



**Psychoanalytic  
Association of  
New York**

Affiliated with NYU Grossman  
School of Medicine

## **Prelude to Training Seminar Series**

### **SAMPLE PROGRAM**

**Held on Saturdays from 11:45 am - 1:15 pm**

***"So, where are you from, Doc, really?": An analytic perspective on identity, race and ethnicity in the dyad –  
Aneil Shirke, MD, PhD***

Dr. Shirke conceptualizes racism and prejudice as the consequence of intergenerational transference of experiences and attitudes about the identities of self and of others. Two analytic theories of mind can be applied to grasp this intellectually, prior to integrating emotionally this sensibility.

***A Seminar on Psychodynamic Psychotherapy Technique  
Making Gabriel Byrne a Better Therapist - Ellen Abrams, LCSW***

"in Treatment" is a thought provoking HBO television series about a psychologist, portrayed by Gabriel Byrne, and his weekly sessions with patients, as well as those with his own therapist, and offers a tantalizing peek at the psychopathology of everyday life. Ms. Abrams will show clips which highlight psychodynamic psychotherapy principles and use them as a springboard for discussion about technique.

Ms. Abrams is a faculty member of PANY.

***A six-part series: Introduction to Theory and Technique in Psychoanalysis and Psychotherapy  
Anne Erreich, PhD and Malini Singh, PhD***

Dr. Erreich and Dr. Singh explore the basic tenets of theory and practice in psychoanalysis and psychotherapy, including a consideration of the differences between the two. This includes a presentation of a psychoanalytic model of the mind, a model of development, and a model of technique. The second half of the series consists of presentation of analytic case material. Drs. Erreich and Singh are members of the PANY faculty.

***Sadomasochism; Understanding and Working with the  
Self-Defeating Patient – Robert Calcaterra, MD***

Self-defeating behaviors are present to some degree in every psychodynamic treatment. We will explore ways in which sadomasochism manifests, particularly in the transference/countertransference arena. The developmental roots and psychodynamic underpinnings will be illuminated through clinical examples. The goal will be to fortify practitioners for what are often long and difficult treatments.

***Dreams in Theory and Practice – Douglas Van Der Heide, MD***

*Since Freud's opus of 1900 the dream and the process of dreaming remain the royal road to the heart of our work. To know how to work with dreams is tantamount to knowing how to do psychoanalysis. In this lecture I will review the core discoveries of mind, starting with Freud, which explain the why and wherefore of dreaming with the goal of underscoring how to work with them in the office to enrich and deepen the therapeutic exchange.*



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#### ***A two-part series: Group Psychoanalysis - Who Knew? – K. Chapman Attwell, MD***

Dr. Attwell will introduce the class to the didactic similarities and differences between individual and group psychoanalysis as well as how they can work in effective tandem. He will then run an experiential group to illustrate the key principles in a here-and-now focus on growth of the interpersonal ego and meaningful affective communication. In closing, the class will wrestle to link the didactic and experiential portions of the class to illuminate future directions of learning.

#### ***Midlife Matters – Jason Wheeler, PhD***

Midlife, the period that spans the "old age of youth" and the "youth of old age," brings new challenges as well as amplifying old conflicts and deficits. This presentation integrates relevant theoretical ideas with cultural and clinical examples of midlife issues. Success or failure at coping with the tasks of this period can mean the difference between negotiating a transition and suffering a crisis.

#### ***Remote Treatment in the Time of COVID-19 - Marina Mirkin, MD***

Challenges and opportunities provided by working remotely with a special emphasis on the effect of COVID pandemic on the frame of the psychotherapeutic/psychoanalytic treatment.

#### ***Psychic Bisexuality – Rajiv Gulati, MD***

Freud came up with the idea of "psychic bisexuality" in the context of his intensely erotic relationship with Wilhelm Fliess. Despite its central place in Freud's theory and its usefulness, bisexuality occupies a controversial place in psychoanalysis. It has been a beacon for sexual and gender minorities and yet within psychoanalysis it has been put to heteronormative and transphobic use. This talk will attempt to throw some light on the contemporary use of the concept of bisexuality in one analyst's clinical work.

#### ***How do Child Therapy and Analysis Differ from Adult Therapy and Analysis? – Diana Rosenstein, PhD***

From a developmental perspective, this course will introduce the basic concepts of child psychotherapy and analysis, and show how they differ in application from adult psychotherapy and analysis. There will be special emphasis on the use of play in child treatment, as well as current concepts of therapeutic action in child treatment.