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# The Lawrence E. Lifson, MD, Conference on Psychodynamic Psychotherapy 2022

Friday and Saturday, April 29-30, 2022

*Friday, April 29, 2022*

## Working with Dynamics of Grief, Depression, and Self-Sabotage

Nancy McWilliams, PhD, ABPP

*Saturday, April 30, 2022*

## Psychodynamic Psychotherapy 2022

- 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

To be presented  
this year as a  
**LIVE IN-PERSON**  
at  
Fairmont Copley Plaza  
in Boston or  
**LIVE INTERACTIVE  
STREAMING  
PROGRAM**



**Register by  
March 16, 2022  
for discounted  
pricing**

**Register at: <https://bi-cme.org/psychotherapy2022>**

# About the Conference Co-Directors

## Lawrence E. Lifson, MD, Co-Director

Dr. Lifson is a Lecturer on Psychiatry, Harvard Medical School; Director, Continuing Education Program at 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, MD, 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*.

## Accreditation

**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 (name of nonaccredited provider). 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–

- Nancy McWilliams PhD Friday workshop, April 29, 2022: A maximum of 6.50 *AMA PRA Category 1 Credit(s)*<sup>™</sup>
- Saturday, April 30, 2022 program: A maximum of 6.50 *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*<sup>™</sup> to an equivalent number of European CME Credits<sup>®</sup> (ECMECs<sup>®</sup>). Information on the process of converting *AMA PRA Category 1 Credits*<sup>™</sup> to ECMECs<sup>®</sup> can be found at: [www.eaccme.eu](http://www.eaccme.eu).

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**Psychologists:** The Department of Psychiatry at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School is approved by the American Psychological Association to offer Continuing education for psychologists. The Continuing Education Program at Beth Israel Deaconess Medical School, a major teaching hospital of Harvard Medical School, maintains responsibility for this program and its contents. The Nancy McWilliams, PhD workshop offers 6.50 CE credits. April 30, 2022 program offers 6.5 CE credits.

**Social Workers:** Application for social work continuing education credits has been submitted. Please contact Jean-Marie Flynn at 617-754-1265 or by email at [jean - jflynn2@bidmc.harvard.edu](mailto:jean - jflynn2@bidmc.harvard.edu) for the status of social work CE accreditation.

**State of New York Social Workers:** The Department of Psychiatry at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School is recognized by the New York State Education Department's State Board for Social Work as an Approved Provider of continuing education for licensed social workers. The Nancy McWilliams, PhD workshop is approved for a 6.50 CE hours and April 30, 2022 program is approved for 6.5 CE Hours.

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

**Mental Health Counselors:** The Department of Psychiatry at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEPTM solely is responsible for all aspects of the program. The Nancy McWilliams, PhD workshop is approved for a 6 CE clock hours and April 30, 2022 program is approved for 6.5 CE clock hours.

**Licensed Marriage and Family Therapists:** Application for FDA/CE continuing education credits has been submitted. Please contact Jean-Marie Flynn at 617-754-1265 or by email at [jean - jflynn2@bidmc.harvard.edu](mailto:jean - jflynn2@bidmc.harvard.edu) for the status of FDA/CE accreditation.

# Working with Dynamics of Grief, Depression, and Self-Sabotage

Friday, April 29, 2022

## Nancy McWilliams, PhD, ABPP

In the wake of the recent pandemic, therapists struggle to help patients with painful losses and challenges. Situational stresses interact with personality patterns, presenting therapists with complicated combinations of grief, mourning, and depressive and masochistic dynamics. Because neither “Depressive Personality Disorder” nor “Self-Defeating Personality Disorder” is found in the DSM or ICD, official taxonomies offer little clinical help in distinguishing between various painful self-states and framing therapy accordingly. Dr. McWilliams will differentiate conceptually between depression and mourning, between anaclitic and introjective depression, between relational self-sabotage and “moral masochism,” and between depressive and self-defeating personality patterns. She will use her own case material illustratively and present one self-defeating patient in depth.

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

- Differentiate between normal grief and clinical depression;
- Distinguish anaclitic from introjective depression;
- Distinguish between relational (anaclitic) and moral (introjective) masochism;
- Identify differences between predominantly depressive and predominantly self-defeating (masochistic) personality patterns;
- Discuss the clinical implications of these overall conceptualizations;
- Manage countertransference reactions to patients with each of these problems.

8:30am-8:45am	Welcome and Overview, Nicholas Covino, PsyD
8:45am-10:45am	Dr. Nancy McWilliam's Workshop
10:45am-11:15am	Coffee Break
11:15am-12:30pm	Dr. Nancy McWilliam's Workshop continued
12:30pm-1:45pm	Lunch Break
1:45pm-3:30pm	Dr. Nancy McWilliam's Workshop continued
3:30pm-3:45pm	Coffee Break
3:45pm-5:15pm	Dr. Nancy McWilliam's Workshop continued
5:15pm	Adjourn

**Nancy McWilliams, PhD, ABPP**, is on the faculty at Rutgers University's Graduate School of Applied & Professional Psychology. She is the author of *Psychoanalytic Diagnosis*, *Psychoanalytic Case Formulation*, and *Psychoanalytic Psychotherapy*. She is Associate Editor of the *Psychodynamic Diagnostic Manual*. She is a former president of the Division of Psychoanalysis (39) of the American Psychological Association and is on the editorial board of *Psychoanalytic Psychology*.

Dr. McWilliams is the recipient of many awards including the Gradiva Award for Best Psychoanalytic Clinical Book; the Goethe Scholarship Award; the Rosalee Weiss Award for contributions to practice; the Laughlin Distinguished Teacher Award; the Hans Strupp Award for teaching, practice, and writing; and the Division 39 awards for both Leadership and Scholarship. She is the author of *Psychoanalytic Diagnosis*, *Psychoanalytic Case Formulation*, *Psychoanalytic Psychotherapy*, and *Psychoanalytic Supervision*. Dr. McWilliams specializes in: psychoanalytic psychotherapy and supervision; the relationship between psychodiagnosis and treatment; alternatives to DSM5 diagnostic conventions; integration of feminist theory and psychoanalytic knowledge; the application of psychoanalytic understanding to the problems of diverse clinical populations; altruism; narcissism, and trauma and dissociative disorders.

Dr. McWilliams is an honorary member of the American Psychoanalytic Association.

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

# Psychodynamic Psychotherapy 2022

**Saturday, April 30, 2022**

Our extraordinary 18th 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 program, 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 the patient's dual awareness and self-reflective capacity in the face of trauma;
- Expound upon the role of play in the repair of rupture;
- Review the impact of racism and shame in the context of immigration;
- Demonstrate effective ways to integrate theoretical constructs into clinical practice.

## 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 and 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.*

**Early Registration Discount Available Through 3/16/2022**

# Psychodynamic Psychotherapy 2022 Agenda

**Saturday, April 30, 2022**

8:30am	<b>Welcoming Remarks</b> Jack Foehl, PhD
8:45am	<b>Overview by Moderator</b> Alan Pollack, MD
9:00am	<i>Case Presentation:</i> <b>"I Don't Want to Sound Racist, But...": Racism and Shame in the Immigrant Context</b> Usha Tummala-Narra, PhD
9:45am	<i>Case Discussants</i> Martha Stark, MD Richard Geist, EdD
10:30am	Coffee Break
11:00am	<b>The Play of Mourning: Finding Play in Relation to Attachment to Frustrating Objects</b> Steven Cooper, PhD
11:45am	<i>Panel and Audience Discussion of Presentations:</i> Alan Pollack, MD Steven Cooper, PhD Richard Geist, EdD Martha Stark, MD Usha Tummala-Narra, PhD
12:30pm	Lunch Break ( <i>on your own</i> )
1:45pm	<i>Case Presentation:</i> <b>Making Perspective: Building Self Reflexivity in Traumatically Collapsed Minds</b> Mark O'Connell, PhD
2:30pm	<i>Case Discussants:</i> James Herzog, MD Rafael Ornstein, MD
3:15pm	Coffee Break
3:30pm	<b>Connie the Serial Killer: Welcoming the Unwelcome</b> Elizabeth (Libby) Shapiro, PhD
4:15pm	<i>Panel and Audience Discussion of Presentations:</i> Alan Pollack, MD James Herzog, MD Mark O'Connell, PhD Rafael Ornstein, MD
5:00pm	Adjourn

*Changes and substitutions may be made without notice.*

**Register at: <https://bi-cme.org/psychotherapy2022>**

# Distinguished Faculty

## **Steven Cooper, PhD**

Training and Supervising Analyst, The Boston Psychoanalytic Society and Institute; Faculty, Chief Editor Emeritus, *Psychoanalytic Dialogues*; Faculty, The Stephen Mitchell Center; Author, *Objects of Hope: Exploring Possibility and Limit in Psychoanalysis*; *A Disturbance in the Field: Essays on Transference-Countertransference*; *The Analyst's Experience of the Depressive Position*; *Playing and Becoming in Psychoanalysis*.

## **Nicholas Covino, PsyD**

President, William James College; Member, Boston Psychoanalytic Society & Institute.

## **Jack Foehl, PhD**

President, Boston Psychoanalytic Society & Institute; Training and Supervising Analyst, Boston Psychoanalytic Society & Institute; Supervisor and Faculty Member at Massachusetts Institute for Psychoanalysis; Instructor of Psychology in Psychiatry (part-time), Harvard Medical School; Clinical Associate Professor (part-time) at the NYU Postdoctoral Program in Psychotherapy and Psychoanalysis; Joint Editor in Chief *Psychoanalytic Dialogues*.

## **Richard Geist, EdD**

Founder, Teaching and Supervising Analyst, Massachusetts Institute for Psychoanalysis; Executive Board, International Association for Psychoanalytic Self Psychology; Author, *Investor Therapy*; Co-Editor, *Psychology of Investing*; Associate Editor, *International Journal of Psychoanalytic Self Psychology*.

## **James Herzog, MD**

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

## **Mark O'Connell, PhD**

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*.

## **Rafael Ornstein, MD**

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

## **Alan Pollack, MD**

Faculty and Former Director of Psychotherapy Training, Boston Psychoanalytic Society and Institute.

## **Elizabeth (Libby) Shapiro, PhD**

Assistant Professor of Psychology in Psychiatry (part-time), Harvard Medical School; Supervisor and Teaching Faculty, Cambridge Health Alliance.

## **Usha Tummala-Narra, PhD**

Director of Community-Based Education, Danielsen Institute; Research Professor, Department of Psychological and Brain Sciences, Boston University; Associate Editor, the *Asian American Journal of Psychology* and *Psychoanalytic Dialogues*; Author, *Psychoanalytic Theory and Cultural Competence in Psychotherapy*, *Editor, Trauma and Racial Minority Immigrants: Turmoil, Uncertainty, and Resistance*.

# Registration Form

## 1. Complete the following information:

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_  
Occupation \_\_\_\_\_

## 2. Select your registration option from the table below:

<b>Lawrence E. Lifson, MD, Conference on Psychodynamic Psychotherapy 2022</b>	<i>Regular Registration After 3/16/22</i>	<i>Early Registration Before 3/16/22</i>
Nancy McWilliams, PhD, workshop (April 29, 2022)	<input type="checkbox"/> \$275	<input type="checkbox"/> \$225
Full Conference (Nancy McWilliams, PhD, April 29 AND April 30, 2022, program)	<input type="checkbox"/> \$445	<input type="checkbox"/> \$395

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

Full course: \$245,  Pre-Conference only: \$150

## 3. Select your payment method

Payment Enclosed: Check # \_\_\_\_\_ Amount \$ \_\_\_\_\_  
(Make check or money order payable to CEP, Inc. Do not send cash.)

Bill my institution: P.O.# \_\_\_\_\_

Please charge my:  AMEX  Visa  MasterCard

Name on card \_\_\_\_\_ Expires \_\_\_\_\_

Card # \_\_\_\_\_ SIC Code \_\_\_\_\_

## To Register by Mail:

**Complete the fields to the left, include payment, and mail to:**  
**CEP/MMHC**  
**Jean-Marie Flynn**  
**190 Castlewood Circle**  
**Hyannis, MA 02601**

## To Register Online:

**Visit <https://bi-cme.org/psychotherapy2022>**

## Refund Policy:

A handling fee of \$60 is deducted for cancellation. Refund requests must be received by mail or email [jflynn2@bidmc.harvard.edu](mailto:jflynn2@bidmc.harvard.edu) one week prior to the conference. No refunds will be made thereafter.

## For More Information, Contact:

Jean-Marie Flynn at 941-932-2671 or email [jflynn2@bidmc.harvard.edu](mailto:jflynn2@bidmc.harvard.edu)

The tuition fee is the same if you attend virtually or in person at the Fairmont Copley Plaza. All course participants receive a link to a website where they can download all of the course materials.

**COVID-related public health concerns may necessitate that this conference be presented ONLY virtually. Such a decision will be made on March 29, 2022, after consultation with appropriate experts at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School. At that time all registrants will be notified and the information will be updated on the course website. If there is a live-in person option, attestation of full COVID-19 vaccination will be required at the time of registration and masks will be mandatory throughout the meeting.**

## Venue for In-Person Conference

### The Fairmont Copley Plaza Hotel

138 St. James Ave.  
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 5, 2022. Please register and reserve your hotel rooms as early as possible, using the discount code below. Please note that you can cancel your room reservation 3 days prior to your arrival if we need to switch to a virtual only conference.

For a reduced room rate go to  
<https://book.passkey.com/go/LAWR0422>

**DISCOUNT CODE:** Psychotherapy 2022



**Please do not purchase non-refundable airline ticket(s) until you have received an email from our office confirming both your paid registration and that the conference will be held in-person. The final decision about whether the conference will be held in person will be made on March 29, 2022.**

**Register at: <https://bi-cme.org/psychotherapy2022>**

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Boston, MA 02215

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**Nancy McWilliams, PhD, ABPP**

*Saturday, April 30, 2022*

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