

Psychiatry Grand Rounds

WCM Department of Psychiatry

Psychology CE Announcement

Arnold Cooper Memorial Lecture



**Weill Cornell
Medicine**
Psychiatry

BE CLEAR AND CARRY ON: THOUGHTS ON TEACHING PSYCHODYNAMIC PSYCHOTHERAPY

DEBORAH L. CABANISS MD,
PROFESSOR EMERITA OF CLINICAL PSYCHIATRY, COLUMBIA UNIVERSITY

Live: Uris Auditorium
Zoom:

<https://weillcornell.zoom.us/j/92812036154>

Meeting ID: 928 1203 6154

Password: 12345

1 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists, Social Workers and LMHCs, 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. Note the survey must be completed within 30 days of the lecture. Please contact wcmpsychiatryce@med.cornell.edu for additional CE information



November 5, 2025



11 AM - 12 PM



Live Online, Live In-Person

ABSTRACT

For the Arnold Cooper Memorial Lecture, Dr. Cabaniss, who was supervised by Dr. Cooper and who was a residency training director for 20 years, will discuss her thoughts about teaching psychodynamic psychotherapy. Simply put, she aims to conceptualize and teach psychodynamics in ways that are clear and accessible. She will review the development of her methods and discuss teaching psychodynamics in the future.

SPEAKER

Deborah L. Cabaniss, M.D. is Professor Emerita of Clinical Psychiatry at the Columbia University College of Physicians and Surgeons. Until June of 2025, she was Associate Director of Residency Training in the Columbia Department of Psychiatry. She received her BA from Yale, her MD from Columbia, and completed her psychoanalytic training at Columbia. She has won numerous teaching awards and has over 60 publications related to psychotherapy education. In addition to her work in the US, Dr. Cabaniss has lectured and taught in Sweden, Norway, Japan, Korea and Canada, and her books, "Psychodynamic Psychotherapy: A Clinical Manual," "Psychodynamic Formulation: An Expanded Approach," and "Different Patients; Different Therapies" are used widely across the US and abroad. She is in private practice in Manhattan.

LEARNING OBJECTIVES

1. Summarize key contributions of Arnold Cooper's work to psychodynamic theory and practice.
2. Apply the "Listen-Reflect-Intervene" method for teaching psychodynamic psychotherapy and the "Describe-Review-Link" method for teaching psychodynamic formulation.
3. Explain the "Beneath the Surface" algorithm and its use in teaching fundamental psychodynamic concepts across clinical settings.

REFERENCES

1. Collective, P. F. (2022). *Psychodynamic Formulation: An Expanded Approach*. John Wiley & Sons.
2. Cabaniss, D. L., & Holoshitz, Y. (2019). *Different patients, different Therapies: Optimizing Treatment Using Differential Psychotherapeutics*. National Geographic Books.
3. Cabaniss, D. L. (2016). *Psychodynamic Psychotherapy: A Clinical Manual*. John Wiley & Sons.

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