

The Case of Long-term Treatments: How They Unfold & Whether to End Them

Andrew Smolar, MD

Saturday, September 6th, 2025

10:00 AM - 12:00 PM EDT

Rockland - East Fairmount Park

3810 Mt Pleasant Dr. Philadelphia, PA

& Virtual via Zoom

In this presentation, the author, **Andrew Smolar, MD**, considers long-term psychodynamic treatments: How do they develop? In what circumstances are they an outgrowth of treatments that should have ended? When is it beneficial for the patient to continue working with the same therapist for a long period of time? And what are indications for return to therapy during the lifecycle? The author reviews pertinent literature on termination, stalemates, and effectiveness of long-term treatments. He describes the therapist confronting five clinical situations that raise questions about how and whether to end treatment. He concludes with several guiding principles: (1) paying attention to treatment goals and certain transferences prevents impasses; (2) self-analytic capacity is necessary but not sufficient for readiness to end; and (3) the patient's forming an intimate primary relationship with a person other than the therapist facilitates ending.

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

**CLICK HERE TO
REGISTER
FOR THE *IN-PERSON*
PROGRAM**

**CLICK HERE TO
REGISTER
FOR THE *VIRTUAL*
PROGRAM**

The Case of Long-term Treatments: How They Unfold & Whether to End Them

Andrew Smolar, MD

BIOGRAPHY

Andrew I. Smolar MD, is Training and Supervising Analyst at the Psychoanalytic Center of Philadelphia and Clinical Associate Professor of Psychiatry at Temple University School of Medicine. He has been in the private practice of adolescent and adult psychiatry in Wynnewood, PA since 1998. Dr. Smolar served as President of the Psychoanalytic Center of Philadelphia from 2015-2017; he has also served here as Chairman of the Education Committee, Training and Supervising Analyst Committee, co-Chair of the Supervision Study Group for Supervising Analysts, and is co-Director of the Developmental Pathway for recent graduates. Dr. Smolar has contributed to the academic literature by writing on the following subjects: analytic work with an immigrant analysand, group therapy in various clinical settings, combining analytic treatment with group therapy techniques, and most recently, psychotherapy during this era of political turmoil, contributions of group fragmentation toward national discord, the role of group identifications during normative development, and the impact of bullying on adolescent development with our own Fred Baurer. He is co-editor of a book in press, with Salman Akhtar and Ann Eichen, on marriage. He is co-investigator of research of American citizens suffering from conspiracy thinking. He has also published op-eds on mental health subjects in the Philadelphia Inquirer and in the Pittsburgh Tribune Review.

EDUCATIONAL OBJECTIVES

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

1. Define clinical circumstances in which there is a high potential for a long-term dynamic psychotherapy case to develop.
2. Distinguish between a transient stalemate during a long-term psychotherapy case, and when there are indications to consider ending the treatment.
3. Identify the psychological indicators for readiness to end, in terms of a patient's progress during long-term psychotherapy.

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)™. 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.