

2021 ANNUAL SCIENTIFIC MEETING PRE-CONFERENCE  
SEMINAR

**Nancy McWilliams, Ph.D. and Michael Garrett, M.D.**



*JOIN US FOR THIS HALF-DAY PRE-CONFERENCE SEMINAR VIA ZOOM!*

*Pre-conference Zoom Webinar*

**Working with Paranoia:  
Helping Patients with Paranoid Dynamics, Including Paranoid  
Psychoses**

**Michael Garrett, M.D. and Nancy McWilliams, Ph.D.**

Friday, November 5, 2021, 1:00 p.m. to 5:00 p.m.

*Sign up at [www.vapsvt.org](http://www.vapsvt.org)*

## **ABOUT THE PRE-CONFERENCE SEMINAR**

### **Helping Patients with Paranoid Dynamics, Including Paranoid Psychoses**

**By Zoom, November 5, 2021, 1:00 to 5:00 pm.**

The term “paranoia,” whose roots suggest “a mind outside itself,” refers to states in which a person finds it hard to distinguish what is inside from what is outside the self. Although DSM criteria for diagnosing paranoia involve externally observable traits such as suspiciousness, this seminar construes paranoia as an intrapsychic process marked by disavowal and projection, often related to inadequate psychological separation from caregivers to whom the paranoid person was anxiously attached. Although most visible in patients with psychosis, paranoid states of mind are common in others. Dr. McWilliams will review theory and research on paranoia and will make related recommendations for therapists working with paranoid patients. Dr. Garrett will review clinical and empirical work on psychotherapy with patients experiencing paranoid psychoses, emphasizing the integration of CBT techniques with psychodynamic understanding. This pre-conference seminar is designed for social workers, psychologists, mental health professionals, and psychiatrists. All levels of training are welcome.

This presentation on paranoia will include:

1. An overview of paranoid dynamics and their different expressions;
2. Information on the pathogenesis of both psychotic and nonpsychotic paranoia;
3. Attention to the overall clinical stance that is most helpful to paranoid patients;
4. Integration of object-relations theory with cognitive-behavioral techniques; and
5. A video of a woman treated by Dr. Garrett who recovered from a schizophrenic disorder.

**Learning Objectives:** Participants at this workshop will be able to:

1. Identify not simply the more familiar persecutory paranoid dynamics (projection and denial of anger), but those involving projection and disavowal of other feelings (e.g., erotomania, paranoid jealousy, megalomania, paranoid hatred).
2. Summarize the suspected etiologies of paranoid dynamics.
3. Describe how Kleinian object-relations theory accounts for the psychological origins of “persecutors” in both psychosis and ordinary mental life.
4. Assume a therapeutic stance that allows paranoid patients to elaborate their experience and reduce the shame that underlies paranoid adaptations (e.g., unwavering respect, honesty, clarity about boundaries, acknowledgement of the grain of truth in projections).
5. Develop skills in psychotherapeutic approaches to the treatment of patients with diagnosable psychotic disorders, based on research conducted from both CBT and psychodynamic perspectives.

#### **Seminar Schedule:**

- 1:00 to 2:15 Overview of paranoid patterns in nonpsychotic patients: Syndromes, pathogenesis, and clinical implications. (McWilliams)
- 2:15 to 2:30 Questions, comments, discussion
- 2:30 to 3:15 How object-relations theory illuminates paranoid experience (Garrett)
- 3:15 to 3:30 Break
- 3:30 to 4:40 Integrating CBT for psychosis (CPTp) with object-relations approaches to treating patients with psychotic disorders; video of a patient reflecting on her treatment.
- 4:40 to 5:00 Questions, comments, discussion, evaluation of the afternoon

### Relevant References:

- Debbane, M., Salaminios, G., Luyten, P., Badoud, D., Armando, M., Solida, Tozzie, A. et al. (2016). Attachment, neurobiology, and mentalizing along the psychotic continuum. *Frontiers in Human Neuroscience, 10*, 406.
- Garrett, M. (2019). *Psychotherapy for psychosis: Integrating cognitive-behavioral and psychodynamic treatment*. New York: Guilford.
- Garrett, M., Ahmed, A. O., Athineos, C., Cruz, L., Harris, K., Del Pozzo, J. et al. (2019). Identifying psychological resistances to using logic in cognitive-behavioral therapy for psychosis (CBTp) that limit successful outcomes for patients. *Psychosis, 11*(4), 287-289.
- Lingiardi, V., & McWilliams, N. (2017). *Psychodynamic diagnostic manual, 2<sup>nd</sup> ed. (PDM-2)*, (pp. 48-49). New York: Guilford Press.
- Marcus, E. (2017). *Psychosis and near psychosis, 3<sup>rd</sup> ed.* New York: Routledge.
- Sass, L. A., & Pienkos, E. (2013). Delusions: The phenomenological approach. In K. W. M. Fulford (Ed.), *The Oxford handbook of philosophy and psychiatry* (pp. 632-657). Oxford, UK: Oxford University Press.

### About the presenters:

**Michael Garrett, MD**, is Professor Emeritus of Clinical Psychiatry in the Department of Psychiatry and Behavioral Sciences at the State University of New York (SUNY) Downstate Medical Center in Brooklyn and author of *Psychotherapy for Psychosis: Integrating Cognitive-Behavioral and Psychodynamic Treatment* (Guilford, 2019), which received a 2020 Book of the Year Award from the American Journal of Nursing. He is a four-time recipient of the SUNY Downstate Distinguished Educator award. Dr. Garrett is certified in Psychiatry by the American Board of Psychiatry and Neurology, is licensed in both New York and New Jersey, and is a faculty member at the Psychoanalytic Association of New York. His interests include the relationship between psychosis and ordinary mental life, psychotherapy for psychosis, and the teaching of front-line clinicians. He is working on a second book focusing on complementary CBT and psychodynamic formulation early in the treatment of patients suffering from psychosis.

**Nancy McWilliams, PhD**, teaches at Rutgers University's Graduate School of Applied & Professional Psychology and has a private practice in Lambertville, NJ. She is author of *Psychoanalytic Diagnosis* (1994, rev. ed. 2011), *Psychoanalytic Case Formulation* (1999), *Psychoanalytic Psychotherapy* (2004), and *Psychoanalytic Supervision* (expected publication September, 2021), all with Guilford Press. A former president of Division 39 of the American Psychological Association (now the Society for Psychoanalysis and Psychoanalytic Psychotherapy), which has given her its awards for Leadership (2005), Scholarship (2012), and International Excellence (2021), she is affiliated with the Center for Psychotherapy and Psychoanalysis of New Jersey and is on the Board of Trustees of the Austen Riggs Center in Stockbridge, MA. She lectures widely on personality and psychotherapy and has taught in 25 countries. Her books have been translated into 20 languages.

**PRE-CONFERENCE REGISTRATION:** Conference registration is only available online and includes the option of paying by credit/debit card or check. To register as a member, go to [www.vapsvt.org](http://www.vapsvt.org), log in using your member credentials, click the events tab and select the 2021 Pre-Conference and Scientific Meeting. To register as a non-member, simply skip the log in step and proceed directly to the event page. When you click "Register" you will be given the option to pay by credit/debit card through our secure PayPal payment processing system, or by mailing a check to our Treasurer, Kathy Schlageter, Psy.D., at P.O. Box 1607, Manchester Center, Vermont 05255. Registration payment questions may be directed to Kathy Schlageter at ([Kathy@KSchlageterpsyd.com](mailto:Kathy@KSchlageterpsyd.com)). Conference inquiries may be directed to Georgia DeGangi, Ph.D. at [gdegangi@gmail.com](mailto:gdegangi@gmail.com). Students are welcome at no charge, but are required to register online. Please indicate an email address on the registration form for your zoom invitation and indicate your preferences for which small group you would like to join.

**Fee Schedule:**

	<u>Before October 19th</u>	<u>After October 19<sup>th</sup></u>
<b>Pre-conference:</b>		
VAPS Member	\$65	\$75
Non-Member	\$75	\$80
Student	Free	Free

A limited number of low fee slots will be available to professionals who qualify for this discount.

**Cancellation Policy: No refunds after November 1, 2021.**

3 CEU's have been approved for the Pre-conference webinar and 6 CEU's for the Scientific Meeting for Psychologists, Social Workers, and Licensed Mental Health Counselors. VAPS is an APA Division 39 continuing education sponsor.