

Psychiatry Grand Rounds

WCM Department of Psychiatry
Psychology CE Announcement

Psychodynamics 2.0: Integrating Human Development and Neuroscience

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Wednesday, May 3rd, 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.

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

Susan C. Vaughan, MD is a psychiatrist and psychoanalyst interested in the intersection of neuroscience and psychotherapy practice as well as gender and sexuality. She was born and raised in Houston, Texas and attended Harvard College, where she studied biological psychology and artificial intelligence/neural networks by cross-registering at Massachusetts Institute of Technology. Graduating magna cum laude, she then attended Columbia University College of Physicians and Surgeons for medical school and completed her psychiatry residency, chief residency, research fellowship in affective and anxiety disorders and psychoanalytic training also at Columbia. Dr Vaughan served as Director of the Columbia Center for Psychoanalytic Training and Research from 2017-2022. In October 2022, she was appointed Aaron R. Stern MD PhD Professor of Psychodynamic Psychiatry in the Department of Psychiatry at Weill Cornell Medical College. The mother of two young adult daughters, Dr Vaughan lives and works in Manhattan with her wife Deborah Wasser and their three cats.

Abstract: Since the zenith of its popularity in the 50s and 60s, psychodynamic theories and treatments have been under threat and in slow and steady decline within residency training programs and departments of psychiatry in the US. Psychoanalysts have progressively exited academic psychiatry and leaders within psychiatry have ceased to be uniformly trained as psychoanalysts, weakening the links between psychodynamics and psychiatry. Yet during this same period, outcome studies assessing psychodynamic treatment for various DSM disorders have demonstrated broad efficacy. In addition, newly developed and rigorously manualized dynamic treatments such as Transference Focused Psychotherapy have emerged and been empirically validated, joining other forms of evidence-based treatment in our therapeutic armamentarium. In addition, exciting findings in the adjacent fields of affective neuroscience, developmental psychobiology, infant and child observation, and the neurobiology of learning and memory have emerged that would appear to buttress and extend psychoanalytic understanding. In this talk--the third annual Aaron R Stern MD PhD Symposium-- Dr. Susan Vaughan will explore these connections with an eye toward the revitalization of psychodynamic theory, technique, and treatment within psychiatry through an integration of psychodynamic principles with interdisciplinary ideas and findings from allied fields. This talk will serve to introduce Dr Vaughan and her longstanding interest in integrating neuroscience and psychotherapy as well as to showcase how the Stern Program can have a local and national reach in highlighting the relevance of psychodynamic psychiatry despite the many forces that have led to its decline in training and in psychiatry departments.

Learning Objectives:

- 1) Determine sources pushing to drive psychodynamics from psychiatric training and practice.
- 2) Discuss how integrating findings from adjacent fields of cognitive neuroscience, infant and child observation, neurodevelopmental research, psychotherapy research and neurobiology might revitalize psychodynamic teaching and create interesting synergies between allied fields.
- 3) Identify opportunities for creating psychodynamic learning modules to assist clinicians and programs without the rich access to psychodynamic curricula, teachers and supervisors available at Cornell.

References:

- 1) Cabaniss D, Cherry S, Douglas CJ Schwartz A (2017) Psychodynamic Psychotherapy: A Clinical Manual (2nd Ed) Wiley-Blackwell, West Sussex, UK.
- 2) Gabbard GO (2014) Psychodynamic Psychiatry in Clinical Practice (5th Ed), APPI Press, Washington DC.
- 3) Levy, K.N., Meehan, K.B., Kelly, K.M., Reynoso, J.S., Weber, M., Clarkin, J.F., & Kernberg, O.F. (2006). Change in attachment patterns and reflective function in a randomized control trial of transference focused psychotherapy for borderline personality disorder. *Journal of Consulting and Clinical Psychology*, 74, 1027-1040.
- 4) Vaughan SC, Ahmed M (2023) Chapter 33 Neuroscience of Psychotherapy In Gabbard's Textbook of Psychotherapeutic Treatments (2nd Ed). Crisp H, Gabbard GO (eds), APPI Press, Washington, DC.
- 5) Vaughan SC (1997) The Talking Cure: The science of behind psychotherapy. GP Putnam's Sons, New York.