

Child & Adolescent Psychiatry Grand Rounds

WCM Department of Psychiatry

Psychology CE Announcement

Paulina Kernberg Memorial Lecture

“Regulation Focused Psychotherapy: An evidence based psychodynamic treatment for children with disruptive behaviors”

Leon Hoffman, MD

Co-Director Pacella Research Center and Training and Supervising Analyst at the New York Psychoanalytic Society and Institute; Faculty, Icahn School of Medicine at Mount Sinai; Center for Regulation Focused Psychotherapy, Inc.

Wednesday, September 28th, 2022

11:00am – 12:30pm

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

Meeting ID: 928 1203 6154

Password: 12345

*1.5 CE credit available to full time and voluntary faculty psychologists who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following lecture completion.

SPEAKER DISCLOSURE: Dr. Hoffman has nothing to disclose and does not intend to discuss off-label or investigational use of products or services.

Leon Hoffman, MD Psychiatrist and Child and Adolescent Psychiatrist: Training and Supervising Analyst in adult, child, and adolescent analysis, co-Director, Pacella Research Center at NYPSI (New York Psychoanalytic Society and Institute); faculty Icahn School of Medicine at Mount Sinai; Chief Psychiatrist/Psychoanalyst, West End Day School in NYC; and President of the Center for Regulation Focused Psychotherapy, Inc. Dr. Leon is the author of the Manual for Regulation-Focused Psychotherapy for Children with Externalizing Behaviors (RFP-C): A Psychodynamic Approach, co-written with Timothy Rice and Tracy Prout. The manual has been translated into Italian. Among many papers from this work, findings from a pilot study were published in the American Journal of Psychotherapy in 2019 and from a Randomized Controlled Trial, with Tracy Prout as Principal Investigator, was published in 2021 in Psychotherapy Research.

He is the recipient of the American Academy of Child and Adolescent Psychiatry 2022 Rieger Psychodynamic Psychotherapy Award for the best published or unpublished paper by a member of the AACAP. The paper, Helping Parents Spare the Rod: Addressing Their Unbearable Emotions, was co-authored by Tracy Prout and published in 2020 in the The Psychoanalytic Study of the Child. The article was. The article has been featured in the AACAP Lifelong Learning Module 18 released in October, 2021. Among his theoretical and clinical publications, he has written about the impact of Berta Bornstein's ideas on contemporary treatment of children with disruptive behaviors and the value of the utilization of Wilma Bucci's linguistic measures for understanding the process in psychotherapy and psychoanalysis. He has studied the impact of teletherapy during the COVID-19 pandemic; and written papers discussing social problems, book reviews, and book essays, including "Psychoanalytic Perspectives on Populism" in 2018 and "The evolution of racism in the Western world: addressing fear of the other" in 2021. He has taught courses and written on the regulation of emotions and affects, adolescent development and emerging adulthood, including college students, both for professional and general audiences.

Abstract: This presentation describes the theoretical and clinical underpinnings of Regulation Focused Psychotherapy for Children: A Psychodynamic Approach (RFP-C) for children with disruptive behaviors. This work follows in the tradition of Paulina Kernberg's work with children with conduct disorders, which was published in collaboration with Saralea Chazan. A comparison is presented between behavioral approaches and the approach in RFP-C. In RFP-C the therapist helps parents understand the value of conceptualizing disruptive behaviors as defenses protecting the child from painful emotions and with the child, the therapist addresses the child's defense mechanisms (DM) against such painful emotions. The parallel between the concept of DM and the neuropsychological concept of Implicit Emotion Regulation (IER) is addressed. The clinical utility of the Triangle of Defense is described and findings from a Randomized Control Trial (RCT) are discussed. Video excerpt is shown

Learning Objectives:

1. Describe the theoretical and clinical underpinnings of Regulation Focused Psychotherapy for Children: A Psychodynamic Approach for children with disruptive behaviors
2. Discuss addressing children's defense mechanisms against painful emotions
3. Identify the similarity between the psychodynamic construct of DM and the neuropsychological construct of IER
4. Apply the Triangle of Defense in clinical work.
5. Understand the importance of RCTs for the progression of the field.

References:

1. Prout, T. A., Rice, T., Chung, H., Gorokhovskiy, Y., Murphy, S., & Hoffman, L. (2021) Randomized controlled trial of Regulation Focused Psychotherapy for Children: A manualized psychodynamic treatment for externalizing behaviors. *Psychotherapy Research*, 32(5), 555-570. <https://doi.org/10.1080/10503307.2021.1980626>
2. Kufferath-Lin, T., Aafjes-van Doorn, K., Prout, T. A., & Hoffman, L. (2021). An examination of parent sessions in Regulation Focused Psychotherapy for Children (RFP-C). *Psychotherapy*, 58(1), 109-120. <https://doi.org/10.1037/pst0000314>
3. Prout, T. A., Malone, A., Rice, T., & Hoffman, L. (2019). Resilience, defense mechanisms, and implicit emotion regulation in psychodynamic child psychotherapy. *Journal of Contemporary Psychotherapy*, 49(4), 235-244. <https://doi.org/10.1087/10879-019-09423-w>
4. Prout, T. A., Bernstein, M., Gaines, E., Aizin, S., Sessler, D., Racine, E., Spigelman, A., Rice, T., & Hoffman, L. (2019). Regulation Focused Psychotherapy for Children in clinical practice: Case vignettes from psychotherapy outcome studies. *International Journal of Play Therapy*, 29(1), 43-53. <https://doi.org/10.1037/pla0000111>
5. Prout, T. A., Rice, T. R., Murphy, S., Gaines, E., Aizin, S., Sessler, D., Ramchandani, T., Racine, E., Gorokhovskiy, Y., & Hoffman, L. (2019). Why is it easier to get mad than it is to feel sad? Pilot study of Regulation Focused Psychotherapy for Children. *American Journal of Psychotherapy*, 72(1), 2-8. <http://dx.doi.org/10.1176/appi.psychotherapy.20180027>