

ATTACHMENT, SEPARATION-INDIVIDUATION, LOVE, AND INTIMACY: Adaptation Over the Life Cycle

**Co-Sponsored by The Psychoanalytic Center of Philadelphia and The
Margaret S. Mahler Child Development Foundation**

This program will focus on how experiences of love and aggression affect attachment, separation-individuation and intimate relationships across the lifespan. The presenters and discussants are leading clinical researchers on attachment, separation-individuation, and child and adult development. The program will appeal to mental health professionals of all disciplines, including psychoanalysts, psychiatrists, psychologists, social workers, and counselors, as well as trainees in all of these fields. The central topics of attachment, individuation, love, and intimate relationships are human universals, important to all clinicians.

Presenters:

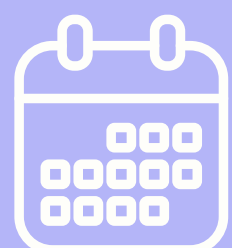
Wendy Olesker, PhD
Miriam Steele, PhD
Robert Waldinger, MD

Discussants:

Diana Diamond, PhD
Otto Kernberg, MD

Moderator:

Lawrence D. Blum, MD



SATURDAY, APRIL 22
8:30 AM TO 1:00 PM EDT
VIA ZOOM



Early Bird Rate Ends March 31st!

\$80 for Admission

\$25 for Full-Time students, Residents, & Candidates

After April 1st

\$100 for Admission

\$30 for Full-Time students, Residents, & Candidates



4.25 CE/CME's Available

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TO
REGISTER!

EVENT SCHEDULE

Event is in Eastern Daylight Time (EDT).

8:30 AM	Welcome - Ashlyn Ernst Director, Psychoanalytic Center of Philadelphia
8:32 AM	Introduction – William M. Singletary, MD President, Margaret S. Mahler Child Development Foundation Faculty, Psychoanalytic Center of Philadelphia
	Samuel P. Wyche, Jr., DO President, Psychoanalytic Center of Philadelphia
8:40 AM	Introduction to the Panel – Lawrence D. Blum, MD Clinical Associate Professor of Psychiatry, University of Pennsylvania Faculty, Psychoanalytic Center of Philadelphia
9:00 AM	HOW TRANSFORMATIONS OF AGGRESSION IMPACT LOVE OVER THE LIFE CYCLE, Wendy Olesker, PhD Training and Supervising Analyst, New York Psychoanalytic Institute, Faculty at NYU Postdoctoral Program in Psychoanalysis and Psychotherapy, Director of Mahler Follow-Up Study
9:45 AM	Audience Discussion
9:50 AM	WILL YOU STILL NEED ME?HOW SECURE ATTACHMENTS IN INTIMATE RELATIONSHIPS MAY PROTECT OUR MINDS AS WELL AS OUR HEARTS AS WE GROW OLD Robert Waldinger, MD Professor of Psychiatry at Harvard School, Director of MGH Center for Psychodynamic Therapy, Director of Harvard Study of Adult Development
10:35 AM	Audience Discussion
10:40 AM	Break
10:55 AM	REVISITING JOHN BOWLBY: CLINICAL IMPLICATIONS OF ATTACHMENT THEORY AND RESEARCH Miriam Steele, PhD Professor in Psychology, Co-Director of the Center for Attachment Research, Co-Director of Sander Ferenczi Center at the New School for Social Research
11:40 AM	Audience Discussion
11:45 AM	DISCUSSION – Otto Kernberg, MD Director of the Personality Disorders Institute at The New York Presbyterian Hospital, Westchester Division, Professor of Psychiatry at the Weill Medical College of Cornell University, Training and Supervising Analyst of the Columbia University Center for Psychoanalytic Training and Research
12:00 PM	DISCUSSION – Diana Diamond, PhD Emerita Professor in the Doctoral Program in Clinical Psychology City University of New York, Senior Fellow, Personality Disorders Institute, Weill Cornell Medical College, Adjunct Professor, NYU Postdoctoral Program for Psychotherapy and Psychoanalysis
12:15 PM	Discussion Between Presenters
12:30 PM	Open Discussion with Audience
1:00 PM	END

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BIOGRAPHIES

Wendy Olesker, Ph.D., Presenter

Dr. Wendy Olesker is a Training and Supervising Analyst at the New York Psychoanalytic Society and Institute and Senior Editor on the Psychoanalytic Study of the Child. Presently, and for the past ten years she has been Director of the Mahler Follow-up Study, focusing in detail on eight of the Mahler babies, who have been given repeated Adult Attachment Interviews among other measures and followed into their sixth decade.

In 1975 until 1986 she established and ran, at Montefiore Medical Center, an observational nursery for research on gender difference in early development. From 1991 until 1997 she collaborated with John McDevitt and Anni Bergman in following up the original Mahler/McDevitt babies of the Separation-Individuation Study. For the past ten years she has continued the Follow-up Study as Director. It is from her longitudinal research and her analytic experience that she has developed a focus on the developmental process as it impacts understanding the intrapsychic world, the handling of aggression, and love relationships in analytic work with children and adults.

Miriam Steele, Ph.D., Presenter

Miriam Steele bridges the world of psychoanalytic thinking and clinical practice with contemporary research in child development. She trained as a child analyst at the Anna Freud Centre London and received her Ph.D. from University College London. Her research began with the study of “Intergenerational Patterns of Attachment,” which embodied one of the first prospective longitudinal studies incorporating the Adult Attachment Interview and Strange Situation protocols. This work was important in initiating the concept of reflective functioning and providing empirical data to demonstrate the importance of parental states of mind in the social and emotional development of their children with a longitudinal focus on their development into adulthood.

Her current projects include studies exploring attachment and body representations across a range of individuals including mother-child dyads and individuals with physical disabilities, studies of children in foster care and adoption and child and adolescent global mental health.

Robert Waldinger, M.D., Presenter

Dr. Robert Waldinger is a Professor of Psychiatry at Harvard Medical School, Director of the MGH Center for Psychodynamic Therapy, and Director of the Harvard Study of Adult Development, one of the longest longitudinal studies of adult life ever done. His research focuses on the lifetime predictors of healthy adult development, studying 2 groups of men recruited as teenagers from Harvard College and from Boston inner city neighborhoods, and who have been part of the Study for more than 80 years. His [2015 TED talk](#) about the Study has been viewed by more than 30 million people and is one of the 10 most viewed TED talks of all time. In addition, Dr. Waldinger is co-author of a recently published book, *The Good Life: Lessons from the World's Largest Scientific Study of Happiness*.

Dr. Waldinger received his undergraduate degree from Harvard College and his MD from Harvard Medical School. He is a practicing psychiatrist and psychoanalyst, and he teaches Harvard medical students and psychiatry residents. He is the founder and co-director of the MGH/McLean Program in Psychodynamics, a program that offers psychiatry residents in-depth teaching in the theory and practice of psychodynamic psychiatry. He also practices Zen meditation.

Diana Diamond, Ph.D., Discussant

Diana Diamond is Emerita Professor in the Doctoral Program in Clinical Psychology at the City University of New York and Senior Fellow at the Personality Disorders Institute (PDI) at the Weill Cornell Medical College. She is also on the faculty at the NYU Postdoctoral Program for Psychoanalysis and Psychotherapy and the New York Psychoanalytic Institute and Society (NYPSI). The major focus of her work has been on developing and teaching psychoanalytic approaches to patients with personality disorders, and on investigating changes in attachment and mentalization over the course of psychoanalytic therapy. Recently, she has focused on the impact of pathological narcissism on the therapeutic process and relationship for which she received the Aaron Stern distinguished visiting professor lecture award from the Weill Cornell Department of Psychiatry and a research award from American Psychological Association. She is the co-author or co-editor of four books, including most recently *Treating Pathological Narcissism with Transference Focused Psychotherapy* (Guilford Press, 2022), and has written and lectured internationally on personality disorders, attachment, mental representation, and sexuality and gender. She is an honorary member of the American Psychoanalytic Association and heads the APsA DPE committee for research and critical thinking.

Otto F. Kernberg, M.D., Discussant

Otto F. Kernberg, M.D., F.A.P.A., is Director of the Personality Disorders Institute at The New York Presbyterian Hospital, Westchester Division, and Professor of Psychiatry at the Weill Medical College of Cornell University. Dr. Kernberg is a Past-President of the International Psychoanalytic Association. He is also Training and Supervising Analyst of the Columbia University Center for Psychoanalytic Training and Research. He is the author of 13 books and coauthor of 12 others, including: *Borderline Conditions and Pathological Narcissism*; *Severe Personality Disorders: Psychotherapeutic Strategies*; *Contemporary Controversies in Psychoanalytic Theory, Techniques and their Applications*; *The Inseparable Nature of Love and Aggression*; *Psychoanalytic Education at the Crossroads*; and, most recently, *Resolution of Aggression and Recovery of Eroticism*.

Lawrence D. Blum, M.D., Moderator

Lawrence Blum holds appointments as Clinical Associate Professor of Psychiatry and Adjunct Professor of Anthropology at the University of Pennsylvania, where he helped to initiate and co-directs the undergraduate minor in Psychoanalytic Studies. He also teaches at the Psychoanalytic Center of Philadelphia, where he was recently made an honorary member of the Child Psychoanalytic Faculty. He has published articles on *The Psychodynamics of Postpartum Depression*; *Counterdependency*; *The ABD Student and the Psychology of the Dissertation*; *Physicians and Guilt*; and *Music, Memory, and Relatedness*, as well as a variety of op-ed columns and numerous articles aimed at introducing psychoanalytic ideas to trainees, students, and the public. His most recent article is "Minding Our Minds: Obsessive-Compulsiveness, Psychiatry, and Psychology," published in *Culture, Medicine, and Psychiatry*.

EDUCATIONAL OBJECTIVES

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

1. Understand the construct of attachment, the main categories of insecure attachment, and the importance of relationship quality for late life health and well-being
2. Articulate and describe the role of aggression and ways of coping that facilitate or interfere with the development of intimacy in love relations

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 this Live Activity for a maximum of *4.25 AMA PRA Category 1 Credit(s)™*. 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 for this educational activity have relevant financial relationship(s)* to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

*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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