

# NYP Westchester Behavioral Health Center

## *Psychotic Disorders Program Academic Meeting*

Psychology and Social Work CE Announcement

### *“Psychotherapy for Psychosis: Integrating Cognitive Behavioral and Psychodynamic Approaches- Part Two”*

**Michael Garrett, MD**

**Emeritus Professor of Clinical Psychiatry**

**SUNY Downstate Medical Center, Brooklyn, NY**

**Faculty, Psychoanalytic Association of New York (PANY)**

<https://weillcornell.zoom.us/j/99073927644>

Meeting ID: 990 7392 7644

**Tuesday, November 1st, 2022**

**11:15am – 12:15pm**

\*2 CE credit available to full time and voluntary faculty psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Please note that attendance to both sessions is required for 2 CE credits.

**SPEAKER:**

Dr. Garrett has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Dr. Garrett was formerly the Vice Chairman of Psychiatry at SUNY Downstate Medical Center, where he is currently Professor Emeritus of Clinical Psychiatry. He is also on the faculty of the Institute for Psychoanalytic Education (IPE) affiliated with NYU Medical Center in New York City. He received his medical degree from the Albert Einstein College of Medicine and completed his residency training in Psychiatry at Bronx Municipal Hospital Center. Most of Dr. Garrett's professional career has been spent in the public psychiatry sector, first at North Central Bronx Hospital, where he became Associate Director of Psychiatry, and then Medical Director in 1995. In 1997 he became Deputy Director of Psychiatry at Bellevue Hospital, where he was responsible for clinical services. In 2003 he moved to SUNY Downstate as Vice Chairman for Clinical Services. At present his time is evenly divided between patient care, supervision of psychotherapy for psychosis, including consultation with several first-episode of psychosis teams in the United States, teaching, and clinical writing. He has for many years had an interest in the difficulties clinicians encounter when trying to develop a relationship with psychotic individuals who have a fundamentally different view of reality than the clinician. He has a particular interest in the relationship between psychosis and ordinary mental processes and combined psychodynamic and cognitive behavioral treatments of psychosis, as detailed in his recent book: Garrett, M. (2019) Psychotherapy for Psychosis: Integrating Cognitive Behavioral and Psychodynamic Treatments. Guilford Press/New York.

**Abstract:**

The course begins with two didactic lectures that provide an overview of cognitive-behavioral therapy for psychosis (CBTp) and a summary psychodynamic conceptualizations of psychosis which emphasize the contributions to psychoanalytic object-relations theory made by Melanie Klein and others. A model of psychosis is presented that invites the clinician to listen for alterations of perceptual experience of the outside world, altered perceptions of self-experience. The course will explore the conception of the narrative content of a psychosis as an autobiographical play staged in the real world (the "action" in the play occurs in the patient's neighborhood, etc) that is expressive of the person's life history and current state of mind. A range of CBTp techniques will be reviewed, including interpreting the patient's resistance to the use of logic in CBTp. Guidance is offered about how to interpret the psychodynamic meaning of psychotic symptoms. The content of the didactic lectures will be illustrated in weekly 1 hour case presentations by clinicians throughout the year.

**Learning Objectives:**

1. Describe the 3 basic theoretical clinical models that underlie CBTp
2. List 3 CBTp techniques that have practical application in clinical sessions
3. Define the psychoanalytic concept of the "persecutory object"
4. State a clinical example that illustrates the psychodynamic meaning of a psychotic symptom
5. write a dual, complementary CBTp plus psychodynamic formulation of a patient

**References:**

1. Garrett, M. (2019) Psychotherapy for Psychosis: Integrating Cognitive Behavioral and Psychodynamic Treatment. New York: Guilford Press
2. Arieti S: Interpretation of Schizophrenia. Second Edition ed. New York: Basic Books, Inc; 1974.
3. Karon B P: The tragedy of schizophrenia without psychotherapy. J Am Acad Psychoanal Dyn Psychiatry. 2003;31(1):89-118.
4. Lotterman A: Specific Techniques for the Psychotherapy of Schizophrenic Patients. Madison: International Universities Press;2015.
5. Marcus ER: Psychosis and Near Psychosis. Revised Second Addition. Madison: International Universities Press; 2017.