

# Psychiatry Grand Rounds

WCM Department of Psychiatry

Psychology CE Announcement

Arnold Cooper Memorial Lecture

## “Problem Focused Psychodynamic Psychotherapy”

**Fredric N. Busch, M.D.**

Clinical Professor of Psychiatry, Weill Cornell Medical College  
Faculty, Columbia University Center for Psychoanalytic Training and Research

Wednesday, October 11<sup>th</sup>, 2023

11:00am – 12:30pm

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

Meeting ID: 928 1203 6154

Password: 12345

1.5 CE credit available to WCM Department of Psychiatry 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. Note the survey must be completed within 30 days of the lecture. Please contact Stephanie Harper at [sth4009@med.cornell.edu](mailto:sth4009@med.cornell.edu) for additional CE information

#### SPEAKER DISCLOSURE:

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

Dr. Busch is a clinical professor of Psychiatry at Weill Cornell Medical College and a faculty member of the Columbia University Center for Psychoanalytic Training and Research. His writing and research have focused on the links between psychoanalysis and psychiatry, including psychodynamic approaches to specific disorders, psychoanalytic research, and psychoanalysis and medication. He has co-authored 5 books on the psychoanalytic approaches to specific disorders, including Manual of Panic Focused Psychodynamic Psychotherapy, Psychodynamic Treatment of Depression (second edition), Psychodynamic Approaches to the Adolescent with Panic Disorder, and Panic Focused Psychodynamic Psychotherapy, eXtended Range, and Trauma Focused Psychodynamic Psychotherapy. He is the sole author of Psychodynamic Approaches to Behavioral Change and Problem-Focused Psychodynamic Psychotherapy. He was involved in the development of the manual and training and supervision of practitioners in a study of psychodynamic treatment of trauma at the Veterans Administration New York Harbor Healthcare System. Dr. Busch’s activities have included a wide range of teaching. He was the co-chair of and instructor in the Fourth Year Theory course at the Columbia University Center for Psychoanalytic Training and Research on “Contemporary Issues in Psychoanalytic Theory: Brain, Body and Mind.” He teaches psychodynamic treatment of depression to candidates at the Center in the psychopathology course. He teaches a course to residents at Weill Cornell in problem focused psychodynamic psychotherapy and supervises residents in this treatment. He also teaches residents at NYU and Creedmore about psychodynamic approaches to panic, anxiety, and depression. In addition, he teaches courses in Psychotherapy section of the Columbia Psychoanalytic Center on integrating psychodynamic approaches and medication.

#### Abstract:

This presentation will describe 5 aspects of problem focused psychodynamic psychotherapy: development of a psychodynamic formulation for panic disorder, development of a manual of panic focused psychodynamic psychotherapy, research on panic focused psychodynamic psychotherapy, extension of this focused psychodynamic approach to other problems and disorders, and efforts at dissemination of this treatment via training and supervising PGY IV Weill Cornell Payne Whitney Residents. The development of the formulation will describe data used in developing the formulation and the formulation itself. The section on manualization will provide an overview of panic focused psychodynamic psychotherapy (PFPP). The next section will describe the major research studies that determined the efficacy of PFPP. The following section will give a brief description of the extension of focused treatments to other anxiety disorders, depression, behavioral problems, posttraumatic stress disorder, and the overarching approach of problem focused psychodynamic psychotherapy. Finally, there will be an overview of a program for training and supervising residents in this treatment for the purposes of dissemination, along with a case example.

#### Learning Objectives:

1. Analyze the development of a psychodynamic formulation in Problem Focused Psychodynamic Psychotherapy.
2. Identify the Unique Characteristics of Problem Focused Psychodynamic Psychotherapy.
3. Discuss a supervisory program for the dissemination of Problem Focused Psychodynamic Psychotherapy.

#### References:

1. Busch, F., Rudden, M. G., & Shapiro, T. (2004). *Psychodynamic treatment of Depression*. <http://ci.nii.ac.jp/ncid/BA69103682>
2. Busch, F. N. (2018). Psychodynamic Approaches to Behavioral change. *Psychiatric News*, 53(13). <https://doi.org/10.1176/appi.pn.2018.7a19>
3. Busch, F., & Milrod, B. (2018). Trauma-Focused Psychodynamic Psychotherapy. *Psychiatric Clinics of North America*, 41(2), 277–287. <https://doi.org/10.1016/j.psc.2018.01.005>
4. Busch, F. (2021). Problem-Focused psychodynamic psychotherapies. *Psychiatric Services*, 72(12), 1461–1463. <https://doi.org/10.1176/appi.ps.202000887>
5. Milrod, B., Leon, A. C., Busch, F., Rudden, M., Schwalberg, M., Clarkin, J., Aronson, A., Singer, M., Turchin, W., Klass, E. T., Graf, E., Teres, J. J., & Shear, M. K. (2007). A randomized controlled clinical trial of psychoanalytic psychotherapy for panic disorder. *The American journal of psychiatry*, 164(2), 265–272. <https://doi.org/10.1176/ajp.2007.164.2.265>