Loneliness & Connection

Presented by
Jeffrey Katzman, MD

Saturday, November 7th, 2026
10:00 AM - 12: 00 PM EST
Via Zoom
2 CE/CME's Available

About the Program

Loneliness has been declared an epidemic around the world, with extremely high rates in the United States. Though it is associated with multiple physical and mental health conditions, it is rarely discussed in a clinical visit. This presentation will outline the connection of loneliness to our health, describe various models of understanding loneliness, delineate the experience from social isolation, present psychodynamic models of understanding loneliness, outline its connection with violence, and present promising international interventions.

- **2 CE/CME's Available**
- **$80 for Non-Members Seeking CE Credit**
- **$40 for Non-Members not Seeking CE Credit**

RSVP HERE!

Loneliness & Connection

Presented by
Jeffrey Katzman, MD

Speaker Biography

Jeffrey Katzman, MD, received his BA at Stanford University and went on to medical school at UC San Diego before completing psychiatry residency training at the UCLA Neuropsychiatric Institute. He is Professor Emeritus at the University of New Mexico and Adjunct Professor at Yale. He was the Vice Chair for Education, Clinical and Academic Affairs at the University of New Mexico, and prior to that served as the Director of the Behavioral Health Care Line for the New Mexico VA Health Care System for 12 years. He currently serves as the Director of Education at Silver Hill Hospital, and Medical Director of the Project ECHO Resilience program. He has received multiple awards recognizing his devotion and expertise in teaching and mentorship. He has been a lifelong student and teacher, particularly in the area of psychotherapy. He has been trained extensively in the areas of Intensive Short-Term Dynamic Psychotherapy, Mentalization Based Therapy, Good Psychiatric Management, and Transference Focused Psychotherapy by experts in the field, and his work in the areas of attachment, psychodynamic psychotherapy and resiliency have been published in multiple peer-reviewed journals. For decades, he has trained medical students and psychiatry residents in these areas through presentations and clinical supervision.

Dr. Katzman also has a thirty-year background in improvisational theater. He is interested in the application of improvisation and how this can enhance our experience in our relationships, in the workplace, and in our communication with others. He has worked with psychiatry residents and medical students using improvisation to develop the capacity for collaboration and spontaneity so important to the therapeutic alliance. He regularly consults to providers in various hospital settings and with medical leadership teams to foster a sense of teamwork and joy in working together.

In addition to his scholarly, peer-reviewed research, Jeff has also published three books. His study and love for improvisation is captured in his books Life Unscripted and Ensemble!, co-authored with his improvisation mentor Dan O'Connor. His 2012 novel, The Storymaker, was a semi-finalist in the Amazon Breakthrough Novel competition featuring 10,000 entries.

EDUCATIONAL OBJECTIVES

At the end of this presentation, participants will be able to:

1. Describe the extent and impact of loneliness nationally
2. Explain the links between loneliness and physical and mental health issues
3. Discuss potential interventions to address loneliness

CONTINUING MEDICAL EDUCATION/CONTINUING EDUCATION

Continuing Medical Education (CME):

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of American Psychoanalytic Association and the Psychoanalytic Center of Philadelphia. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians.

The American Psychoanalytic Association designates these Live Activities for a maximum of 2 AMA PRA Category 1 Credit(s)TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS: None of the planners and presenters of this CME program have any relevant financial relationships to disclose.

Continuing Education for Psychologists (CE):

The Psychoanalytic Center of Philadelphia is approved by the American Psychological Association to sponsor continuing education for psychologists. The Psychoanalytic Center of Philadelphia maintains responsibility for this program and its content. Every session of this program offers CE credit for psychologists.

Continuing Education for Social Workers, Marriage and Family Therapists, and Professional Counselors (CE): In accordance with the requirements of the Commonwealth of PA dated 12/23/06 [PA Code: Title 49, Ch. 47-49], The State Board of Social Workers, Marriage and Family Therapists, and Professional Counselors recognizes the American Psychological Association (APA) as a preapproved provider of continuing education programs for social workers and clinical social workers, marriage and family therapists, and professional counselors in the State of Pennsylvania. The Psychoanalytic Center of Philadelphia is approved by the American Psychological Association to sponsor continuing education programs.

For more information, please contact the Psychoanalytic Center of Philadelphia:
Rockland – East Fairmount Park
3810 Mt. Pleasant Drive Philadelphia, PA 19121
215-235-2345
pcop@philanalysis.org

The Psychoanalytic Center of Philadelphia is committed to reasonable accommodations for any member or program attendee with a disability unless doing so would cause significant hardship to the organization. Advance written notice is necessary to arrange for some accessibility needs. To request accommodations for this program, please click here to complete an Accommodation Request Form.