

**2021 ANNUAL SCIENTIFIC MEETING**  
**Nancy McWilliams, Ph.D. and Michael Garrett, M.D.**



*JOIN US FOR THE FULL DAY OF OUR ANNUAL SCIENTIFIC MEETING VIA  
ZOOM!*

*The Annual Scientific Meeting by Zoom*  
**On Clinical Supervision and Consultation:  
Psychological “Vital Signs” and Individuality in Supervisory  
Relationships**

**Nancy McWilliams, Ph.D.**

Saturday, November 6, 2021, 9:00 a.m. to 5:00 p.m.

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

## **ABOUT THE SCIENTIFIC MEETING**

### **On Clinical Supervision and Consultation: Psychological “Vital Signs” and Individuality in Supervisory Relationships**

**By Zoom on November 6, 2021, 9:00 a.m. to 5:00 p.m.**

Although supervision and consultation are critical in ongoing processes in psychodynamic work, there has been comparatively little literature on supervision from a psychoanalytic perspective. Both psychoanalytic organizations and general professional groups in psychology, psychiatry, and social work have recently emphasized the value of mentorship and have urged training programs to offer courses in supervision. But most graduate courses on the topic have relied on models premised on the development of “competencies” or the acquisition of specific skills. This program will instead emphasize more foundational processes, including how to help therapists monitor certain vital signs of overall progress in their patients and how to welcome and make supervisory use of individual differences between therapist and mentor. This conference is designed for social workers, psychologists, mental health professionals, and psychiatrists. All levels of training are welcome.

**Learning objectives:** After this program, participants will be able to:

1. Articulate three orienting values that inform psychoanalytic supervision;
2. Distinguish between skills-training models and overall professional growth models;
3. Describe two recurring tensions that have characterized psychoanalytic supervision over the past decades;
4. Enumerate five “vital signs” of overall therapeutic progress in patients that supervisors help therapists to monitor;
5. Account for empirical findings documenting the high frequency of supervisees’ keeping secrets from supervisors;
6. Discuss the supervisory implications of three personality styles characterizing therapist and supervisor, respectively.
7. Discuss two supervisory implications of differences between supervisor and supervisee along such dimensions as age, gender, sexual orientation, race, ethnicity, spirituality, ability/disability, socioeconomic status, and other possible aspects of individuality.

### **Conference Schedule**

8:15 a.m.	Early log-in to Zoom available (Technical assistance on hand if needed)
9:00 a.m.	Welcome and introductions – Barbara Richmond, M.A., VAPS President Morning Chair: Devon Jersild, Ph.D.
9:15 to 10:15 a.m.	Lecture: What is Distinctive about Psychoanalytic Supervision?
10:15 to 10:30 a.m.	Questions, comments, discussion
10:30 to 10:45 a.m.	Morning break
10:45 to 11:30 a.m.	Lecture: Monitoring Vital Signs of Patient Progress
11:30 a.m. to 12:00 p.m.	Large Group Discussion
12:00 to 1:30 p.m.	Lunch
1:30 p.m.	Afternoon Chair: Gerri Oppedisano, Ph.D.
1:30 to 2:45 p.m.	Lecture: Individual Differences: Their Impact on the Supervisory Process
2:45 p.m.	Short break to proceed to small groups Small Group Meetings and Discussion Leaders:

1. Judith Lewis, M.D. and Lisa Myers, MPS, LCAT, LCMHC
2. Polly Young-Eisendrath, Ph.D.
3. Jean Pianiadz, Ph.D. and Elizabeth Seward, MS, MD
4. Mina Levinsky-Wohl, MD, LCMHC
5. Claire Dumas, Psy.D.
6. Tamara Bisbee, Psy.D.
7. Melvin Miller, Ph.D.
8. Alice Silverman, MD and Elizabeth Flynn Campbell, NCPsyA
9. Mika Barker-Hart, MSW
10. Emma Burrous, Ph.D.

4:00 to 4:15 p.m.	Afternoon Break
4:15 to 5:00 p.m.	Examples of supervisory process, presenter and audience contributions Questions, comments, and discussion Closing Remarks: Barbara Richmond, M.S.
5:00 p.m.	Evaluation of the day and adjourn

## Relevant References

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- Eagle, G., & Long, C. (2014). Supervision of psychoanalytic/psychodynamic psychotherapy. In Watkins, C. E., Jr., & Milne, D. L. (Eds.). *The Wiley International handbook of clinical supervision* (pp. 471-492). Malden, MA: Wiley Blackwell.
- Ellis, M. V. (2017). Narratives of harmful clinical supervision. *The Clinical Supervisor*, 36(1), 20-87.
- Fairbanks, C. F., Muran, J. C., Dreher, D., Sergi, M. A., Silberstein, E., & Wasserman, M. (2019). Trainees' experiences in alliance-focused training: The risks and rewards of learning to negotiate ruptures. *Psychoanalytic Psychology*, 36(2), 122-131.
- Killingmo, B., Varvin, S., & Strømme, H. (2014). What can we expect from trainee therapists? A study of acquisition of competence in dynamic psychotherapy. *Scandinavian Psychoanalytic Review*, 37(1), 24-35.
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- Sarnat, J. (2015). *Supervision essentials for psychodynamic psychotherapies*. Washington, DC: American Psychological Association.
- Tummala-Narra, P. (2004). Dynamics of race and culture in the supervisory encounter. *Psychoanalytic Psychology*, 21(2), 300-311.
- Watkins, C. E., Jr. (2015b). Toward a research-informed, evidence-based psychoanalytic supervision. *Psychoanalytic Psychotherapy*, 29(1), 5-19.
- Watkins, C. E., Jr., & Hook, J. N. (2016). On a culturally humble psychoanalytic supervision perspective: Creating the cultural third. *Psychoanalytic Psychology*, 33(3), 487-517.

## 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.

### **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>
Conference:		
VAPS Member	\$135	\$145
Non-member	\$160	\$175
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.