

PSYCHOTHERAPY FOR PSYCHOSIS

Integrating Cognitive-
Behavioral & Psychodynamic
Treatment



Presented by
Michael Garrett, MD

Dr. Garrett's work with psychotic patients will inform his discussion of a method of working that integrates cognitive-behavioral techniques with psychodynamic psychotherapy. He will present the case of a woman who had suffered for twenty years with a paranoid psychosis that had been unresponsive to medication. He will show how he uses an object relational model to understand the narrative content of his patient's psychosis. By identifying with the patient a cast of characters that are based on internal object-related fantasies, he helps his patient to organize a story that expresses psychological themes and regulates mental life. Dr. Garrett will demonstrate how his patient achieved a substantial recovery in twenty sessions of individual therapy.

Dr. Garrett presently lives and works in the small town of Lambertville, NJ within view of the Delaware River Canal. He was formerly the Vice Chairman of Psychiatry at SUNY Downstate Medical Center, where he is currently Professor Emeritus of Clinical Psychiatry. He is also on the faculty of the Institute for Psychoanalytic Education (IPE) affiliated with NYU Medical Center in New York City. He received his medical degree from the Albert Einstein College of Medicine and completed his residency training in Psychiatry at Bronx Municipal Hospital Center. Most of Dr. Garrett's professional career has been spent in the public psychiatry sector, first at North Central Bronx Hospital, where he became Associate Director of Psychiatry, and then Medical Director in 1995. In 1997 he became Deputy Director of Psychiatry at Bellevue Hospital, where he was responsible for clinical services. In 2003 he moved to SUNY Downstate as Vice Chairman for Clinical Services. At present his time is evenly divided between patient care, supervision of psychotherapy for psychosis, including consultation with a number of first-episode psychosis teams around the country, teaching, and clinical writing. He has for many years had an interest in the difficulties clinicians encounter when trying to develop a relationship with psychotic individuals who have a fundamentally different view of reality than the clinician. He has a particular interest in the relationship between psychosis and ordinary mental processes and combined psychodynamic and cognitive behavioral treatments of psychosis, as detailed in his recent book: Garrett, M. (2019) *Psychotherapy for Psychosis: Integrating Cognitive Behavioral and Psychodynamic Treatments*. Guilford Press/New York.



Friday, September 30th
7:15 pm to 9:15 pm

2 CE/CME's Available

FREE for PCOP Members

\$60 for Non-Members Seeking CE Credit, \$30 for Non-Members not Seeking CE Credit

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EDUCATIONAL OBJECTIVES

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

- Define and give one example of Melanie Klein's concept of the persecutory object.
- Explain why using cognitive-behavioral treatments at the beginning of psychotherapy with a psychotic person can facilitate psychodynamic work later in treatment.

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 4 *AMA PRA Category 1 Credit(s)™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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*Financial relationships are relevant if the educational content an individual can control is related to the business lines or products of the ineligible company. -Updated July 2021-



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:

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