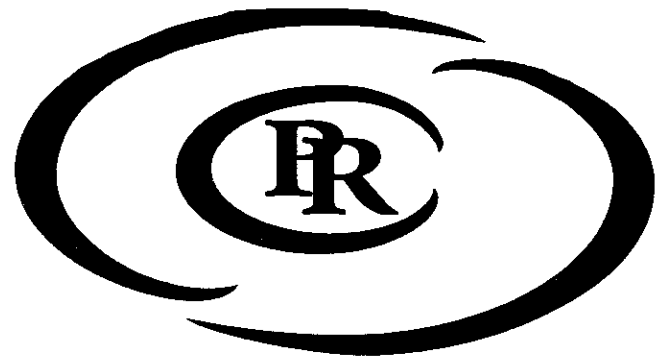


The Consortium for  
Psychoanalytic Research

**Thirteenth Annual Conference  
February 26, 2006**



The Consortium for  
Psychoanalytic Research  
[www.CPRincdc.org](http://www.CPRincdc.org)

**Therapeutic Action:  
Psychodynamic  
Aspects of All  
Psychotherapies**

J. STUART ABLON, PH.D.

**Sunday, February 26, 2006  
9:15 A.M. – 4:30 P.M.**

**13th Annual Conference**

Jointly sponsored by

**Jungian Analysts Association of the  
Greater Washington, DC Metropolitan Area**

**Greater Washington Society for Clinical  
Social Work**

**Washington Professionals for the Study of  
Psychoanalysis**

**American Academy of Psychoanalysis and  
Dynamic Psychiatry**

# The Program

Dr. Ablon will give two presentations titled: "Therapeutic Action in Brief Psychotherapy" and "Identifying Empirically Supported Change Processes." The first presentation will describe an empirical methodology for studying psychotherapy process that can be used to identify whether adherence to theoretical models does indeed predict positive outcome for patients. The second presentation will describe how this method can be used to identify change processes regardless of theoretical orientation to create alternatives to empirically supported treatment packages.

## Program Objectives:

At the conclusion of this presentation participants will be able to describe the following: (1) An empirical method for studying psychotherapy process, the Psychotherapy Process Q-set (PQS), and how the method can be used to identify predictors of change across various psychotherapies (2) Why brand names of therapy can be misleading (3) The limitations of controlled clinical trials when studying psychotherapy (4) The active ingredients of psychotherapy for panic disorder as practiced in by clinicians in the community.

## Morning Session

- 9:15 A.M. Registration
- Continental Breakfast
- 9:45 A.M. Welcome & Introduction
- 10:00 A.M. J. Stuart Ablon: Therapeutic Action in Brief Psychotherapy
- 10:30 A.M. Audience Questions
- 10:45 A.M. Workshop involving audience participation completing a Q-sort rating for one of their patients suffering from panic attacks. Michelle Schottenbauer will analyze the data, to be presented in the afternoon.
- 11:45 A.M. J. Stuart Ablon: Identifying Empirically Supported Change Processes

12:45 P.M. Audience Questions

1:00 P.M. Lunch

## Afternoon Session

- 2:00 P.M. J. Stuart Ablon: Lecture comparing our data collected in the morning to data from a recent naturalistic study of patients with a diagnosis of panic disorder
- 3:00 P.M. Audience Questions
- 3:15 P.M. Panel discussion with J. Stuart Ablon: Sheila Hafter Gray, M.D., Carolyn Gruber, D.S.W. and Jim Barnett, Ph.D.
- 4:00 P.M. Open discussion with audience
- 4:30 P.M. Conclusion

## Presenters

**J. Stuart Ablon, Ph.D.** is Director of the Psychotherapy Research Program in the Department of Psychiatry at the Massachusetts General Hospital and Assistant Professor of Psychiatry at Harvard Medical School. Dr. Ablon's research focuses on empirical study of the process and outcome of various forms of psychotherapy using group and single case designs. His work has appeared in the Archives of General Psychiatry, the Journal of Consulting and Clinical Psychology, and many other journals. Dr. Ablon's research has been funded by, among others, the National Institutes of Health, the American Psychoanalytic Association, the International Psychoanalytic Association, the American Psychological Association, the Mood and Anxiety Disorders Institute, and the Endowment for the Advancement of Psychotherapy.

**Michelle Schottenbauer, M.A.** is a Clinical Fellow in Psychology at Massachusetts General Hospital and Harvard Medical School, and a doctoral candidate in clinical psychology at The Catholic University of America. Her research interests include process and outcome research on psychodynamic psychotherapy. To date, she has authored four book chapters, has eight journal articles published or in press, and 24 conference presentations.

## Discussants

**Sheila Hafter Gray, M.D.** is a Teaching Psychoanalyst, Baltimore-Washington Institute for Psychoanalysis and Adjunct Professor of Psychiatry, Uniformed Services University of the Health Sciences.

**Carolyn Gruber, D.S.W.** is in the private practice of psychotherapy in Chevy Chase, DC and the Past President and former Dean of the Clinical Social Work Institute. She is on the editorial board of the Clinical Social Work Journal, and has been named a Distinguished Practitioner in the National Academies of Practice in Social Work

**Jim Barnett, Ph.D.** is a clinical psychologist and Jungian analyst. He received his diploma from the InterRegional Society of Jungian Analysts in 1991 and his Ph.D. from the University of Texas Health Sciences Center in 1986. He has practiced in California, Texas, North Carolina and, in Washington since 1998.

## Chairperson

**Fonya Helm, Ph.D.**, is a Training and Supervising Psychoanalyst at the Institute of Contemporary Psychotherapy and Psychoanalysis and is in private practice in Cabin John, MD. She is also a member of the New York Freudian Society and the Baltimore-Washington Institute for Psychoanalysis.

## The Consortium

The Consortium for Psychoanalytic Research represents fifteen Baltimore-Washington area organizations interested in building a bridge between clinicians and clinically relevant research. In recent years, there has been a burgeoning of research on Psychoanalytic psychotherapy that enhances understanding of the processes and outcomes that characterize effective treatment. To this end, it sponsors yearly conferences that bring researchers and clinicians together to share data and ideas.

## Consortium Members

American Society of Psychoanalytic Physicians  
Erminia Scarcella, M.D.

The Baltimore-Washington Institute for  
Psychoanalysis—Sheila Hafter Gray, M.D.

Clinical Social Work Institute  
Irv Dubinsky, Ph. D.

Columbia Academy of Psychodynamics  
Ann-Louise Silver, M.D.

Greater Washington Society for Clinical Social  
Debra Zatz, M.S.W.

Institute for Contemporary Psychotherapy and  
Psychoanalysis—Ann Aukamp, M.S.W., BCD

International Institute of Object Relations  
Therapy—Sheila Hill, M.S.W.

Jungian Analysts of the Greater Washington  
Metropolitan Area,  
Diane Choate, M.S.W., Ph.D.

New York Freudian Society  
Fonya Helm, Ph.D.

Washington Psychoanalytic Society  
Fred Hilkert, M.D.

Washington Professionals for the Study of  
Psychoanalysis—Fonya Helm, Ph.D.

Washington Society for Jungian Psychology  
Erminia Scarcella, M.D.

Washington Society for Psychoanalytic  
Psychology—D. Robin Gerhart, Ph.D.

Washington Psychiatric Society  
Erminia Scarcella, M.D.

Washington School of Psychiatry  
Irene Smith Landsman, Ph.D.

## Continuing Education Credits

For Psychologists, 5 hours of credit (Maryland, Category A) will be awarded by Washington Professionals for the Study of Psychoanalysis, approved by the Maryland Board of Examiners of Psychologists as sponsor of continuing education.

For Social Workers, 5 hours of Category 1 credit will be awarded. Washington Professionals for the Study of Psychoanalysis has been approved by the Board of Social Work Examiners as a sponsor of accreditation of continuing education for social workers.

For Physicians: This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the American Academy of Psychoanalysis and Dynamic Psychiatry (AAPDP) and the Consortium for Psychoanalytic Research. The AAPDP is accredited by the ACCME to provide continuing medical education for physicians.

The AAPDP designates this educational activity for a maximum of 5 hours of Category 1 credit towards the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in this educational activity.

Information is on record indicating that participating faculty members have no significant financial relationships to disclose. Faculty members have indicated they have no financial conflicts of interest.

## Location

**Ernst Auditorium**  
**Sibley Memorial Hospital**  
5255 Loughboro Rd. NW  
Washington, D.C. 20016

## Registration Form

*(Please duplicate for additional registrants)*

**Parking \$8.00 paid at Lot Entrance**

Registration Fee:

\$55 general; \$30 full time students and active military, who need to enclose official documentation of their status.

Continental breakfast and boxed lunch included with advance registration.

Registration deadline:

**February 24, 2006**

**Name** \_\_\_\_\_

**Discipline/Degree** \_\_\_\_\_  
\_\_\_\_\_

**Address** \_\_\_\_\_  
\_\_\_\_\_

**City/State/Zip** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Fax:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_



*Note:* Please contact us if you need any special accommodations to participate more fully.

Checks Payable to: Debra Zatz, Treasurer.  
CPRinc

**Please send Registration Form and Check to:**

Debra Zatz, M.S.W.  
3000 Connecticut Ave NW  
Suite 202  
Washington, D.C. 20008