

# Psychiatry Grand Rounds

WCM Department of Psychiatry  
Psychology CE Announcement

## Psychodynamic Psychopharmacology: Enhancing Pharmacologic Outcomes with Practical Psychodynamics

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Director of Psychiatric Education /Associate Director of Training  
The Austen Riggs Center

Wednesday, January 3<sup>rd</sup>, 2024

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 [wempsychiatryce@med.cornell.edu](mailto:wempsychiatryce@med.cornell.edu) for additional CE information

### SPEAKER:

Dr. Mintz 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.

David Mintz, M.D. is the Director of Psychiatric Education, Associate Director of Training, and Team Leader at the Austen Riggs Center in Stockbridge, Massachusetts, a psychodynamic tertiary care center, specializing in the treatment of patients who are complex, co-morbid, and treatment refractory. To address the treatment needs of these patients, Dr. Mintz and colleagues developed a psychodynamically-informed, patient-centered model for addressing psychological and interpersonal interferences with the patient's healthy use of pharmacotherapy. His book *Psychodynamic Psychopharmacology: Caring for the Treatment-Resistant Patient*, and dozens of other publications, explores these principles. Dr. Mintz is also the recent past Leader of the Psychotherapy Caucus of the American Psychiatric Association, former Trustee of the American Academy of Psychodynamic Psychiatry and Psychoanalysis, a member of the Medical Student Education and Resident Committees of the American Psychoanalytic Association, and on the Editorial Boards of *Psychodynamic Psychiatry* and *The American Journal of Psychotherapy*.

### Abstract:

Though psychiatry has benefited from an increasingly evidence-based perspective and a proliferation of safer and more tolerable treatments, outcomes are not substantially better than they were a quarter of a century ago. Treatment resistance remains a serious problem across psychiatric diagnoses. One likely reason is that the systems within which psychiatrists are working often create pressures for doctors to adopt biologically reductionistic framework. In this context, the important impact of psychosocial factors in prescribing have been relatively neglected, leaving psychiatrists to work without some of our most potent tools. Psychodynamic Psychopharmacology is a psychodynamically-informed, patient-centered approach to psychiatric patients that explicitly acknowledges and addresses the central role of meaning and interpersonal factors in pharmacologic treatment. While traditional objective-descriptive psychopharmacology provides guidance about what to prescribe, the techniques of Psychodynamic Psychopharmacology inform prescribers about how to prescribe to maximize outcomes, not only in terms of addressing symptoms, but also in ways that support the patient's development, increase in the patient's personal authority, and foster general wellbeing. This presentation will touch on the evidence base connecting meaning, medications, and outcomes, and will review psychodynamic concepts relevant to the practice of psychopharmacology. We will explore how psychodynamic issues may interfere with optimal outcomes, particularly in patients with a history of early adverse experiences. Then we will consider techniques for identifying and addressing treatment-interfering dynamics.

### Learning Objectives:

1. Recognize and diagnose common psychodynamics interfering with optimal medication outcomes.
2. Demonstrate alliance-promoting behaviors in Pharmacotherapy.
3. Apply psychodynamically-informed interventions to address dynamics driving treatment-resistance.

### References:

1. Mintz, D., & Belnap, B. (2006). A view from riggs: treatment resistance and patient authority—III. What is psychodynamic psychopharmacology? An approach to pharmacologic treatment resistance. *The Journal of the American Academy of Psychoanalysis and Dynamic Psychiatry*, 34(4), 581–601. <https://doi.org/10.1521/jaap.2006.34.4.581>
2. Mintz, D., & Flynn, D. F. (2012). How (not what) to prescribe: nonpharmacologic aspects of psychopharmacology. *Psychiatric Clinics of North America*, 35(1), 143–163. <https://doi.org/10.1016/j.psc.2011.11.009>
3. Mintz, D. (2019). Recovery from childhood psychiatric treatment: addressing the meaning of medications. *Psychodynamic Psychiatry*, 47(3), 235–256. <https://doi.org/10.1521/pdps.2019.47.3.235>
4. Mintz, D., Seery, E., & Cahill, J. D. (2018). Deprescribing: a psychodynamically-informed, patient-centered perspective. *Current Psychiatry Reviews*, 14(1), 19–25. <https://doi.org/10.2174/1573400514666180524095024>
5. Konstantinidou, H. (2022). Psychodynamic psychopharmacology: caring for the treatment-resistant patient By David Mintz American Psychiatric Publishing, 2022. £46 (pb). 295 pp. ISBN 9781615371525. *The British Journal of Psychiatry*, 222(1), 47. <https://doi.org/10.1192/bjp.2022.114>