credit(s)*<sup>™</sup>

#### Saturday, April 27, 2024:

A maximum of 7.00 *AMA PRA Category 1 Credit(s)*<sup>™</sup>

#### The Royal College of Physicians and Surgeons of Canada

recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credit(s)*<sup>™</sup> to an equivalent number of European CME Credits<sup>®</sup> (ECMECs<sup>®</sup>). Information on the conversion process can be found at: [www.eaccme.eu](http://www.eaccme.eu).

**Psychologists:** William James College is approved by the American Psychological Association to sponsor continuing education for psychologists. William James College maintains responsibility for this program and its content.

**Social Workers:** Application for social work continuing education credits has been submitted. Please contact Tonia Attard at 941-539-0500 or email at [psychcme@med.miami.edu](mailto:psychcme@med.miami.edu)

**Nurses:** These programs meet the specifications of the Board of Registration in Nursing (244 CMR).

**National Board of Certified Counselors:** William James College is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. (Provider Number 5678).

**Educators:** William James College is approved by the Commonwealth of Massachusetts to offer Professional Development Points (PDPs). (Provider Number 5-0416-999).

**Questions?** For additional course information please go to: <https://umiami-cme.org/> or call Tonia at 941-539-0500 or email [psychcme@med.miami.edu](mailto:psychcme@med.miami.edu)

# CONFERENCE CO-DIRECTORS, PLANNING COMMITTEE & DISTINGUISHED FACULTY

**Lawrence E. Lifson, M.D., Co-Director** Dr. Lifson is a Voluntary Associate Professor, Department of Psychiatry and Behavioral Sciences; University of Miami Miller School of Medicine; Lecturer on Psychiatry, Harvard Medical School, Beth Israel Deaconess Medical Center; Co-Chair, Continuing Education, Boston Psychoanalytic Society & Institute; Faculty, Boston Psychoanalytic Society & Institute; Distinguished Life Fellow, American Psychiatric Association; Recipient, Massachusetts Psychiatric Society's 2012 Outstanding Psychiatrist in Education Award; 2016 Recipient, Tufts Medical Alumni Association Dean's Award; 2018 Recipient American Psychoanalytic Association Edith Sabshin Teaching Award; Editor, *Understanding Therapeutic Action: Current Concepts of Cure* and *The Mental Health Practitioner and the Law*; and *Psychology of Investing*.

**Martha Stark, M.D., Co-Director** Dr. Stark is a Lecturer on Psychiatry (part-time), Harvard Medical School, Cambridge Health Alliance; Co-Director/Faculty, Center for Psychoanalytic Studies, William James College; Faculty, Psychiatry Redefined; Adjunct Faculty, Smith College School for Social Work; Former Faculty, Boston Psychoanalytic Society & Institute and Massachusetts Institute for Psychoanalysis; Author, *Working with Resistance*; *A Primer on Working with Resistance*; *Modes of Therapeutic Action*; *The Transformative Power of Optimal Stress*; *Psychotherapeutic Moments*; *How Does Psychotherapy Work?*; *Relentless Hope*; *A Heart Shattered, The Private Self*, and *A Life Unlived*, and *Understanding Life Backward but Living Life Forward*.

**Nicholas Covino, Psy.D.** President, William James College; Member, Boston Psychoanalytic Society & Institute.

**Phillip Freeman, M.D.** Training and Supervisory Analyst, Boston Psychoanalytic Society and Institute; Faculty Boston Psychoanalytic Society and Institute, Assistant Professor and Past Vice-Chair, Department of Psychiatry, Boston University School of Medicine. Author: *Adaptations, Disquisitions and Psychoanalysis 1997-2006*.

**James Herzog, M.D.** Training and Supervising Analyst, Faculty, Boston Psychoanalytic Society and Institute, Supervisory Analysts, Sigmund Freud Institute, Zurich, Switzerland, Author, *Father Hunger* and *"Deep" Play with Another*; *Child Analysis and Adult Analysis*.

**Nat Kuhn, M.D.** Lecturer (part-time) in Psychiatry, Harvard Medical School; Founder of ISTDP Boston; Board Member, International Experiential Dynamic Therapy Association; Author, *Intensive Short-Term*

*Dynamic Psychotherapy: A Reference* and co-author, *Treating Dynamic Psychotherapy*.

**Christopher Lovett, Ph.D.** Faculty, Boston, Psychoanalytic Society and Institute; Co-Chair, the Explorations in Mind Program, Boston Psychoanalytic Society and Institute; Board of Directors, The Boston Group for Psychoanalytic Studies; Contributor, International Psychoanalytic Association *Inter-Regional Encyclopedic Dictionary*; Former Member, Editorial Board, *International Journal of Psychoanalysis* and *The Journal of the American Psychoanalytic Association*.

**Mary K. McCarthy, M.D.** Assistant Professor of Psychiatry, Harvard Medical School; Teaching Faculty at the Boston Psychoanalytic Society and Institute; President-elect of the Boston Psychoanalytic Society and Institute; former Director of the Faculty/Trainee Mental Health Program at the Brigham and Women's Hospital, a major teaching hospital of Harvard Medical School.

**Mark O'Connell, Ph.D.** Faculty, Boston Psychoanalytic Society & Institute; Faculty, Psychoanalytic Couple and Family Institute of New England; Faculty, Massachusetts Institute for Psychoanalysis; Author, *The Good Father*, *On Men, Masculinity and The Life in the Family* and *The Marriage Benefit*.

**Jacqueline (Jacquie) Olds, M.D.** Associate Professor of Psychiatry (part-time), Harvard Medical School; Faculty, Boston Psychoanalytic Institute and Society; Faculty, The Psychoanalytic Family and Couples Institute of New England, Editorial Board, *Harvard Review of Psychiatry*. Co-Author, *Overcoming Loneliness in Everyday Life Marriage in Motion: The Natural Ebb and Flow of Lasting Relationships* and *The Lonely American: Drifting Apart in the 21st Century*.

**Richard Schwartz, M.D.** Associate Professor of Psychiatry (part-time), Harvard Medical School; Senior Consultant in the Massachusetts General Hospital-McLean Hospital Combined Residency Program; Faculty, Boston Psychoanalytic Institute and Society; Faculty, The Psychoanalytic Family and Couples Institute of New England; Editorial Board, *Harvard Review of Psychiatry*; Co-Author, *Overcoming Loneliness in Everyday Life Marriage in Motion: The Natural Ebb and Flow of Lasting Relationships* and *The Lonely American: Drifting Apart in the 21st Century*.

**Elizabeth (Libby) Shapiro, Ph.D.** C.G.P., Lecturer in Psychology, Department of Psychiatry (part-time), Harvard Medical School; Supervisor and Teacher at Cambridge Health Alliance; Former Director of the Center for Psychoanalytic Studies at Massachusetts General Hospital and Director of Training at the Boston Institute for Psychotherapy.

University of Miami  
Department of Psychiatry and  
Behavioral Sciences  
Soffer Clinical Research Center  
1120 NW 14th Street  
Miami, Florida 33136

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