

Psychiatry Grand Rounds

WCM Department of Psychiatry
Psychology CE Announcement

“The Elusive Construct of Therapeutic Action”

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Clinical Professor of Psychiatry
Baylor College of Medicine

Wednesday, October 4th, 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 for additional CE information

SPEAKER DISCLOSURE:

Dr. Gabbard 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.

Glen O. Gabbard, MD is Clinical Professor of Psychiatry at Baylor College of Medicine and Training and Supervising Analyst at The Center for Psychoanalytic Studies in Houston. He is the author or editor of 32 books and 365 scientific papers. He has won many awards for his contributions to psychiatry and psychoanalysis. In 2000 he won the prestigious Sigourney Award for his contributions to psychoanalysis, and he remains the youngest person to receive that award. In 2010 he was awarded the APA/NIMH Vestermark Psychiatry Educator Award. In 2021 he was honored with the Lifetime Achievement Award of Sapienza University in Rome. He was formerly the Director of the Menninger Clinic from 1989-1994. He also served in the role of Joint Editor-in-Chief of the International Journal of Psychoanalysis from 2001-2007. On two occasions, 2007 and 2023, he received the Adam Corneel Major Teachers in Psychotherapy Lecture at McLean Hospital in Boston. For his teaching at Baylor College of Medicine, he received the Teaching Award on 7 different occasions. His books include Psychodynamic Psychiatry in Clinical Practice, now in its fifth edition, Love and Hate in the Analytic Setting, The Psychology of the Sopranos, and Textbook of Psychoanalysis, now in its third edition.

Abstract:

The Elusive Construct of “Therapeutic Action” is one of the major sources of frustration among psychotherapeutic and psychoanalytic clinicians. The title of the presentation reflects the fact that after many decades of study and practice, it is still difficult for clinicians and researchers to adequately describe how the patient changes and what roles the clinician has in facilitating change. Dr. Gabbard will discuss historical efforts to characterize what approaches have been made to help patients expand their understanding of the source of their difficulties and what they can do improve their lives. He will illustrate some of the recent approaches with clinical vignettes.

Learning Objectives:

1. List 3 key components that make psychotherapy effective
2. Identify 3 factors that can impede therapeutic progress
3. Describe 3 necessary components of beginning an effective psychotherapeutic treatment
4. Explain how our understanding of therapeutic action has evolved over time

References:

1. Frost, N. D., Baskin, T. W., & Wampold, B. E. (2020b). Comparative clinical trials in psychotherapy: Have large effects been replicated? *Epidemiology and Psychiatric Sciences*, 29. <https://doi.org/10.1017/s2045796020000402>
2. Cristea, I. A., Gentili, C., Cotet, C. D., Palomba, D., Barbui, C., & Cuijpers, P. (2017). Efficacy of psychotherapies for Borderline personality Disorder. *JAMA Psychiatry*, 74(4), 319. <https://doi.org/10.1001/jamapsychiatry.2016.4287>
3. Boumparis, N., Karyotaki, E., Kleiboer, A., Hofmann, S. G., & Cuijpers, P. (2016b). The effect of psychotherapeutic interventions on positive and negative affect in depression: A systematic review and meta-analysis. *Journal of Affective Disorders*, 202, 153162. <https://doi.org/10.1016/j.jad.2016.05.019>
4. Barth, J., Munder, T., Nüesch, E., Trelle, S., Znoj, H., Jüni, P., & Cuijpers, P. (2013b). Comparative Efficacy of Seven Psychotherapeutic Interventions for Patients with Depression: A Network Meta-Analysis. *PLOS Medicine*, 10(5), e1001454. <https://doi.org/10.1371/journal.pmed.1001454>
5. Messina, I., Sambin, M., Beschner, P., & Viviani, R. (2016b). Changing views of emotion regulation and neurobiological models of the mechanism of action of psychotherapy. *Cognitive, Affective, & Behavioral Neuroscience*, 16(4), 571–587. <https://doi.org/10.3758/s13415-016-0440-5>