## **APPALACHIAN PSYCHOANALYTIC SOCIETY**

*A Local Chapter of the Division of Psychoanalysis of the American Psychological Association*

*www.aps-tn.org*

presents a

2015 SPRING CONFERENCE

with

#### Salman Akhtar, MD

on

**“Good Stuff.”**

# Saturday, March 28, 2015 - 8:30am to 4:30pm

UT Conference Center Building

600 Henley Street

Knoxville, TN 37902

(865) 974-0250



***Professor of Psychiatry, Jefferson Medical College***

***Supervising and Training Analyst, Psychoanalytic Center of Philadelphia***

### SCHEDULE:

### 8:30am Registration and Breakfast

8:50am Welcome and Introduction

9:00am *Generosit*y (presentation and discussion)

10:30am Break with Refreshments

10:45am *Gratitude* (presentation and discussion)

12:15pm Lunch served at Conference

1:15pm *Courage* (presentation and discussion)

3:00pm Break with Refreshments

3:15pm *Forgiveness* (presentation and discussion)

4:30pm Complete Evaluations and Adjourn

**EDUCATIONAL OBJECTIVES:**

After attending this intermediate-level program in full, participants will be able to:

1. Describe the pathological syndromes of generosity and the associated treatment implications.

2. Describe the pathological syndromes of gratitude and the associated treatment implications.

3. Describe the pathological syndromes involving forgiveness and the associated treatment implications.

4. Utilize apology as a technical instrument in psychotherapy.

5. Utilize an understanding of the nature and developmental origins of courage to more effectively intervene with patients expressing fear.

6. Explain the relevance of "good stuff" to the technical aspects of effective psychoanalytic work.

**PROGRAM DESCRIPTION:**

**Session I: Generosity**

This session will focus on the nature and developmental origins of generosity. The five psychopathological syndromes of generosity (unrelenting, begrudging, fluctuating, controlling, and beguiling varieties) will also be discussed. The implications of these ideas to the conduct of psychotherapy and psychoanalysis will be elucidated under six headings: (i) having and maintaining an attitude of generosity towards the patient, (ii) listening and intervening with an attitude of generosity, (iii) recognizing and accepting the patient’s healthy generosity, (iv) diagnosing and interpreting the patient’s pathological generosity and, (v) unmasking and interpreting the defenses against generosity, and (vi) remaining vigilant towards the counter-transference pitfalls in such work.

**Session II: Gratitude**

This session will focus on the nature and developmental origins of gratitude. The four psychopathological syndromes of gratitude (anxious deflection, guilty intensification, narcissistic denial, and sociopathic absence) will also be discussed. The implications of these ideas to the conduct of psychotherapy and psychoanalysis will be elucidated under five headings: (i) feeling and expressing gratitude in response to the patient’s gestures of kindness, (ii) appreciating and accepting the patient’s healthy gratitude, (iii) diagnosing and interpreting the patient’s conflicts around gratitude, (iv) making developmentally-oriented interventions to enhance the emerging capacity for gratitude and, (v) remaining vigilant towards the countertransference pitfalls in such work.

**Session III: Courage**

This session will focus on the nature and developmental origins of courage. Various forms of courage including physical, intellectual, and moral courage will be highlighted. Distinction will be made between primary fearlessness (‘un-fear’), secondary fearlessness, and counterphobia on the one hand, and courage on the other. The implications of these ideas to the conduct of psychotherapy and psychoanalysis will be elucidated, especially as these pertain to the patient’s courage and to the analyst’s courage. Illustrative vignettes from daily life and culture-at-large will be presented.

**Session IV: Forgiveness**

This session will describe the psychodynamic underpinnings of granting and seeking forgiveness. It will elucidate the developmental substrata of these capacities and will delineate eight psychopathological syndromes related to forgiveness: (i) inability to forgive, (ii) forgiving too readily, (iii) pseudo-forgiveness, (iv) constantly seeking others’ forgiveness, (v) never seeking forgiveness, (vi) inability to accept forgiveness when it is given, (vii) forgiving others but not forgiving oneself, and (viii) forgiving oneself and not forgiving others. The relevance of these developmental and phenomenological notions for the technical aspects of psychoanalytic work will also be discussed.

**PRESENTER:**

**Salman Akhtar, MD** is Professor of Psychiatry at Jefferson Medical College and Training and Supervising Analyst at the Psychoanalytic Center of Philadelphia. Dr. Akhtar is a Fellow of the American Psychiatric Association and the American College of Psychoanalysts. He is the Book Review Editor of the Journal of Applied Psychoanalytic Studies, and has served on the editorial boards of the Journal of the American Psychoanalytic Association, and the International Journal of Psycho-Analysis. He is an editorial reader for the Psychoanalytic Quarterly and 7 other journals.

He is the author of Broken Structures (1992), Quest for Answers (1995), Inner Torment (1999), Immigration and Identity (1999), New Clinical Realms (2003), Objects of Our Desire (2005), Regarding Others (2007), Turning Points in Dynamic Psychotherapy (2009), The Damaged Core (2009), Comprehensive Dictionary of Psychoanalysis (2009), Matters of Life and Death (2011), Immigration and Acculturation (2011), The Book of Emotions (2012), Psychoanalytic Listening (2012), and Good Stuff (2013).

Dr. Akhtar’s nearly 300 scientific publications also include 40 edited books, the most recent of which are On Freud’s “Beyond the Pleasure Principle” (2011), The Electrified Mind (2011), On Freud’s “Negation” (2011), Unusual Interventions (2011), Between Hours (2012), The Mother and Her Child (2012), and The African American Experience: Psychoanalytic Perspectives (2012).

Dr. Akhtar has delivered many prestigious addresses and lectures, including the Karen Horney Lecture of the Association for Advancement of Psychoanalysis (2002), the Plenary Address at the Annual Meetings of the Canadian Psychoanalytic Association (2002), the Daniel Prager Lecture at the George Washington University Medical School, Washington, D.C. (2004), the Keynote Address at the 43rd IPA Congress in Rio de Janiero, Brazil (2005), the Plenary Address at the 150th Freud Birthday Celebration sponsored by the Dutch Psychoanalytic Society and the Embassy of Austria in Leiden, Holland (2006), and the Inaugural Address at the first IPA-Asia Congress in Beijing, China (2010).

Dr. Akhtar is the recipient of the Journal of the American Psychoanalytic Association's Best Paper of the Year Award (1995), the Margaret Mahler Literature Prize (1996), the ASPP’s Sigmund Freud Award (2000), the American Psychoanalytic Association’s Edith Sabshin Award (2000), Columbia University’s Robert Liebert Award for Distinguished Contributions to Applied Psychoanalysis (2004), the APA’s Kun Po Soo Award (2004), the APA’s Irma Bland Award for being the Outstanding Teacher of Psychiatric Residents (2005), the APA’s Nancy Roeske Award for Outstanding Teacher of Medical Students (2012). In 2013, he received the highly prestigious Sigourney Award for distinguished contributions to psychoanalysis. He is a Scholar-in-Residence at the Interact Theatre Company in Philadelphia and has published 7 volumes of poetry.

### PARTICIPANTS: This program is open to all APS members and other interested mental health professionals who may not be members. It is not limited to individuals practicing in a predominately psychoanalytic mode. The material will be appropriate to intermediate levels of practice and knowledge.

### REGISTRATION FEES by March 20th:

APS Professional and Scholar Members: $115.00

Non-member Professionals : $150.00

APS Student & ECP Members: $35.00

**AFTER March 20th and at the door:**

APS Professional and Scholar Members: $140.00

Non-member Professionals: $175.00

APS Student & ECP Members: $55.00

### Although walk-ins will be accepted, please register online at [www.aps-tn.org](http://www.aps-tn.org) in advance.

Refunds honored with written notice at least 24 hours before date of seminar. Contact William Hogan, MD, APS President, at 865-539-4000 to negotiate fees, if needed.

Facility is accessible to persons who are physically challenged. Reasonable accommodations will be made for persons requesting them.

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**American Psychological Association Approval Statement**

Division 39 is approved by the American Psychological Association to sponsor continuing education for psychologists. Division 39 maintains responsibility for this program and its content.

**Continuing Education**

This program, when attended in its entirety, is available for 6.0 continuing education credits. With full attendance and completion of a program Evaluation and Learning Assessment, a certificate will be issued. Psychologists will have their participation registered through Division 39.

APS and Division 39 are committed to conducting all activities in conformity with the American Psychological Association’s Ethical Principles for Psychologists. APS and Division 39 are also committed to accessibility and non-discrimination in continuing education activities. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. If participants have special needs, we will attempt to accommodate them. Please address requests, questions, concerns and any complaints to Jim Gorney, PhD, at 865-694-0198.

There is no commercial support for this program nor are there any relationships between the CE Sponsor, presenting organization, program content, research, grants or other funding sources that could reasonably be construed as conflicts of interest. During the program, the validity/utility of the content and risks/limitations of the approaches discussed will be addressed.

Questions? Contact APS President William M. Hogan, MD, at [wmh7@mindspring.com](mailto:wmh7@mindspring.com) or 865-539-4000.