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Introduction

This document describes how the Austen Riggs Center (“Riggs” or “the Center”) plans to address needs found in the Community Health Needs Assessment (CHNA). See the CHNA report at www.austenriggs.org/community-health-needs-assessment. The implementation strategy describes how the Center plans to address identified needs in calendar years 2018 through 2020.

The CHNA report and this implementation strategy were undertaken by the Center to understand and address community health needs, and in accordance with proposed Internal Revenue Service (IRS) regulations pursuant to the Patient Protection and Affordable Care Act of 2010.

This implementation strategy addresses the significant community health needs described in the CHNA report. It identifies significant needs the Center plans to address through various initiatives and projects, and articulates why the Center does not plan to address other needs identified in the report.

The Austen Riggs Center reserves the right to amend this implementation strategy as circumstances warrant. For example, certain needs may become more pronounced and merit enhancements to the described strategic initiatives. Alternately, other organizations may decide to address one or more of the significant community health needs, and, as a result, the Center may amend its strategies and focus on other identified significant health needs.

The assessment identifies list of significant community health needs. Riggs will be preparing a separate implementation strategy that will describe how the hospital plans to address the significant needs described in this CHNA report.

The document contains the following information:

1. About the Austen Riggs Center
2. Definition of the Community Served
3. Summary of Significant Community Health Needs
4. Implementation Strategy to Address Significant Health Needs
5. Needs the Austen Riggs Center Will Not Address
6. Implementation Strategy Adoption
About the Austen Riggs Center

The Austen Riggs Center is a small, not-for-profit, open psychiatric continuum of care located in Stockbridge, Massachusetts specializing in the psychotherapeutic treatment of psychiatric disorders. The Center is committed to supporting its mission, “to promote resilience and self-direction in those with complex psychiatric problems -to help people take charge of their lives. Our work is grounded in the conviction that an individual's problems are inherently meaningful, that such problems are best understood in a social context, and that treatment leads to a more fulfilling life when the sources of suffering are addressed.” Established in 1919, the Austen Riggs Center is known for its internationally recognized tradition of providing intensive psychodynamic psychotherapy in a voluntary, open, and non-coercive community. Riggs admits between 85 and 100 patients annually, with an average daily census of about 60 patients. According to U.S. News & World Report, the Center consistently is among the top-ranked psychiatric hospitals in the United States.

The clinical program at Riggs has at its core individual psychotherapy with a clinical psychologist or psychiatrist. Supporting the psychotherapy is an interdisciplinary team of professionals, including nursing staff, social workers, teachers, and experts in psychopharmacology, substance abuse, and nutrition. A sophisticated Therapeutic Community Program surrounds the individual services, offering opportunities for participation in patient government, in social and recreational activities, and in reflective process groups. Balancing the clinical work is a novel Activities Program in which working artists provide instruction in visual arts, ceramics, woodworking, fiber arts, and theater. Patients can also work in the on-campus nursery school, greenhouse, or in various jobs in the work program. Each person works with staff to find the combination of services and activities suited to them, and no two treatments are exactly alike.

For more facts and information about the Austen Riggs Center, please visit www.austenriggs.org.

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Definition of the Community Served

In defining the community to be assessed, Riggs took into account the following facts and circumstances:

- Riggs is licensed as a psychiatric hospital, and provides treatment for patients with mental illness.
- Riggs provides clinical care for patients from all over the United States and from other countries.
- Through the work of its Erikson Institute for Education and Research, the Center provides education, training, and research programs to clinicians throughout the US (and internationally). It also provides education and outreach programs to organizations and clinicians in Berkshire County and the Northeast (defined as New England plus NY, PA, and NJ).
- Riggs also maintains relationships with health and human services agencies located in Berkshire County.

Taking the above considerations into account, Riggs defined and assessed health needs in local, regional, and national communities. The local community encompasses the entirety of Berkshire County, Massachusetts; the regional community includes the New England states, New York, Pennsylvania, and New Jersey; and the national community includes all 50 United States. The defined populations within these three communities are comprised largely of patients with complex psychiatric disorders (e.g., multiple co-morbid conditions, severe and persistent psychiatric symptoms, and functional impairment) and the professionals (and organizations) who serve them. Service to these communities includes treatment, education and training, research, and outreach. More specifically:

- While few of the Center’s patients come from the Berkshire County, the Center offers education and outreach to clinicians and organizations in this local community.
- At the regional level, 51 percent of the Center’s patient population is drawn from the Northeast (New England states plus NY, PA, and NJ), and a robust program of education and outreach is provided to clinicians who treat patients with complex psychiatric disorders in the region.
- The national population of patients with complex psychiatric disorders, and the clinicians who treat them, is the broadest and most significant community. This encompasses the Center’s full patient population as well as the population of treaters served through education, training, and research efforts.
- Additional information regarding community demographics, identified health needs, and related issues is included in the CHNA report.
Summary of Significant Community Health Needs

The Austen Riggs Center’s CHNA identified mental health needs unique to each community and needs shared across communities. The CHNA process considered and evaluated a wide range of primary and secondary data sources including structured interviews with persons who represent the broad interests of the community and those with expertise in public health, assessments and studies prepared by other organizations regarding local and regional mental health needs, data provided by Riggs regarding patient characteristics, a literature review, and analysis of relevant quantitative indicators regarding mental health status and access to services. The CHNA report determined that seven health priorities are significant in the local, regional, and national communities, as described below. The CHNA report conducted by The Austen Riggs Center is available at www.austenriggs.org/community-health-needs-assessment.

Berkshire County

- Youth and young adult suicide prevention
- Adolescent and adult substance abuse (prescription drugs [including opioids], alcohol, marijuana, opioids)
- Enhanced access to mental health care services for:
  - Low-income populations
  - Uninsured or underinsured individuals
  - Those who have experienced childhood or adolescent trauma
  - Children/adolescents
  - Veterans and members of law enforcement with PTSD or other trauma

Regional/National Community

- More mental health (and primary care) professionals (including psychiatrists) who are trained in psychodynamic psychotherapy, psychodynamic psychopharmacology, and other evidence-based practices
- Continued development and application of research regarding the efficacy and cost-effectiveness of psychodynamic psychotherapy and psychodynamic psychopharmacology
- Enhanced access to mental health care services for low-income and vulnerable populations, including psychiatrists and other mental health professionals
- Enhanced awareness regarding the benefits and cost-effectiveness of psychodynamic psychotherapy and psychodynamic psychopharmacology among clinicians, patients, and people at large
- Public policies and advocacy that enhance mental health
Implementation Strategy to Address Significant Health Needs

This implementation strategy describes how the Austen Riggs Center plans to address the significant community health needs identified in the CHNA. The Center reviewed the CHNA findings and applied the following criteria to determine the most critical and appropriate needs to address:

- the extent to which Riggs has resources and competencies to address the need;
- the impact that Riggs could have on the need (i.e., the number of lives it can impact);
- the frequency with which stakeholders identified the need as a significant priority; and
- the extent of community support for Riggs to address the issue and potential for partnerships to address the issue.

By applying these criteria, Riggs determined that it will address the significant health needs identified by Y (for Yes) in the table that follows. Issues identified by N (for No) represent issues that Riggs does not plan to address during the 2019-2022 time period. Needs that Riggs plans to address indirectly (e.g., by initiatives to help educate professionals who provide treatment to low-income populations) are identified by “I” (for Indirect).

### Significant Community Health Needs Identified in the 2019 CHNA

<table>
<thead>
<tr>
<th>Berkshire County</th>
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<tr>
<td>Youth and young adult suicide prevention</td>
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<tr>
<td>Adolescent and adult substance abuse (prescription drugs [including opioids], alcohol, marijuana, opioids)</td>
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<td>Enhanced access to mental health care services for:</td>
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<td>Low-income populations</td>
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<td>Uninsured or underinsured individuals</td>
<td>I</td>
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<tr>
<td>Those who have experienced childhood or adolescent trauma</td>
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<tr>
<td>Children/adolescents</td>
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<tr>
<td>Veterans and members of law enforcement with PTSD or other trauma</td>
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<th>Regional/National Community</th>
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<td>More mental health (and primary care) professionals (including psychiatrists) who are trained in psychodynamic psychotherapy, psychodynamic psychopharmacology, and other evidence-based practices</td>
<td>Y</td>
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<tr>
<td>Continued development and application of research regarding the efficacy and cost-effectiveness of psychodynamic psychotherapy and psychodynamic psychopharmacology</td>
<td>N</td>
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<tr>
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<td>Enhanced awareness regarding the benefits and cost-effectiveness of psychodynamic psychotherapy and psychodynamic psychopharmacology among clinicians, patients, and people at large</td>
<td>Y</td>
</tr>
<tr>
<td>Public policies and advocacy that enhance mental health</td>
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Needs that Austen Riggs Plans to Address Directly

It is worth noting that the Austen Riggs Center has made efforts over the past several years to engage with the local Berkshire community more broadly, has become an active member of the Stockbridge Chamber of Commerce, provided staff time to volunteer with a number of mental health-focused local organizations, made generous payments in lieu of taxes (PILOT) annually to the town of Stockbridge, provided meeting space for several community groups, and begun hosting regular community dinners for representatives of local organizations to help identify resources, facilitate collaboration, and provide opportunities for professional networking.

What follows is a specific - direct, indirect, and not addressed - breakdown of needs assessed, programs in place or planned to address the needs, anticipated impacts, evaluation plans, and planned collaborations.

More mental health (and primary care) professionals (including psychiatrists) who are trained in psychodynamic psychotherapy, psychodynamic psychopharmacology, and other evidence-based practices. (Regional/National)

To address this need, the Austen Riggs Center will continue providing the following program initiatives:

**Austen Riggs Center Adult Psychoanalytic Training Program and Fellowship in Hospital-Based Psychotherapy**

Austen Riggs, through its Erikson Institute, offers post-doctoral Fellowships in psychodynamic psychotherapy and psychoanalytic studies. The Fellowship is four years in duration with a two-year option for psychiatrists. A majority of Fellows stay for the full four years. In the past five years Riggs has graduated twelve Fellows - eight of whom have stayed in Berkshire County.

**Educational Programs via the Erikson Institute**

The education and training programs of the Erikson Institute offer many opportunities for learning and application of psychodynamic thought and treatment. Through continuing education offered at conferences and presentations, the Erikson Institute provides an array of learning programs - from an annual Fall Conference to a regular Friday Night Guest Lecture series - all directed toward an integrated biopsychosocial understanding of the troubled person and their familial and social contexts. Continuing education credits are provided for a variety of disciplines (including physicians, psychologists, social workers, and nurses). Please see addendum B, or visit [www.austenriggs.org/conferences](http://www.austenriggs.org/conferences) for a current listing.
Grand Rounds and Presentations

Members of the clinical staff at Austen Riggs regularly provide Grand Rounds presentations and seminars to teaching hospitals, academic institutions, and professional organizations on a wide range of topics related to psychodynamic psychotherapy and learning from the patient population. Please see Addendum A.

“The Hospital on Main Street: Human Dignity and Mental Health” Exhibition

In May of 2019, the Austen Riggs Center opened an exhibition at 48 Main Street in Stockbridge, MA, marking its 100th anniversary, chronicling its founding, and exploring its place in the history of mental health treatment and research. The exhibition is free and open to the public, and staffed by trained docents. Efforts are underway to reach out to area cultural organizations, schools, and local community members to have them visit. More information and a virtual tour of the exhibition can be found at www.austenriggs.org/HOMS.

Austen Fox Riggs Library

A part of the Erikson Institute for Education and Research of the Austen Riggs Center, the Austen Fox Riggs Library is a useful resource for both Riggs staff members and also other mental health professionals. It houses a collection of over 18,000 items, from psychoanalytic journals to recent psychological texts and special collections with historic significance. Alison Lotto is the Librarian/Archivist who actively oversees the Austen Fox Riggs Library.

Some of the special collections include:

- David Rapaport Memorial Library: This collection of over 2,600 books was donated by Mrs. Elvira Rapaport and contains primary works in the fields of psychoanalysis, philosophy, literature, drama, and poetry. The collection is significant also in the way many books are inscribed to Rapaport by friends, including Otto Fenichel, Karl Menninger, Robert Knight, and Erik Erikson.
- Chestnut Lodge Library: In 2014, the Austen Fox Riggs Library was gifted the contents of the former Chestnut Lodge Library, which contains 1,400 items. Chestnut Lodge was a psychiatric hospital providing long-term psychoanalytically oriented treatment in Maryland that closed its doors in 2001.
- Martin Cooperman, MD, Collection: This small collection of 70 texts is comprised of works primarily on psychoanalytic technique and social psychology.
- Otto Allen Will, MD, Collection: This collection of 440 texts contains works primarily on schizophrenia, existentialist psychology, and suicide.

The library’s unique collection is available for use by Riggs staff and mental health professionals (by appointment only) for research use. For more information, please contact Ms. Lotto, at 413.931.5259 or alison.lotto@austenriggs.net.

Patients at the Austen Riggs Center, as part of the Riggs Work Program, may apply to work alongside Mr. Farr and assist in the acquisition, inventory, processing, and organization of materials for the library. Riggs staff members are granted access to an online, searchable cataloging system and an online archive of historical Riggs documents, scrapbooks, and artifacts.
Total Reference requests filled, journal articles and book requests: 2016=1349; 2017=969; 2018=327

Last year, 24 reference requests were made by the general public, 71 Inter-library loan requests filled


**Evelyn Stefansson Nef Scholarship**

Each year, the Erikson Institute awards three $1,000 scholarships to local graduating high school seniors in Berkshire County. The scholarships are awarded to the high school students who have been selected for their academic achievements, pursuit of study in the social sciences or pre-medicine, and their leadership in the community. The scholarships are named in memory of Evelyn Stefansson Nef, an author, lecturer, patron of the arts, philanthropist, Arctic explorer, and psychotherapist, who was a benefactor of the Austen Riggs. Riggs has awarded three scholarships per year since 2009 for a total of $27,000 to students from Lee, Lenox and Monument Mountain Regional high schools.

**Internships**

The Cambridge Health Alliance (CHA) Psychology Department and the Erikson Institute have formed an affiliation for the purpose of increasing training opportunities for CHA.

Pre-Doctoral Psychology Interns. This is accomplished through twice-yearly two-day visits of the interns to Riggs and weekly psychotherapy supervision with a senior Riggs therapist. This program in ongoing - from 2014 - 2017 - 37 Cambridge Interns have been in the program at Riggs.

Separately, since 2014 Riggs has hosted 24 research interns from the local community, four of whom were then hired as staff members.

**Psychiatric Resident Elective and Medical Students**

Since 2014, 27 individuals, 22 medical students, and 5 medical residents have participated in the medical student elective rotation described below:

The Elective in Psychodynamic Psychiatry is designed to provide medical students with an understanding of how developmental issues and psychodynamics affect not only individual psychology, but also group life, and other aspects of psychiatric practice, such as medication responsiveness. During this elective, students begin to understand the difficulties patients have in maintaining a coherent self and the profound human struggles involved in mental illness. Students will also learn about the psychotherapeutic role and will deepen their understanding of the importance of psychotherapeutic boundaries.

More advanced students and residents may also focus on learning about psychodynamic approaches to treatment-resistance or the psychodynamics of groups and therapeutic community treatment.

The varied educational experience at Riggs includes

- involvement in the therapeutic community program as participant observers;
• learning about psychotherapy and dynamic formulation;
• learning about the psychodynamics of psychopharmacology;
• a focus on patient’s strengths;
• didactic experiences; and
• an integration of the whole learning experience through supervision/mentorship by therapy staff.

Community Collaborations

The Austen Riggs Center is an active supporter of the local Berkshire County NAMI chapter. In 2016, Lee Watroba, Erikson Institute Program and Community Outreach Manager, was named the Eunice Zorbo Member of the Year for her work with NAMI in the community. The Center participates in the annual Cupcake Wars fundraiser as well as NAMI Walks, and contributes to the sponsorship of the annual county-wide suicide prevention conference. Riggs staff are also actively involved in the Western MA chapter of the American Foundation for Suicide Prevention and the Berkshire Coalition for Suicide Prevention.

Anticipated Impact: Austen Riggs anticipates that the above program initiatives will contribute to enhancing the number of professionals trained in psychodynamic psychotherapy, psychodynamic psychopharmacology, and other evidence-based practices in the regional/national community. The work of professionals trained in these areas has been demonstrated to be effective in addressing patient needs. These professionals themselves also will play a role in educating others in these disciplines.

Evaluation Plan: Impacts will be measured by keeping records regarding the number of professionals that Riggs trains. When Riggs conducts another CHNA in 2022, the Center plans to seek input from interviewees and to review updated literature regarding the impacts associated with the specified education programs.

Planned Collaboration: As outlined above, Riggs will collaborate with the Cambridge Health Alliance and local human service organizations. Ongoing collaborations with teaching hospitals, academic institutions and professional organizations for Grand Rounds presentations and seminars will continue.

Enhanced awareness regarding the benefits and cost-effectiveness of psychodynamic psychotherapy and psychodynamic psychopharmacology among clinicians, patients, and people at large

To address this need, the Austen Riggs Center will continue providing the following program initiatives:

Psychodynamic Psychopharmacology

Psychodynamic psychopharmacology is an approach to pharmacotherapy that explicitly acknowledges the central role of meaning and interpersonal factors in promoting good treatment outcomes. It is informed both by a psychodynamic perspective and by an evidence base that suggests that psychosocial aspects of medications are often more potent than the putative active ingredients of
those medications. The psychodynamic perspective emphasizes that meaning can have profound influences on the effects of any intervention, that these meanings are often obscure and require time and attention to illuminate, that patients’ desires from treatment are complex and multilayered, that the doctor-patient relationship can be a powerful tool for healing, and that the doctor, as much as the patient, is vulnerable to succumbing to irrationality in the context of the patients’ distress. The evidence base that is incorporated into the treatment model and treatment recommendations emphasizes, among other things, the role of the placebo (and nocebo) effect on treatment outcomes; the role of the patients’ desires, expectations, and ambivalence on treatment outcomes; and the potency of the therapeutic alliance, including the role of active engagement of patient preferences in promoting good treatment outcomes and a recognition that patients who experience treatment as disempowering are less likely to benefit from treatment.

The initiative seeks to:

- Operationalize the technical recommendations of psychodynamic psychopharmacology into measurable prescribing behaviors in the form of a treatment manual that will both guide a research program and offer guidance for the practicing clinician. The Manual of Psychodynamic Psychopharmacology is currently under contract for publication with American Psychiatric Association Publishing.
- Test the usability of the manual with clinicians to ensure that it offers recommendations that prescribers can follow without significant difficulty.
- Conduct randomized, controlled trials to determine that the model will work for patients who have failed to benefit from a number of medication trials, thus adding to the evidence base for the importance of psychosocial factors in effective pharmacotherapy, and for the utility of applied psychodynamics in pharmacotherapy.

**Suicide Research and Education**

The Suicide Research and Education project was launched in June 2016. The purpose of the initiative is to conduct clinical research to help understand risk and protective factors for suicide and to understand how interpersonal interactions are related to suicidal and self-destructive thoughts and actions. The initiative also involves presenting our findings and regional and national professional conferences, providing education about suicide in the local schools, and other venues. Local community outreach to the Berkshire County Community is also a part of this initiative. Each component is described below:

There are several research projects that have been completed and also initiated during this time. One looks at States of Mind Preceding a Near Lethal Suicide attempt; a second study uses Ecological Momentary Assessment to understand how interpersonal interactions influence maladaptive thoughts and behaviors. Other studies in progress include the psychometric validation of the Psychic Pain Scale using a larger non-clinical sample. We are also conducting a follow-up study to the States of Mind Study and data collection is underway.

Katie Lewis, PhD, and Jane G. Tillman, PhD, serve as the Principal Investigator or Co-Investigator for all studies. Each has also published and presented research findings at local, regional, and national meetings. Dr. Tillman is a regular presenter at Grand Rounds in regional medical centers and at Veteran’s Affairs hospitals, in addition to teaching and lecturing at local and national meetings. Dr. Lewis has also presented the findings of her research at national meetings.
Develop Institutional Review Board

The task of an Institutional Review Board (IRB) is to ensure that any research which involves human subjects is conducted ethically and with the safety of subjects foremost in mind. An important aspect of IRBs as this they include membership and representation from the regional community. In the past year, Austen Riggs Center has revitalized and expanded its IRB, and now includes three community members as follows:

- Jonathan Denmark, LIA, CLTC, CISR, CLCS, President & Chief Operating Officer, Mountain One Insurance (North Adams, MA) - appointed to IRB 2014
- Anne O’Dwyer, PhD, Associate Professor of Psychology, Director of Institutional Research, Bard College at Simons Rock (Great Barrington, MA) - appointed to IRB 2017
- Anne Dailey, JD, Professor, Yale Law School and Attorney at Law, (New Haven, CT) - appointed to IRB 2018

Scholarship

Scholarship at the Center includes empirical, phenomenological and clinical studies and inter-institutional collaborations. Research labs on self-destructiveness, psychosis, and structural change are underway, some of which are in collaboration with other institutions.

The Yale/Riggs Partnership

The Riggs-Yale partnership has a long and rich history. In recent years, Riggs clinical staff members have taught a spring seminar to Fellows in Child Psychiatry at the Yale Child Study Center. Riggs staff also give an annual Erikson Lecture in the Child Study Center’s Grand Rounds program. Since 2012, the Yale Child Study Center, the Department of Psychiatry at Yale University School of Medicine and the Erikson Institute have brought together their clinical and research interests to jointly sponsor annual conferences focused on issues related to parenting and child development. From 2014 - 2017 Yale and Riggs collaborated on four conferences concerning parenting and early developmental experiences. An infant and family mental health training program was also developed collaboratively and four weekend trainings were held from 2015-2016, training over twenty clinicians.

Grand Rounds and Presentations

Members of the clinical staff at Austen Riggs regularly provide Grand Rounds presentations and seminars to teaching hospitals, academic institutions and professional organizations on a wide range of topic related to psychodynamic psychotherapy and learning from the patient population. Please see Addendum B.

Austen Fox Riggs Library

The Austen Fox Riggs Library has extensive holdings in the areas of psychiatry, psychology, and psychoanalysis. These are overseen by a professional librarian. The collection is used by Riggs staff and Fellows for research, and the library is available to local professionals and visiting scholars. There is a section of the library designated for Riggs patients and their families.
Erikson Scholar Program

This endowed scholar-in-residence program brings scholars to the Center to carry out their research projects in conversation with the clinical staff. Scholars are selected both for the centrality of their theme to the work of the staff and for the potential of that work to enrich and be enriched by interaction with the clinical program. Academicians, clinicians, and other professionals are invited into the clinical and intellectual life of the Center through participation in seminars, lectures, case discussions, and other interdisciplinary activities.

Hosting of Professional Groups

Austen Riggs provides space to relevant regional organizations to use for their meetings and conferences. Examples include the Western Massachusetts and Albany Association for Psychoanalytic Psychology (WMAAP), the Rapaport-Klein Study Group, the Lacanian Clinical Forum, Berkshire Psychoanalytic Institute, and the Boston Center for the Study of Groups and Social Systems.

The Austen Riggs Center also plans to initiate the following programs during the 2019-2022 time period:

Yale/Riggs Conferences

From 2014 - 2018 Yale and Riggs collaborated on five conferences concerning parenting and early developmental experiences. An infant and family mental health training program was also developed collaboratively and four weekend trainings were held from 2015-2016, training over twenty clinicians.

Possible Collaboration with National and Local Human Service Organizations

The Austen Riggs Center plans to meet with representatives from national and local human service organizations to explore needs and potential for collaboration regarding education and training. Riggs has started an extensive community Outreach plan. A new position of Community Outreach Manager was created and filled by Lee Watroba within the Erikson Institute. A systematic plan for reaching out to local mental health service providers and agencies for individual meetings to assess the needs of these organizations and how Riggs can help is ongoing. One identified need was for supervision, which has been filled by the Brien collaboration.

Anticipated Impact: As additional professionals, patients, and communities become aware of the benefits of psychodynamic psychotherapy and psychodynamic psychopharmacology, Austen Riggs anticipates that demand for these services will increase - contributing to greater access to quality mental health services over the next few years.

Evaluation Plan: When Riggs conducts another CHNA in 2022, the Center plans to seek input from interviewees and to review updated literature to assess the extent to which awareness of the benefits of psychodynamic psychotherapy and psychodynamic psychopharmacology has increased.

Planned Collaboration: Collaborations will continue with the Yale Child Study Center, the Department of Psychiatry at Yale University School of Medicine, and with teaching hospitals, academic institutions,
and professional organizations on Grand Rounds presentations and seminars. Riggs will also continue to provide meeting space to relevant local organizations as noted above. Future collaborations with other organizations are possible.

Public policies and advocacy that enhance mental health

To address this need, the Austen Riggs Center will continue providing the following program initiatives:

**Biopsychosocial Advocacy**

Biopsychosocial Advocacy recognizes Four (4) freedoms owed to psychiatric patients:

1. Freedom from stigma
2. Freedom from dehumanizing treatment
3. Freedom to pursue recovery
4. Freedom of choice in access to medically necessary and effective treatment

To help achieve access to these freedoms locally and nationally, Biopsychosocial Advocacy endeavors to influence the field in three ways:

1. Clinical advocacy for the importance of psychotherapy and other psychosocial treatments as central parts of psychiatric practice and training within a biopsychosocial model.
2. Social policy advocacy for full implementation of the parity law, including careful review of the ethics of psychiatrist utilization reviews for insurance companies based on standards that are out of compliance with the parity law.
3. Funding advocacy for a shift in NIMH research funding from an “either/or” focus emphasizing brain and biology research linked to biomarkers to a “both/and” strategy that restores meaningful access to funding for research into clinical treatment methods, especially psychotherapy research.

**Four Freedoms of Mental Health Award**

There are a number of individuals and organizations already working hard to help those struggling with mental illness, and they deserve to be commended for their work. To that end, and in honor of its Centennial Year in 2019, the Austen Riggs Center has established the Four Freedoms of Mental Health Award to periodically recognize an individual’s or group’s work to advance the cause of accessible, quality mental health care in the United States and to help those with mental illness realize the Four Freedoms of Mental Health. The inaugural award will be presented at the Centennial Fall Conference, September 21-22 at Tanglewood’s new Linde Center for Music and Learning.

**Anticipated Impact:** Medical Director/CEO Eric Plakun, MD, has made advocacy a priority. He writes in professional journals, speaks at national conferences, and recently served as an expert witness in the landmark Wit vs. UBH/Optum class-action suit.

**Evaluation Plan:** When Riggs conducts another CHNA in 2022, it plans to add in questions about mental health advocacy, the implementation of the parity law, and awareness about top-down and bottom-up approaches to achieving true mental health parity for those seeking treatment for mental illness.
**Planned Collaboration:** While there are no formal planned collaborations at this time, the 2019 Fall Conference does bring together national and international experts, some of whom specialize in mental health parity law.
Needs that Austen Riggs Plans to Address Indirectly

For each of the needs identified below, the Austen Riggs Center will continue offer a limited number of scholarships (to attend Riggs-sponsored educational programs) to local human service organizations whose missions align with these needs. Criteria will be established for these scholarships. Riggs will also consider making charitable community benefit grants to organizations that serve these populations.

Youth and young adult suicide prevention (in Berkshire County)

To address this need, the Austen Riggs Center will continue providing the following program initiatives:

Local Organization Collaborations

Riggs staff members Lee Watroba and Bertha Connelley coordinate the local outreach efforts for the initiative. For the past three years they have chaired the Berkshire County Walk out of Darkness; a program of the American Foundation for Suicide Prevention (AFSP). In addition to work with the local, state, and national AFSP; Ms. Watroba is the President of the Berkshire Coalition for Suicide Prevention on and on the board of the Western Massachusetts AFSP. Ms. Watroba has been Member of the Year for the Berkshire County Chapter of the National Alliance for Mental Illness (NAMI). Ms. Watroba and Connelley have also been actively involved with the Mental Health First Aid program and outreach to local police, schools, and public audiences regarding suicide education and prevention.

- **AFSP** - Austen Riggs has been a key participant in the Out of the Darkness Community Walks in Berkshire County since its inception in 2015. That year, Riggs fielded a strong fundraising team. In 2016 and 2017, Riggs staff members Bertha Connelley and Lee Watroba co-chaired the event, and Riggs had the top fundraising team. In 2017, Connelley and Watroba became members of the AFSP Western Mass board of trustees. Ms. Connelly is an ASIST trained presenter of AFSP programs and has taught suicide prevention locally both at Riggs and other locations throughout western Massachusetts.
- **BCSP** - Riggs staff members Bertha Connelley and Lee Watroba have been board members of the Berkshire Coalition for Suicide Prevention since March 2017, and became vice president and president respectively in February 2018.

Enhanced access to mental health care services for low-income and vulnerable populations, including psychiatrists and other mental health professionals

To address this need, the Austen Riggs Center will continue providing the following program initiatives:
Graduate Training Conference

Austen Riggs sponsors an annual conference for individuals from psychodynamic graduate and internship programs to discuss challenges facing those programs. The first conference was held in 2013.

Riverbrook Collaboration

Riggs staff member Dr. Megan Kolano, PsyD, goes to Riverbrook (a residential facility for developmentally delayed women) once a month for their monthly staff meetings. They put aside an hour of their meeting to focus on issues related to particular residents and use Dr. Kolano as a consultant to the staff during their discussion. Her role is essentially to help them articulate and think through their experiences, summarize what she is hearing, share things she has learned from her own experience with the population, and help brainstorm interventions that might help them in their work with residents and their families. Dr. Kolano also consults occasionally with individuals about issues related to work with families and their organizational structure.

Human Development Initiative

Riggs will continue efforts to strengthen services for young children and their families in our community through collaborations with the Yale Child Study Center, educational offerings including a conference focused on combating burnout and secondary trauma in providers working with low resourced/high need families (as requested by our local clinicians/providers). In addition, Riggs seeks to support the reestablishment of the Collaborative Care Team in South Berkshire County to help address the severe increase in students with social and emotional disabilities, provide ongoing clinical consultation around particularly problematic families and children, and continue regular community gatherings to expand and strengthen collaborative relationships amongst providers and educators including strengthening the referral network.

College Counseling Service

In the last several years, college counseling services across the country have seen an increase in the number of students seeking treatment, an increase in the range and severity of student problems, and a broadening of the role of the counseling service. Since 2002 Austen Riggs has been collaborating with the regional college counseling service network to deliver programs and consultation on the issues affecting college age students - from substance abuse to psychiatric problems.

Fee Reductions

This includes operating revenue, income from the patient aid endowment fund, as well as annual donations restricted to patient aid support. On average, 20-30% of patients benefit from fee reductions that total approximately $500,000/year. In the past 20 years, more than 500 patients have received support.

The Austen Riggs Center also plans to initiate the following programs during the 2019-2022 time period:

- No new initiatives planned
**Anticipated Impact:** Austen Riggs anticipates that the above program initiatives will help individuals and organizations who are working to address mental health needs of low-income populations and of psychiatrists and other mental health professionals in the Local/Regional/National Community.

**Evaluation Plan:** Impacts will be measured by documenting the Center’s work to implement the above initiatives, including the amount of financial assistance (fee reductions) provided. Riggs also will seek written evaluations from participants in training events and the regional counseling service regarding the impact of the described initiatives.

**Planned Collaboration:** Collaboration with regional college and university counseling programs will continue, as will collaborations with graduate training programs and other local community organizations.

**Adolescent and adult substance abuse (prescription drugs [including opioids], alcohol, marijuana, opioids) (Berkshire County)**

To address this need, the Austen Riggs Center will continue providing the following program initiatives:

**College Counseling Service**

In the last several years, college counseling services across the country have seen an increase in the number of students seeking treatment, an increase in the range and severity of student problems and a broadening of the role of the counseling service. Since 2002 Austen Riggs has been collaborating with the regional college counseling service network to deliver programs and consultation on the issues affecting college age students - from substance abuse to psychiatric problems.

The Austen Riggs Center also plans to initiate the following programs during the 2019-2022 time period:

**Educational Programs for Local Human Service Organizations**

The Austen Riggs Center plans to meet with representatives from local human service organizations to explore needs and potential for collaboration regarding education and training. An agreement with the Brien Center has created opportunities for Riggs Fellows to supervise licensed clinicians who work in community mental health in Pittsfield at no cost to the Brien Center. Riggs has co-sponsored events with NAMI Berkshire County, The Berkshire Coalition for Suicide Prevention, Berkshire Health Systems, and Riggs clinicians have presented educational seminars at the Brien Center and Berkshire Medical Center.

**Anticipated Impact:** Austen Riggs anticipates that the above program initiatives will help individuals and organizations who are working to address identified adolescent and adult substance abuse (prescription drugs, alcohol, marijuana, opioids) needs in Berkshire County enhance their effectiveness.

**Evaluation Plan:** Impacts will be measured by documenting the Center’s work to implement the above initiatives. Riggs also will seek evaluations from program participants regarding the benefits of
their participation in Fall Conference and other Riggs’ sponsored events. Riggs also will request that Berkshire County organizations that have received charitable contributions to provide brief reports regarding the impact of grants provided.

**Planned Collaboration:** Collaboration with regional college and university counseling programs will continue and Riggs will explore future collaboration with local human service organizations.

**Enhanced access to mental health care services for:** Low-income populations, uninsured or underinsured individuals, those who have experienced childhood or adolescent trauma, children/adolescents, veterans and members of law enforcement with PTSD or other trauma (Berkshire County)

To address this need, the Austen Riggs Center will continue providing the following program initiatives:

- See above re: Free Registration for Events

The Austen Riggs Center also plans to initiate the following programs during the 2019-2022 time period:

**Collaboration with Local Human Service Organizations**

The Austen Riggs Center plans to meet with representatives from local human service organizations to explore needs and potential for collaboration regarding education, training and consultation.

**Anticipated Impact:** Austen Riggs anticipates that the above program initiatives will help individuals and organizations who are working to address mental health needs of low-income populations in Berkshire County enhance their effectiveness.

**Evaluation Plan:** Impacts will be measured by documenting the Center’s work to implement the above initiatives. Riggs also will seek written evaluations from program participants regarding the benefits of their participation in conferences and other education and training provided to clinicians. Riggs also will request that Berkshire County organizations that have received cash and/or in-kind donations (e.g., the time devoted by Riggs staff) provide feedback regarding the impact of donations provided.

**Planned Collaboration:** Collaboration with local human service organizations is planned.
Needs that the Austen Riggs Center Will Not Address

No entity can address all of the health needs present in its community. The Austen Riggs Center is committed to serving the community by adhering to its mission, using its skills and capabilities, and remaining a strong organization so that it can continue to provide a wide range of community benefits. This implementation strategy does not include specific plans to address the following health priorities that were identified in the 2019 Community Health Needs Assessment:

Continued development and application of research to further understanding of psychodynamic psychotherapy and psychodynamic psychopharmacology in regional/national community

Riggs intends to continue to explore (through working groups and other means) enhancing and applying the results of its research activities. These plans currently are in development and moving forward through the suicide education and research initiative and the psychodynamic psychopharmacology initiative. In addition, a full-time Director of Research and Research Psychologist are helping to think through the best approaches to addressing this identified need.

Implementation Strategy Adoption

The Executive Committee of the Board of Trustees of the Austen Riggs Center reviewed and adopted this plan on behalf of the Board of Trustees at its June 1, 2019 meeting.
## Friday Night Guest Lectures

<table>
<thead>
<tr>
<th>Title of Activity</th>
<th>Presenter(s)</th>
<th>Date(s)</th>
<th>Evals. / Attendees</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Understanding and Treating Patients with Severe Narcissistic Personality Disorder: The Contributions of Attachment Theory and Research”</td>
<td>Diana Diamond, PhD</td>
<td>1/8/2016</td>
<td>54/67 (81%)</td>
<td>4.34</td>
</tr>
<tr>
<td>“Massive Gender Trauma, Psychosis and the Spectrality of Gender: Working Analytically with Severely Mentally Ill Transgender Patients”</td>
<td>Avgi Saketopoulou, PsyD</td>
<td>2/19/2016</td>
<td>30/37 (81%)</td>
<td>4.47</td>
</tr>
<tr>
<td>“Grievance and the Unconscious Phantasy of Perfect Knowledge”</td>
<td>Abbot A. Bronstein, PhD</td>
<td>3/18/2016</td>
<td>28/32 (88%)</td>
<td>4.41</td>
</tr>
<tr>
<td>“This Thing is Bigger than Both of Us: Belonging to a Body Bigger Than Your Own in a Wider Unconscious-ed Field”</td>
<td>Richard Morgan-Jones</td>
<td>4/8/2016</td>
<td>21/31 (68%)</td>
<td>4.68</td>
</tr>
<tr>
<td>“On Engagement”</td>
<td>The Boston Change Process Study Group</td>
<td>9/16/2016</td>
<td>34/55 (62%)</td>
<td>4.57</td>
</tr>
<tr>
<td>“Internal Racism in Clinical Practice”</td>
<td>M. Fakhry Davids, MSc</td>
<td>11/4/2016</td>
<td>23/42 (55%)</td>
<td>4.83</td>
</tr>
<tr>
<td>“The Challenges and Opportunities in Psychotherapeutic Work with Individuals with Autism Spectrum Disorders”</td>
<td>Fred R. Volkmar, MD</td>
<td>12/9/2016</td>
<td>32/42 (76%)</td>
<td>4.60</td>
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## Saturday Morning Workshops

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<thead>
<tr>
<th>Title of Activity</th>
<th>Presenter(s)</th>
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<th>Evals. / Attendees</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Grievance and the Unconscious Phantasy of Perfect Knowledge”</td>
<td>Abbot A. Bronstein, PhD</td>
<td>3/19/2016</td>
<td>9/13 (69%)</td>
<td>4.70</td>
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</table>
# Erikson Institute Conferences

<table>
<thead>
<tr>
<th>Title of Activity</th>
<th>Presenter(s)</th>
<th>Date(s)</th>
<th>Evals. / Attendees</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fourteenth Erikson Institute Working Conference for College Counseling Services: “Preserving the Therapeutic Space: Contemporary Challenges for a College Clinician”</td>
<td>Donna Elmendorf, PhD, John Miner, MD-</td>
<td>4/15/2016</td>
<td>23/40 (58%)</td>
<td>4.73</td>
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<tr>
<td></td>
<td>Conference Directors</td>
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<tr>
<td>Fifth Annual Yale-Riggs Conference on Developmental Psychopathology, Family Process and Social Context</td>
<td>Jane Tillman, PhD, ABPP</td>
<td>6/3, 6/4/2016</td>
<td>43/67 (64%)</td>
<td>4.76</td>
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<td></td>
<td>Thomas McMahon, PhD-</td>
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<tr>
<td>Fall Conference: “Suicide: Theory, Research and Clinical Perspectives”</td>
<td>Jane Tillman, PhD, ABPP-</td>
<td>10/15/2016</td>
<td>64/86 (74%)</td>
<td>4.74</td>
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<tr>
<td></td>
<td>Conference Director</td>
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<tr>
<td>Yale-Riggs Infant Mental Health Training Series: Module 3</td>
<td>Nancy Close, PhD, IMH-IV</td>
<td>11/4, 11/5/2016</td>
<td>15/19 (79%)</td>
<td>4.54</td>
</tr>
<tr>
<td>Working Conference: “Psychodynamic Graduate Training in Psychology: Competence vs. Competencies”</td>
<td>Marilyn Charles, PhD, ABPP-</td>
<td>11/19/2016</td>
<td>13/23 (57%)</td>
<td>4.74</td>
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<tr>
<td></td>
<td>Conference Director</td>
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<tr>
<td>Other</td>
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<tr>
<td>Erikson Prize Media Colloquy: “Mental Health and the Media”</td>
<td>Jane Tillman, PhD, ABPP,Joshua Wolf Shenk-</td>
<td>8/20/2016</td>
<td>25/67 (37%)</td>
<td>4.84</td>
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<tr>
<td>Moderator(s)</td>
<td></td>
<td></td>
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<tr>
<td>Friday Night Guest Lectures - 2017</td>
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<tr>
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<td>Presenter(s)</td>
<td>Date(s)</td>
<td>Evals. / Attendees</td>
<td>Rating</td>
</tr>
<tr>
<td>Working Across Racial Lines</td>
<td>Warren Spielberg, PhD and Kirkland C. Vaughtans, PhD</td>
<td>1/27/2017</td>
<td>38/45(84%)</td>
<td>4.21</td>
</tr>
<tr>
<td>“The Canary in the Mind or Dreaming in the Anthropocene: On the Fate of Dreams in Psychoanalysis and in Modern Times”</td>
<td>Paul Lippmann, PhD</td>
<td>2/10/2017</td>
<td>41/61(67%)</td>
<td>4.56</td>
</tr>
<tr>
<td>“Rebooting Suicide prevention: Population based Public Health Approaches in Schools, Communities and Mental Health Facilities”</td>
<td>David N. Miller, PhD</td>
<td>3/31/2017</td>
<td>17/25(68%)</td>
<td>4.38</td>
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Austen Riggs Center / CHNA Implementation Strategy 2019
<table>
<thead>
<tr>
<th>Title of Activity</th>
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</tr>
</thead>
<tbody>
<tr>
<td>“Integrating Biological, Developmental and Social Perspectives on the Impact of Trauma: Implications for Treatment”</td>
<td>Bekh Bradley-Davino, PhD</td>
<td>5/12/2017</td>
<td>15/22(68%)</td>
<td>4.15</td>
</tr>
<tr>
<td>“Sad Stories: What We Talk About When We Talk About Depression”</td>
<td>Daphne Merkin</td>
<td>9/8/2017</td>
<td>21/41(51%)</td>
<td>4.47</td>
</tr>
<tr>
<td>“Psychotherapy with Homeless Adults”</td>
<td>Deborah Luepnitz, PhD</td>
<td>11/3/2017</td>
<td>21/29(71%)</td>
<td>4.67</td>
</tr>
<tr>
<td><strong>SATURDAY MORNING WORKSHOPS - 2017</strong></td>
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<tr>
<td>“Working Across Racial Lines”</td>
<td>Warren Spielberg, PhD and Kirkland C. Vaughans, PhD</td>
<td>1/28/2017</td>
<td>8/13(61%)</td>
<td>4.75</td>
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<tr>
<td>Psychoanalytic Therapy with Couples: Moving Between the Upper and Lower Worlds</td>
<td>Deborah Luepnitz, PhD</td>
<td>11/4/2017</td>
<td>16/25(64%)</td>
<td>4.00</td>
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<tr>
<td><strong>ERIKSON INSTITUTE CONFERENCES - 2017</strong></td>
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<tr>
<td><strong>Title of Activity</strong></td>
<td><strong>Presenter(s)</strong></td>
<td><strong>Date(s)</strong></td>
<td><strong>Evals. / Attendees</strong></td>
<td><strong>Rating</strong></td>
</tr>
<tr>
<td>Yale-Riggs Infant Mental Health Training Series: Module 4</td>
<td>Anne Carter, MD • Nancy Close, PhD • Lauren Dennehy, LCSW • Walter Gilliam, PhD • Samar Habl, MD • Nucha Isarowong, PhD • Linda Mates, MD • Christina Mills, LCSW • Elizabeth Weinberg, MD</td>
<td>3/31, 4/1</td>
<td>14/24(58%)</td>
<td>4.73</td>
</tr>
<tr>
<td>Newborn Observation Training Workshop</td>
<td>J. Kevin Nugent, PhD • Claudia Gold, MD</td>
<td>4/8,4/9</td>
<td>24/40(60%)</td>
<td>4.86</td>
</tr>
<tr>
<td>6th Annual Yale-Riggs Conference on Developmental Psychopathology, Family Process and Social Context</td>
<td>Nancy Close, PhD • Donna Elmendorf, PhD • Claudia Gold, MD • Linda Mayes, MD • Thomas J. McMahon, PhD • Nancy E. Suchman, PhD</td>
<td>7/29/2017</td>
<td>16/31(51%)</td>
<td>4.83</td>
</tr>
<tr>
<td>Fall Conference: “Mental Health Parity, Ethics, and the Law: What clinicians, patients and advocates should know”</td>
<td>Eric M. Plakun, MD • Meiram Bendat, JD, PhD • Laura B. Dunn, MD • Ted Kennedy, Jr., JD</td>
<td>9/232017</td>
<td>64/86 (74%)</td>
<td>4.74</td>
</tr>
<tr>
<td>Fourteenth Erikson Institute Working Conference for College Counseling Services: “Contemporary and Traditional Approaches to Psychotherapy on the College Campus: A Day for Reflection and Integration”</td>
<td>Donna Elmendorf, PhD, John Miner, MD Conference Directors</td>
<td>10/2/2017</td>
<td>30/56(53%)</td>
<td>4.71</td>
</tr>
</tbody>
</table>

**OTHER - 2017**

| Thursday Seminar “Freud’s Metapsychological Papers” | Mark Stoholski, PhD | 3/16, 3/23, 3/30, 4/6 | 8/10(80%) | 4.83 |
| The Consultative Stance in the Context of the Small Study Group | Donna Elmendorf, Ph.D., M. Gerard Fromm, Ph.D. Dannielle Kennedy, Ph.D., & James Krantz, Ph.D., Faculty | 5/19, 5/20, 5/21 | 11/17(64%) | 4.73 |

**FRIDAY NIGHT GUEST LECTURES - 2018**

<table>
<thead>
<tr>
<th>Title of Activity</th>
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<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychoanalytic Research on Causes and Prevention of Violence</td>
<td>James Gilligan, MD</td>
<td>2/2/2018</td>
<td>25/44</td>
<td>4.87</td>
</tr>
<tr>
<td>Title of Activity</td>
<td>Presenter(s)</td>
<td>Date(s)</td>
<td>Evals. / Attendees</td>
<td>Rating</td>
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<tr>
<td><strong>Under the Skin: Psychoanalytic Perspectives on Body Modification</strong></td>
<td>Alessandra Lemma, MPhil, DClin, PsyC</td>
<td>4/6/2018</td>
<td>24/39</td>
<td>4.75</td>
</tr>
<tr>
<td><strong>An Encounter with White Backlash</strong></td>
<td>George Yancy, PhD</td>
<td>9/7/2018</td>
<td>19/59</td>
<td>4.80</td>
</tr>
<tr>
<td><strong>The Psychology of Popular Anti-Semitism during the Third Reich</strong></td>
<td>Thomas Kohut, PhD</td>
<td>11/16/2018</td>
<td>15/40</td>
<td>4.42</td>
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**ERIKSON INSTITUTE CONFERENCES - 2018**

<table>
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<tr>
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<th>Rating</th>
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</thead>
<tbody>
<tr>
<td><strong>The Consultative Stance in the Context of the Small Study Group</strong></td>
<td>Donna Elmendorf, Ph.D., Dannielle Kennedy, Ph.D., &amp; James Krantz, Ph.D, M. Gerard Fromm, Ph.D</td>
<td>4/27/18</td>
<td>9/13</td>
<td>5.00</td>
</tr>
<tr>
<td><strong>Leadership and Institutional Integrity Conference</strong></td>
<td>Edward Shapiro, MD James Krantz, PhD Laurie Norton Moffatt Michael Roth, PhD Diane O’Donoghue, PhD</td>
<td>7/21/18</td>
<td>23/68</td>
<td>4.84</td>
</tr>
<tr>
<td><strong>Creating a Safe Environment for Young Children</strong></td>
<td>Mary Berle, EdM, Deborah Buccino, MD, Nancy Close, PhD, Anne D. Dailey, JD, Donna Elmendorf, PhD Claudia Gold, MD Heather Lucy, EdM, SAC, Linda Mayes, MD, Kate Retzel, MA, CAGS, Ilana Steinhauer, MSN, FNP-BC, Karen Baicker</td>
<td>10/12/18</td>
<td>17/47</td>
<td>4.83</td>
</tr>
<tr>
<td><strong>Duality's End: Computational Psychiatry and The Cognitive Science of Representation</strong></td>
<td>Alan Anticevic,PhD Stephen Kosslyn,PhD Paul Thagard,PhD</td>
<td>9/28/18</td>
<td>18/74</td>
<td>4.17</td>
</tr>
<tr>
<td><strong>Leading from Experience: Developing the Consultative Stance</strong></td>
<td>Donna Elmendorf, Ph.D., Dannielle Kennedy, Ph.D., &amp; James Krantz, Ph.D., M. Gerard Fromm, Ph.D</td>
<td>11/9/18</td>
<td>7/13</td>
<td>4.86</td>
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<tr>
<td>Special Lecture Developmental Science of Early Childhood: Conversations Between Practitioners and Researchers</td>
<td>Claudia Gold PhD, Jayne Singer, PhD</td>
<td>4/13/18</td>
<td>13/21</td>
<td>4.77</td>
</tr>
<tr>
<td>Special Lecture Breaking Enmeshment in the Parent-Adult Child Relationship</td>
<td>Krissy Pozatek, MSW</td>
<td>10/25/18</td>
<td>5/25</td>
<td>4.00</td>
</tr>
<tr>
<td>Training Workshop Newborn Behavioral Observations (NBO) Training Workshop</td>
<td>J. Kevin Nugent, PhD and Claudia Gold, PhD</td>
<td>4/14/18</td>
<td>15/24</td>
<td>4.79</td>
</tr>
</tbody>
</table>
Addendum B – Riggs Staff Grand Rounds Presentations (2016-2018)

PRESENTATIONS 2016

Steven Ackerman, PhD

- Chair of Symposium, Society for Personality Assessment, Dilemmas of change: Using projective measures to assess complexity and risk in the change process. Chicago, IL
- Paper Presentation, Division of Psychoanalysis Annual Spring Meeting, Fire and Ice: The Vicissitudes of Engaging the Treatment Resistant Patient Atlanta, GA

Barri Belnap, MD

- Conflicts of Conscience: A Treatment of Paranoid Psychosis in a Hospital Setting at the Yale-Riggs Conference at the Austen Riggs Center

Christina Biedermann, PsyD

- Change: A Review of Major Efforts to Assess Therapeutic Change Using Projective Measures, Society for Personality Assessment, Chicago, IL
- Co-Chair, Psychoanalytic Assessment Interest Group Meeting, Society for Personality Assessment, Chicago, IL
- Taking A Dynamic Multigenerational Family History, Yale-Riggs Infant & Family Mental Health Training Program, Stockbridge, MA.

Spencer Biel, PsyD

- Chekhov’s Gun in Psychosocial Treatment at the Yale-Riggs Conference at the Austen Riggs Center

Marilyn Charles, PhD, ABPP

- Workshop: Starting a Practice 2016 Division 39 Spring Meeting, Atlanta, GA.
- Recollection and Working Through. Invited panel: "Creativity and the Human Spirit: Trauma and the Healing Power of Art" for 2016 Division 39 Spring Meeting, Atlanta, GA.
- Moderator and Chair, panel: Ethical Dilemmas: Ongoing Treatment and the Potentially Violent Patient, Division 39 Spring Meeting, Atlanta, GA.
- Trauma and Identity: Looking Awry and the Encounter with Otherness. Workshop. Oklahoma City, OK.
- Working with Difficult to Reach Patients. All Day Workshop. Boulder, CO.
- Loneliness and the Capacity to Be Alone. Boston College Professional Development Colloquium. Boston College, Boston, MA
- Trauma and Talent: Encouraging Identity Development and Creativity through Psychoanalytic Engagement. Keynote Address, Association for Psychoanalytic Studies, Bristol, UK.
- Discussant, Symposium: Locating Unrepresented Thought: When Experiences of Trauma Cannot Be Put Into Words, APA Convention, Denver, CO.
- Chair and Moderator, Symposium: Voices from Both Sides - The Multicultural Journey of Educators and Students APA Convention, Denver, CO.
• Chair and Discussant, panel: Aggressive Enactments - Containing the ‘No’ in Clinical Work Survivors of Abuse, APA Convention, Denver, CO.
• Remembering, Repeating, and Working Through: Collage: Piecing Together the Fragments of Traumatic Memory. Presentation, Miami, FL.
• Trauma and Identity: Lessons from Bion, Winnicott, and Lacan. Workshop. Miami, FL.
• Chair, Roundtable: Nightmares in the Workplace: The Price of Individualism. APCS Annual conference: Dreams and Nightmares, New Brunswick, NJ.
• Chair, Roundtable: Psychosocial Research. APCS Annual conference: Dreams and Nightmares, New Brunswick, NJ.
• Memory and Identity. Listening to Trauma: Insights & Actions, Washington, DC.
• Women and Madness in Context: Social versus Personal Constructions of Identity and Becoming, ISPS-US, Boston, MA.
• Conversation Hour: Psychoanalytic Psychotherapy: Challenges and Possibilities. Chicago Center for Psychoanalysis, Chicago, IL.
• Conversation Hour: Psychoanalytic Psychotherapy: Challenges and Possibilities. Chicago Center for Psychoanalysis, Chicago, IL.
• Conversation Hour: Psychoanalytic Psychotherapy: Challenges and Possibilities. Illinois School of Professional Psychology. Argosy University, Chicago, IL.
• Brief Seminar and Consultation with Psychoanalytic Candidates, Oklahoma City, OK.
• Consultation with Psychoanalytic Candidates, Miami, FL.
• Seminar for Gunawirra team: Working with trauma with Aboriginal young children and mothers, Sydney, Australia.
• Masters Seminar: Winnicott: Playing With Reality, University of Monterrey, Monterrey, Mexico.
• Masters Seminar: Psychodynamic Technique, University of Monterrey, Monterrey, Mexico.
• Candidates Seminar: Object Relations, BIPACT, Allentown, PA.
• Masters Seminar: Bion: Selected Papers, Stockbridge, MA.
• Consultation with Psychoanalytic Candidates, Miami, FL.
• Brief Seminar and Case Consultation at Swarthmore College Counseling Center, Swarthmore, PA.
• Masters Seminar: Working With Trauma, University of Monterrey, by Skype to Monterrey, Mexico.

Heather Churchill, PsyD

• Coming together Through Falling Apart. with Ridenour, J. at the Division 39 Spring Meeting in Atlanta, GA.
• To Change or Not to Change: A look at the complexity of and ambivalence towards change in a single case study with Ridenour, J. Paper presented at The Society for Personality Assessment, Chicago, IL.
• The Dynamics of Training within a System: Dependency, Authority, Projection, and Hate, at Yale-Riggs Conference at The Austen Riggs Center

Sandra Delgado, PsyD

• Infant Observation in a Complex Contemporary Family as part of a panel on Infant Observation in New Family Constellations at the "Body" Conference hosted by the Federation of Psychoanalytic Societies of Latin America (FEPAL) that unites all the Latin American psychoanalytical associations recognized by the International Psychoanalytical Association (IPA) in Cartagena, Colombia.

Donna Elmendorf, PhD

• Introducing the Baby to the Family: Thinking About Psychodynamic Systems, the Yale Riggs Infant and Family Mental Health Training Program, Stockbridge, MA
• History of the Austen Riggs Therapeutic Community at Il Porto Residential Community, Torino, Italy

M. Gerard Fromm, PhD, ABPP

• Reflections on Psychoanalytic Education Today: Locate Your Inner Doctor, Invited Panel, Div. 39 Spring Meeting, Atlanta, GA
• Small Study Group Leader and Guest Faculty, Psychodynamics of Organizations, University of Pennsylvania, Philadelphia, PA
• National Nightmare: Reflections on the Genesis and Legacy of Perpetrator Trauma, Plenary Address, Listening to Trauma Conference, Washington, D.C., and OPUS Conference, London, UK
• Thinking under Fire: A Group Intervention in Northern Ireland, The International Psychoanalytic University, Berlin, Germany
• Conference Director, Annual Meeting of the International Dialogue Initiative, Berlin, Germany
• Monthly Case Conference Leader, Chicago Center for Psychoanalysis
• Winnicott and the Middle School of British Psychoanalysis, Massachusetts Institute for Psychoanalysis, Cambridge, MA

Kate Gallagher, PhD

• With Surrence, K.R., Shinall, J., & Gerber, A.J. An empirical investigation of the effect of personality style on transference. Poster presented at the American Psychological Association Division 39 Spring Meeting, Atlanta, GA.

Andrew Gerber, MD, PhD

• Cognitive Neuroscience of Universal Mechanisms of Change in Psychotherapy. Presented at Grand Rounds, Cornell University - Manhattan Campus and Westchester Campus, NY.
• Cognitive Neuroscience of Universal Mechanisms of Change in Psychotherapy. Presented at Grand Rounds, Institute of Living, Hartford, CT.
• Cognitive Neuroscience of Universal Mechanisms of Change in Psychotherapy. Presented at Grand Rounds, Department of Psychiatry, University of Alabama, Birmingham, AL.
- Cognitive Neuroscience of Universal Mechanisms of Change in Psychotherapy. Presented at Grand Rounds, Institute of Living, Hartford, CT.
- Cognitive Neuroscience of Universal Mechanisms of Change in Psychotherapy. Presented at Grand Rounds, University of South Carolina, Columbia, GA.
- Cognitive Neuroscience of Universal Mechanisms of Change in Psychotherapy. Presented at Grand Rounds, Sheppard and Enoch Pratt Hospital, Towson, MD.
- Cognitive Neuroscience of Universal Mechanisms of Change in Psychotherapy. Presented at Grand Rounds, Berkshire Medical Center, Pittsfield, MA.
- White Institute Faculty Dinner, NY, NY - Guest Speaker.
- Neural Correlates of Relationship Representation Outside of Awareness: an fMRI Study”. Poster at Social and Affective Neuroscience Society Annual Meeting, NY, NY.
- An Empirical Investigation of the Effect of Personality Style on Transference. Poster presented at American Psychological Association Division 39 Spring Meeting, Atlanta, GA.
- Presenter, the Mahler ASD Workshop, Sackler Lefcourt Center for Child Development, NY, NY.

Claudia Gold, MD

- Applying Developmental Research in Infants to Psychotherapeutic Work With Children and Adolescents at the American Academy of Child and Adolescent Psychiatry Annual Meeting NY, NY
- How Listening Changes the Growing Brain: From Labels, Medications and Quick Fix Solutions to Listening, Growth, and Lifelong Resilience at NYU Department of Applied Psychology NY, NY
- How Listening Changes the Growing Brain: From Labels, Medications and Quick Fix Solutions to Listening, Growth, and Lifelong Resilience at William James College Newton, MA
- Autism in Infancy? Creating a Transitional Space Between Reassurance and Disorder at Margaret Mahler Foundation/ Sackler-Lefcourt Center for Child Development NY, NY

Samar Habl, MD

- Interdisciplinary Treatment Team: A Psychodynamic Systems Approach with Cathleen Morey, LICSW at National Association of Social Workers Massachusetts Chapter’s 14th Biennial Social Work Symposium

Janet Hiser, MSW, CFRE

- Presentation to New England Association for Healthcare Philanthropy, Keeping it Fresh: Annual Giving Fundamentals, Brewster, MA

Megan Kolano, PsyD

- Liminal Mike and the Transgression of Birth, a clinical case presented at the Winter meeting of the American Psychoanalytic Association in a discussion group on psychoanalytic hospitals, NY, NY
- The Well Rehearsed Waltz, the Dangerous Tango, and the Void at the Center of the Dance Floor, presented at the Spring meeting of Division-39, in Atlanta, GA
Katie Lewis, PhD

- Suicidal signatures: tracing the role of self-destruction through the landscape of personality. at the 105th Annual Meeting of the American Psychoanalytic Association, Chicago IL.
- Conformity and Conflict: Class, Culture and Politics in the Counseling Room. Chair to the Paper Session at the 105th Annual Meeting of the American Psychoanalytic Association, Chicago IL.

David Mintz, MD

- Directed the Open Setting Seminar at the Austen Riggs Center
- Patient-Centeredness and the Pharmacotherapy Alliance at Southern California Psychiatric Society 27th Annual Psychopharmacology Update. Los Angeles, CA.
- Medical Psychotherapy: Exploring the Meaning of Medications. Western Chapter of the Massachusetts Psychiatric Society. Holyoke, MA
- Erikson’s Third Stage of Psychosocial Development in the Film “Affliction.” Film presentation and discussion for the Erikson Institute Film Forum.
- Putting the ‘Person’ in Personal-alized Medicine. PsychSIGN National Meeting, Atlanta, GA.
- Psychodynamic Psychopharmacology: Applying Practical Psychodynamics to Improve Pharmacologic Outcomes with Treatment Resistant Patients. Full day course, American Psychiatric Association Annual Meeting, Atlanta, GA.
- A Psychodynamic Approach to Treatment Resistant Mood Disorders: Breaking through Complex Comorbid Treatment Resistance by Focusing on Axis II Course co-presenter at the APA Annual Meeting, American Psychiatric Association Annual Meeting, Atlanta, GA.
- Meaning and Medication seminar presented with Dr. Heather Forouhar-Graff, Yale Child Study Center, New Haven, CT.

Cathleen Morey, LICSW

- Interdisciplinary Treatment Team: A Psychodynamic Systems Approach with Samar Habl, MD, at National Association of Social Workers Massachusetts Chapter’s 14th Biennial Social Work Symposium

Eric Plakun, MD, DLFAPA, FACPsych

- Audio-Digest Psychiatry Podcast on psychodynamic approaches to treating suicidal patients.
- Case discussant and panelist at Psychodynamic Psychotherapy Conference, Boston, MA
- Presenter at fifth annual Yale-Riggs conference on Developmental Psychopathology, Family Process and Social Context on Enactments in systems of care, Stockbridge, MA
- Directed and taught a full-day CME course entitled A Psychodynamic Approach to Treatment Resistant Mood Disorders at the annual meeting of the American Psychiatric Association, Atlanta, GA
- Issue Workshop on Responding to the Impact of Suicide on Clinicians at the annual meeting of the American Psychiatric Association, Atlanta, GA
- Issue Workshop on Principles in the Psychotherapy of Self-Destructive Borderline Patients at annual meetings of the American Psychiatric Association, Atlanta, GA
- Co-Chair and presenter at a Discussion Group at annual meetings of the American Psychoanalytic Association on Treatment Resistance: Application of psychoanalytic ideas to dilemmas in treatment, New York, NY
- Presenter at Northern California Regional Organization for Child and Adolescent Psychiatry annual meeting on Enactment and the treatment of abuse survivors, Sonoma, CA.
- Grand Rounds at Alta Bates Summit Medical Center, Berkeley, CA on Psychiatry’s false assumptions and the price we pay for them.
- Two presentations at Florida Psychiatric Society spring meeting in Orlando, FL on Psychodynamics of treatment resistance and The therapeutic alliance: What it is and how to use it.
- Presented at the fourth annual meeting of the North American Society for the Study of Personality Disorders on Psychodynamic Therapy with Suicidal Borderlines: An Alliance Based Intervention for Suicide at the North American Society for the Study of Personality Disorders, New York City.
- Presented plenary at the Kenneth L. Artiss Symposium, Walter Reed National Military Medical Center, Washington, DC on Beyond Diagnosis: Psychodynamic perspective on treatment resistant mood disorders.
- Presented Borderline personality disorder and treatment resistance: Rediscovering the biopsychosocial model at the 2016 International Congress of Psychology in Yokohama, Japan.
- Presented Borderline personality disorder, treatment resistance and psychodynamic treatment at the Department of Psychology of International Christian University, Tokyo, Japan
- Presented Borderline personality disorder, treatment resistance and psychodynamic treatment at the Department of Psychology of Hiroshima University, Hiroshima, Japan
- Co-presented with Deborah Buccino, MD, on HIV/AIDS and psychology at Kyoto University, Kyoto, Japan.
- Presented on Borderline personality disorder, treatment resistance and psychodynamic treatment at the Kyoto Institute of Psychoanalysis and Psychotherapy, Kyoto, Japan.

Jeremy Ridenour, PsyD

- With Brent, B. K., & Seery, E. B. Psychotherapy with Delusions: A Mentalization-Based Perspective, at the International Society for Psychological and Social Approaches to Psychosis, Boston, MA
- With Churchill, H., Coming Together through Falling Apart: Change across Testing and Therapy, at the Division of Psychoanalysis (39) Spring Meeting, Atlanta, GA
- With Churchill, H., To Change or Not to Change: A look at the complexity of and ambivalence towards change in a single case study, at The Society for Personality Assessment, Chicago, IL
- The History and Evolution of Psychoanalytic Psychological Testing, at The Society for Personality Assessment, Chicago, IL
Erin Seery, MD

- Checkov's Gun in Psychosocial Treatment, Yale-Riggs Conference, Developmental Psychopathology, Family Process and Social Context, Austen Riggs Center, Stockbridge, MA
- Psychotherapy with Delusions: A Mentalization-Based Perspective,
- International Society for Psychological and Social Approaches to Psychosis (ISPS-US) 15th Annual Meeting, Boston, MA

Edward Shapiro, MD

- Workshop leader and presentation at the International society for the psychoanalytic study of organizations, Identity and Irrationality in the 2016 American Presidential Elections, NY, NY
- Systems Dynamics and Interpretation in the Therapeutic Community
- And Changes in Presenting Psychopathology: From the Individual Mind to the System, Lectures at Il Porto, Italy

Jennifer Stevens, PhD

- Waving and Drowning: The significance of the concept of the vertical split in some suicide attempts. American Association of Suicidology annual meeting, Chicago, IL

Amy Taylor, PhD

- Gender & Sexuality Colloquium. Invited by the Boston University Interdisciplinary Gender and Sexuality (GenSex) Study Group, Boston, MA.

Jane Tillman, PhD

- Discussant: Altered States Symposium, Western New England Psychoanalytic Society, New Haven, CT.
- Moral injury and the mysterious object in the intergenerational transmission of suicide: The life and writing of Walker Percy. Spring Meeting of Division 39, Atlanta, GA.
- Panel Discussion: Psychoanalysis as the via media of contemporary epistemologies. Panel presentation on panel: Standing at the crossroads: the science of hermeneutics and the hermeneutics of science. Spring Meeting of Division 39, Atlanta, GA.
- Workshop: Responding to the Impact of Suicide on Clinicians. Annual Meeting of the American Psychiatric Association. Atlanta, GA.
- Presentation: The effect of patient suicide on clinicians and organizations. West Haven Veterans Affairs Hospital. West Haven, CT.
- Working with Suicidal Patients. Seminar for Psychology Graduate Students: University of Tennessee-Knoxville. Knoxville, TN.
- Invited Presentation: The Effect of patient suicide on clinicians and organizations. Western Massachusetts Veterans Affair Hospital. Leeds, MA.
Beth Turner, LICSW
- Chekhov’s Gun in Psychosocial Treatment at the Yale-Riggs Conference at the Austen Riggs Center

Daltrey Turner, LICSW
- The Challenges of Discharge Planning at the Yale-Riggs Conference at the Austen Riggs Center

Hannah Wallerstein, PhD
- Real Gender: Identity, Loss, and the Capacity to Feel Real at the Ninth Annual Meeting of the International Society for Psychoanalysis and Philosophy, Hosted at The New School. New York, NY.

Elizabeth Weinberg, MD
- With Lee Damsky, PhD, and Jennifer Stevens, PhD Confronting the unpredictability of suicide in clinical work: Learning from suicidal action in high-risk patients in the context of treatment
- American Association of Suicidology Conference, Chicago, IL
- American Psychoanalytic Association Chair of Discussion Group 40: Treatment Resistance: Application of Psychoanalytic Ideas to Dilemmas in Treatment

TEACHING (2016):
- Oedipal Development, Richard Honig, MD
- Paranoia: Dealing Clinically with Psychotic and Nonpsychotic Paranoid Processes, Nancy McWilliams, PhD, and Michael Garrett, MD
- Semiotics of the Psychoanalytic Situation, John P. Muller, PhD
- Clinical Erikson, Steven Schlein, PhD
- Sado-masochistic Dynamics, Jennifer Stevens, PhD and David Flynn, MD
- The Historical Freud: Models of the Mind and Psychotherapy, Jane Tillman, PhD
- Working with Dreams, Elizabeth Weinberg, MD

Presentations 2017
Christina Biedermann, PsyD
- “Assessing Change Using Psychological Testing: 5 Testings Over 7 Years” Lecture at the Austen Riggs Center, Stockbridge, MA.

Marilyn Charles, PhD, ABPP
- “Trauma, Identity, and Social Justice: Applying a Psychoanalytic Lens” Boston Graduate School of Psychoanalysis, Boston, MA.
- “Metacognitive Outcomes of Psychodynamic Therapy for Severe and Persistent Mental Illness” Poster at the Division 39 Spring Meeting, New York, NY.
- “Sexual Boundary Violations: A Town Hall Meeting to Confront the Silence” Roundtable participant at the Division 39 Spring Meeting, New York, NY.
- “Supervisor: Live Supervision Presentation” Panel at the Division 39 Spring Meeting, New York, NY.
- “Trauma, Identity, and Social Justice: Applying a Psychoanalytic Lens” University of West England, Bristol, UK.
- Co-Chair, Symposium: “Walking the Walk: Staying Engaged in Cross-Cultural Dialogues” APA 2017, Washington, DC.
- “Dreams and Field Theory”, University of Monterrey, Monterrey, Mexico.
- “Introduction to Contemporary Psychoanalysis: A Kleinian Perspective” George Fox University.
- Chair and Discussant, Symposium: “History Beyond Trauma”. ISPS-US, Portland, OR.
- Brief Seminar/Conversation at PACE University Counseling Center
- Conversation Hours: Chicago Center for Psychoanalysis, Chicago, IL; Illinois School of Professional Psychology. Argosy University, Chicago, IL; Chicago Center for Psychoanalysis, Chicago, IL.
- “Psychoanalytic Technique: Transference and Countertransference”. Seminar: University of Monterrey, Monterrey, Mexico.
- “Psychoanalytic Technique: Dreams and Field Theory” Seminar: University of Monterrey, Monterrey, Mexico.
- “Psychoanalytic Technique: Classic Papers I.” Seminar: University of Monterrey, Monterrey, Mexico.

Heather Churchill, PsyD

- “The Irrationality of Social Systems” paper at Colorado College, Colorado Springs, CO
Megan Czaja, LICSW

- “The Difference Between Helping and Enabling Your Loved One.” panel discussion for NAMI and the United Way, Pittsfield, MA.

Donna Elmendorf, PhD

- “Using the Newborn Behavioral Observations (NBO) System to Build Community Connection” at The Brazelton Centre UK 20th Anniversary Conference, London, UK
- “Mobilizing a Community Holding Environment for the Parent-Infant Relationship: Supporting Clinicians who Support Families” at Shine! Zero to Three Annual Conference, San Diego, CA
- Consulted at the Group Relations Conference sponsored by CSGSS Leadership and Authority: Passion and Irrationality in Organizational Life: Consulting Staff (Large Group Team Head) for a 5 day residential conference sponsored by the Center for the Study of Groups and Social Systems (AK Rice affiliate). Dover, MA.
- Small Study Group Training sponsored by CSGSS. Workshop Faculty, Stockbridge, MA.
- Co-Director, Austen Riggs College Counseling Center Conference, Stockbridge, MA.

Gregory Farr, MLIS, CA

- “Historic Properties of the Austen Riggs Center”, Summer Chat, Stockbridge, MA.
- “Digital Archives at the Austen Riggs Center,” EI In-House Presentation, Stockbridge, MA.

M. G. Fromm, PhD, ABPP

- “Fear of Breakthrough,” Center for Modern Psychoanalytic Studies, New York, NY.
- “Treating the Whole Person: What Happens When a College Tries to Integrate Its Counseling and Health Services?” Institute for Psychoanalytic Training and Research, New York, NY.
- Discussant for Salman Akhtar’s paper on “The Psychology of Terrorism,” PINE Psychoanalytic Center, Brookline, MA.
- Convener, “The Consultative Stance” Training Workshop, Stockbridge, MA.
- “When Place Takes Dreams: Social Dreaming in Nazi Germany,” International Society for the Psychoanalytic Study of Organizations, Copenhagen; Denmark
- Discussant for Mark Lipton’s book, Mean Men, New School, New York, NY.
- “The Work of The International Dialogue Initiative,” Centre for the Resolution of Intractable Conflict, Harris Manchester College, Oxford University; UK
- Wellness Workshop, New England College Health Association, Burlington; VT.
- Director, International Dialogue Initiative Annual Meeting, Vienna, Austria
Andrew Gerber, MD, PhD

- Forum on Talking With Teens - A User’s Guide for Parents, Great Barrington, MA - Panelist
- “Cognitive Neuroscience of Universal Mechanisms of Change in Psychotherapy” Presented at Grand Rounds, Coney Island Hospital, New York, NY.
- “Transitional Aged Youth: Brain Development, Societal and parental Expectations, and Mental Illness” At National Alliance for Mental Illness (Berkshire County Chapter) Workshop. Pittsfield, MA.
- “Austen Riggs: A Psychoanalytic Hospital in the 21st Century” Presented at Grand Rounds/2017 Erikson Lecture, Child Study Center, Yale University, New Haven, CT.
- “Psychological Science in a 21st Century Psychoanalytic Hospital”. Presented at Grand Rounds, UMass Memorial Medical Center and University of Massachusetts Medical School, Worcester, MA.
- “Psychological Science in a 21st Century Psychoanalytic Hospital” Presented at Grand Rounds, Rockland Children’s Psychiatric Center, Orangeburg, NY.
- Workshop on Advocating for Recommended Clinical Care When Coverage is Denied - Discussant. National Alliance for Mental Illness National Meeting, Washington, DC.
- Presentation on Resiliency at the National Alliance for Mental Illness/Berkshire Medical Center/Berkshire Coalition for Suicide Prevention Conference on Trauma, Suicide, Addiction & Resiliency. Pittsfield, MA.
- “Mindcraft: The Evolution of Precision Psychiatry” Tedx Berkshires. Stockbridge, MA.
- Panel on Gaslight Performance. Barrington State Company, Pittsfield, MA.
- “Psychological Science in a 21st Century Psychoanalytic Hospital” Presented at Grand Rounds, Behavioral Health Science, Department of Psychiatry, Springfield, MA.

Claudia Gold, MD

- “How the Developmental Science of Early Childhood Informs Therapy with Children and Adults” Western Massachusetts and Albany Association of Psychoanalytic Psychotherapy (WMAAPP) Stockbridge MA
- “The Discovering Your Baby Project” Sixth Annual Yale-Riggs Parenting Conference, Stockbridge, MA
- “Winnicott’s Use Of an Object and Tronick’s Mutual Regulation Model: Comparisons and Clinical Applications” 2017 Solange Skinner Conference Boston Psychoanalytic Institute
- “Working with the Young Child: Clinical Implications of Contemporary Developmental Science” Child Psychotherapy course Harvard Medical School/Cambridge Health Alliance, Cambridge, MA.
- “Using the Newborn Behavioral Observations (NBO) System to Build Community Connection” at The Brazelton Centre UK 20th Anniversary Conference, London, UK.
• “Mobilizing a Community Holding Environment for the Parent-Infant Relationship: Supporting Clinicians who Support Families” at Shine! Zero to Three Annual Conference, San Diego, CA.

Samar H abl, MD

• “The Difficult System: The problem of treating psychosis with a narrow lens” at the AAPDP in May- San Diego, CA.
• Chaired “Leadership and Followership: The Exercise of Authority in Turbulent Times” Sponsored by the Center for the Study of Groups and Social Systems, Boston Center of the A.K. Rice institute, in Dover, MA.

Amy Hardt, BSN, RN, MPH, MAA

• “Professional Boundaries and Self-Disclosure in the Long-term Residential Psychiatric Setting” at the American Psychiatric Nurses Association annual meeting, Phoenix, AZ.

Kate Jewson

• “Using the Newborn Behavioral Observations (NBO) System to Build Community Connection” at The Brazelton Centre UK 20th Anniversary Conference, London, UK
• “Mobilizing a Community Holding Environment for the Parent-Infant Relationship: Supporting Clinicians who Support Families” at Shine! Zero to Three Annual Conference, San Diego, CA

Megan Kolano, PsyD

• “The Ethics of Not Being Helpful, The Client Never Lies, and Speaking Through the Body” - A series of 3 workshops at HYSB - Housatonic Youth Services Bureau

Katie Lewis, PhD

• “A multi-surface circumplex assessment of suicidal behavior in individuals with borderline personality pathology.” Paper presented with Cain, N., and Meehan, K at the 79th Annual Meeting of the Society for Personality Assessment, San Francisco CA.
• “Challenges associated with implementing an ecological momentary assessment protocol in an open residential treatment setting.” Poster presented at the Aeschi 9: Suicide Across the Lifespan conference, Vail CO.
• “Countertransference Reactions to Shared Racial Trauma.” Chair to the Paper Session at the Annual Winter Meeting of the American Psychoanalytic Association, New York NY.

David Mintz, MD

• “Teaching Psychodynamics from the Outside.” Co-presenter in the APsaA Committee Sponsored Workshop: Teaching Medical Students, New York, NY.
• “Examining Ourselves: Creative Disruption and the Revitalization of a Therapeutic Culture. NATSAP Annual Meeting, Tucson, AZ.
• “Meaning and Medication.” Berkshire Medical Center Grand Rounds, Pittsfield, MA.
- “Working with the Meaning of Medications.” Resident Conference, University of Massachusetts Medical Center. Worcester, MA.
- “Recording Reactivity” Erikson Institute Presentation. The Austen Riggs Center. Stockbridge, MA.

Seth Pitman, PhD

- “An exploration of deficits in primary cognitive domains among patients with internalizing disorders.” Poster presented at the Society for Personality Assessment (SPA), San Francisco, CA.
- “Assimilative Integration in Psychodynamic Treatment of Depression: Technique, Activity, and Outcome.” Panel presented at the International Meeting of the Society for Psychotherapy Research (SPR), Toronto, OR.

Eric Plakun, MD, DLFAPA, FACPsych

- “Principles in the Psychotherapy of Self-Destructive Borderline Patients” Issue Workshop at annual meeting of the American Psychiatric Association, San Diego, CA.
- “Responding to the Impact of Suicide on Clinicians” Issue workshop at the annual meeting of the American Psychiatric Association, San Diego, CA.
- “Making a Parody of Parity” Issue Workshop at the annual meeting of the APA in San Diego, CA, on “The Ethics of Managed Care.”
- “Shared elements in therapies for suicidal patients with borderline personality disorder” Master Clinician Talk at the fifth annual meeting of the North American Society for the Study of Personality Disorders at the North American Society for the Study of Personality Disorders, New York City.
- “The Difficult Patient: Making the alliance, taking the transference and facing our vulnerabilities.” ed Opening Session Lecture at the American Academy of Psychoanalysis and Dynamic Psychiatry, San Diego, CA.
- “Advocating for recommended clinical care when coverage is denied.” workshop at annual meeting of the National Alliance for Mental Illness (NAMI) in Washington, DC
- “Treatment Resistance: Application of psychoanalytic ideas to dilemmas in treatment,” Co-Chair and presenter at a Discussion Group at annual meetings of the American Psychoanalytic Association on New York, NY.
- “Psychodynamic therapy with the suicidal patient: The therapeutic alliance as an intervention for suicide,” at Psychodynamic Psychotherapy 2017, Boston, MA.
- Directed Austen Riggs Center Fall Conference on “Mental Health Parity, Ethics and the Law,” and presented on “Psychotherapy, parity and ethical utilization management,” Stockbridge, MA.
- “Psychotherapy with Psychosis: A psychodynamic perspective,” at Massachusetts Psychiatric Society Annual Psychotherapy Conference, Waltham, MA.
- “The parody of parity,” at Berkshire County Legislative Breakfast Pittsfield, MA.
- “Challenging stigma: Examining the language surrounding mental illness,” panel discussion presented by the Pittsfield Human Rights Commission, Pittsfield, MA.

Jeremy Ridenour, PsyD

- Case Study at the Study Group Psychoanalysis and Psychotherapeutic Hospitals at the American Psychoanalytic Association National Meeting, New York, NY.

Erin Seery, MD

- “The Difficult System: Conceptualizing Psychosis with a Narrow Lens” at the Academy of Psychoanalysis and Dynamic Psychiatry meeting in San Diego, CA.
- “Viewing Psychosis as Existing on a Spectrum” at the Academy of Psychoanalysis and Dynamic Psychiatry meeting in San Diego, CA.
- “Meaning and Medication: Psychosocial contributions to Treatment Resistance” Grand Rounds at the Medical University of South Carolina.

Amy Taylor, PhD

- “On Obstacles to Truthful Speech” with Hannah Wallerstein at the Psychology and the Other conference in Cambridge, MA.
- Jane Tillman, PhD, ABPP
- “The intergenerational transmission of suicide and states of mind preceding a near lethal suicide attempt”. Invited Presentation: Tampa Psychoanalytic Association
- “The Effect of Suicide on Clinicians: A Research Perspective”. Invited workshop: at the 16th Annual Suicide Prevention Conference “Overcoming Challenges: Suicide Prevention Across the Lifespan” Massachusetts Department of Public Health Suicide Prevention Program. Framingham, MA.
- “Responding to the Impact of Suicide on Clinicians”. Workshop at the Annual Meeting of the American Psychiatric Association. San Diego, CA.
- “States of Mind Preceding a Near Lethal Suicide Attempt”. Presentation to the Rapaport Klein Study Group, Annual Meeting, Stockbridge, MA.
- “States of Mind Preceding a Near Lethal Suicide Attempt”. Syracuse Psychoanalytic Study Group.
- “The effect of patient suicide on clinicians and organizations: research and response”. Grand Rounds, SUNY Upstate Medical Center Department of Psychiatry, Syracuse, NY.
- “The effect of patient suicide on clinicians and organizations: research and response”. Invited Presentation, Massachusetts Veterans Affairs Hospital. Bedford, MA.
- “Suicide Prevention and Postvention: Working with suicidal patients and the effect of patient suicide on clinicians”. Irving and Janice Schulman Lecture; Widener University Psychology Department.
Daltrey Turner, LICSW

- “Dynamic Challenges of Discharge Planning” at NASW-PA annual conference, Pocono Manor, PA.

Beth Turner, LICSW

- “Dynamic Challenges of Discharge Planning” at NASW-PA annual conference, Pocono Manor, PA.

Hannah Wallerstein, PhD

- “The Argonauts”: Panel Discussion at Lenox Hill Hospital, New York, NY.
- “Obstacles to Truthful Speech” Paper panel given at Psychology and The Other, Cambridge, MA.
- “Gender as Significant Form: Transgender Poetry and the Establishment of a Bodies Expressive Possibilities” Paper given at Voice: Association for the Psychoanalysis, of Culture and Society Annual Conference, New Brunswick, NJ.

Elizabeth Weinberg, MD

- “Treatment Resistance: Application of psychiatric ideas to psychoanalytic dilemmas.” Discussion Group Chair, Winter Meeting, American Psychoanalytic Association, New York, NY.
- “Trauma and Psychosis” - in “Symposium: The Difficult System: The Problem of Treating Psychosis with a Narrow Lens” at the American Academy of Psychodynamic Psychiatry, San Diego, CA.

Jed Yalof, PhD

- “A psychoanalytic integration” (Chair). Neurocognitive testing, personality assessment, and psychoanalytic psychotherapy: Integrative clinical illustration- a psychoanalytic illustration. Symposium conducted at the Annual Meeting of the Society for Personality Assessment, San Francisco, CA.
- “What hath the patient?” Discussion of three papers on: “The competing or complementary aspects of the PDM and DSM: A pedagogical inquiry.” In V. Brabender. (Chair). The competing or complementary aspects of the PDM and DSM: A pedagogical inquiry. Symposium conducted at the Annual Meeting of the Society for Personality Assessment, San Francisco, CA.
- “Evaluating cognitive impairment in the context of negative psychotic symptoms” In J. Kleiger. (Chair). Silent sounds of psychosis: Assessing negative symptoms and cognitive impairment. Symposium conducted at the Annual Meeting of the Society for Personality Assessment, San Francisco, CA.
- “Post-doctoral psychoanalytic institute training: Never too late” In D. Downing, (Chair). The times they are A-Changing, but the song remains the same. A roundtable discussion. Roundtable conducted at the Annual Meeting of Division of Psychoanalysis (39) of the American Psychological Association, New York, NY.
- “Assessment and the analytic identity” With Bram, A., & Gallagher, K. In J. Yalof & A. Bram (Chairs). Discussion Group at the National Meeting of the American Psychoanalytic Association, in New York, NY.
• “Value of psychological assessment in applied clinical work” Grand Rounds, University of Nebraska Medical Center, Omaha, NE.

Presentations 2018

Steven Ackerman, PhD

• Symposium: 20,000 Leagues Under the Sea: A Deep Dive into the Personality of the Complex Psychiatric Patient. Midwinter meeting of the Society for Personality Assessment, Washington, D.C.

Marilyn Charles. PhD

• Brief Seminar/Conversation Hour at PACE University Counseling Center Introduction to Contemporary Psychoanalysis. Seminar: University of Monterrey, Monterrey
• Psychoanalytic Clinical Practice. Chicago Center for Psychoanalysis, Chicago, IL.
• Psychoanalytic Clinical Practice. Illinois School of Professional Psychology. Argosy University, Chicago, IL.
• Psychoanalytic Clinical Practice. Chicago Center for Psychoanalysis, Chicago, IL.
• Psychoanalytic Technique: Transference and Countertransference. Seminar: University of Monterrey, Monterrey, Mexico.
• Psychoanalytic Technique: Classic Papers II. Seminar: University of Monterrey, Monterrey, Mexico.
• Introduction to Contemporary Psychoanalysis: University of Monterrey, Monterrey, Mexico.
• Psychoanalytic Technique: Transference and Countertransference: University of Monterrey, Monterrey, Mexico.
• Psychoanalytic Technique: Classic Papers: University of Monterrey, Monterrey, Mexico.
• At the Borderline, At APS Conference: Psychosocial Reflections on a Half Century of Cultural Revolution, Bournemouth, UK.
• Past President’s Address: The Seventh Servant. Division 39 Spring Meeting. New Orleans, LA.
• Meet the Authors, Introduction to Contemporary Psychoanalysis. Division 39 Spring Meeting. New Orleans, LA.
• Beyond Memoir: The Place of the Personal in Psychoanalytic Writing. Presentation. New Directions Program: Literate Living, Literate Listening, Washington, DC.
• Remembering, Repeating, and Working Through: Collage: Piecing Together the Fragments of Traumatic Memory. Presentation, Mexican Association for Psychoanalytic Practice, Training and Research, Mexico City, Mexico.
• Trauma and Identity: Lessons from Bion, Winnicott, and Lacan. Workshop. Mexican Association for Psychoanalytic Practice, Training and Research, Mexico City, Mexico.
• Phantoms of Foreclosed Mourning, On panel: Contemporary Figures of Grief and Mourning in Women. APCS Annual conference: Transformations, New Brunswick, NJ.
• Chair, Roundtable: Working with Marginalized and Underserved Children: Fighting Against the Tide. APCS Annual conference: Transformations, New Brunswick, NJ.
• Chair, Roundtable: Not Nearly Good Enough: A Conversation about Transforming our Children's Uncertain Futures. APCS Annual conference: Transformations, New Brunswick, NJ.
• Chair, Roundtable: Raising Children in the Digital Age Annual conference: Transformations, New Brunswick, NJ.

Sandra Delgado, PsyD


Donna Elmendorf, PhD

• Faculty, Leading from Experience Workshop, Stockbridge, MA
• Co-Director, Yale-Riggs Conference Creating an Emotionally Safe Environment for Young Children: A Working Conference on Partnerships, Parenting, and Family Systems

M. Gerard Fromm, PhD

• Fantasies and Visions: Challenges to Integration in College Health, Institute for Psychoanalytic Training and Research, New York.
• What Happens When Psychoanalysis Goes to Work: A Way of Thinking about Life in Organizations, Western Massachusetts and Albany Association for Psychoanalytic Psychology, Northampton, MA.
• Winnicott and the Middle School of British Psychoanalysis, Center for Modern Psychoanalytic Studies, New York.
• Faculty, Leading from Experience Workshop, Stockbridge, MA;
• Fear of Breakthrough, Centro Winnicott, Rome.
• Convener, Vamik's Room, Freud Museum, Vienna.
• Faculty, Large Group Identity Workshop, Vienna.
• Chair, International Dialogue Initiative Annual Meeting, Vienna.
• Faculty, Wellness Workshop, New England College Health Association, Portland, ME
• A Case Study of a Terrorist: From Clinical to Applied Psychoanalysis, Lacan Clinical Forum, Stockbridge, MA.
• Learning from the Leading from Experience Workshop, Boston Psychoanalytic Society and Institute, Boston.
• Fear of Breakthrough, Oklahoma Society for Psychoanalytic Studies, Oklahoma City.
• Faculty, Developing Leadership Roles Workshop, St. Adele, Quebec.
Daniel Knauss, PsyD

- A Case Study of Psychoanalytic Psychotherapy in a Hospital Setting. Discussion group presentation at the 2018 ApsaA Spring Meeting in Chicago, IL.

Megan Kolano, PsyD

- Running Nowhere, The Limits of Pursuing Limitlessness, paper at Division-39 on a panel entitled “Make America Lack Again: Hauntings of Desire.”

Katie Lewis, PhD

- Co-presented: A plan in place: distress, dissociation and deception in near lethal suicide attempters, at the 51st Annual Conference of the American Association of Suicidality, Washington DC.
- Co-presented: Flexibility and rigidity in object relational functioning: assessing change in suicidal ideation and global psychiatric functioning using the SCORS. Presented at the 80th Annual Meeting of the Society for Personality Assessment, Washington DC.
- Still, and in motion: an EMA case study of interpersonal dynamics. Presented at the 80th Annual Meeting of the Society for Personality Assessment, Washington DC.
- Suicide, psychic pain and interpersonal problems in adults with a history of bullying victimization: a preliminary study using the Brief Bullying Questionnaire. Presented at the 51st Annual Meeting of the American Association of Suicidology, Washington DC.
- An ecological momentary assessment (EMA) case study of interpersonal dynamics. Colloquium paper presentation for students and faculty of the Doctoral Program in Clinical Psychology, Long Island University-Brooklyn NY.
- Personality processes in daily life: theoretical, clinical and research approaches. Guest lecture to undergraduate students at Skidmore College, Saratoga Springs NY.
- Interpersonal functioning and suicide risk: What we know, what we can learn. Saratoga Springs, NY Suicide Prevention Coalition
- Co-Presenter, Veterans Family Workshop on Suicide Prevention. Saratoga County Veterans Peer Connection
- Co-Presenter, Parents Open Forum: a discussion about the Netflix series 13 Reasons Why. Saratoga Springs, NY
- Co-Presenter, Suicide Prevention in Schools. Housatonic Valley Regional High School, Falls Village, CT
David Mintz, MD

- Discussant, workshop on Medical Student Education” APsaA Annual Meeting, New York, NY.
- Recovery from Psychiatric Treatment” Austen Riggs Grand Rounds,
- Medication and Development. 2 hour seminar for Yale Child Psychiatry Residents, New Haven, CT.
- Practical Psychodynamics to Improve Pharmacologic Outcomes with Treatment Resistant Patients. Full day course, American Psychiatric Association Annual Meeting, New York, NY.
- Prescribing Wisely 2 day working conference on “Prescribing Wisely: Addressing the Whole Person.” Duke School of Divinity. Durham, NC.
- Meaning and Medication: The Evidence Base. 90-minute presentation for the UCLA Department of Psychiatry. UCLA, Los Angeles, CA,
- Psychodynamics and Psychopharmacology, Three-hour presentation and workshop at the New Center for Psychoanalysis, Los Angeles, CA,
- Antidepressant Therapy: Non-pharmacological Aspects. Massachusetts Psychiatric Society Annual Review of Psychopharmacology, Waltham, MA,
- Interpretation. 5-week seminar in the Austen Riggs Tuesday Evening Seminar Series.
- Anxiolytics and Iatrogenesis. Journal Club, Austen Riggs Subcommittee on Psychopharmacology

Margaret Parish, PhD

- Leadership Authority Identity in Groups & Systems: A Group Relations Conference in the Tavistock Tradition, New York City
- Cooperation and Conflict: An Exploration of Authority and Leadership in Diverse Contexts, Taipei, Taiwan

Seth Pitman, PhD

- Exploring the Anaclitic and Introjective Personality Types: What Can We Learn? Panel presented at the International Meeting of the Society for Personality Assessment (SPA), Washington, DC.

Eric Plakun, MD, DLFAPA, FACPsych

- Presented Countertransference enactment in personality disorders as part of a symposium entitled Confronting recurrent problems in the patient-therapist relationship: Responding to resistance, transference, countertransference, and ruptures at the sixth annual meeting of the North American Society for the Study of Personality Disorders, New York City.
- Presented at a workshop at annual meeting of the American Psychiatric Association entitled Making a Parody of Parity? An Annual Update on the Continuing Struggle for Equitable Mental Health Care Coverage in the US, on Generally Accepted Standards of Treatment: Determined by clinicians or payers? New York City.
- Presented Issue Workshop Responding to the Impact of Suicide on Clinicians at the annual meeting of the American Psychiatric Association in New York
• Presenter at McLean Borderline Personality Disorder Training Institute Narcissistic Personality Disorder Conference on Managing Suicide in NPD: The emergence of suicide as a hopeful sign in a patient with NPD and a negative therapeutic reaction, Waltham, MA.
• Presented A psychodynamic approach to the so-called “treatment resistant” at Psychodynamic Psychotherapy 2018, Boston, MA.
• Presented 29th annual L. Lee Hasenbush Visiting Lectureship on Psychodynamic therapy with the suicidal borderline patient: The therapeutic alliance as an intervention for suicide at the Massachusetts Mental Health Center, Boston, MA.
• Presented at Western Massachusetts Psychiatric Society meeting Generally Accepted Standards of Treatment: Determined by clinicians or payers? at Austen Riggs Center.
• Presented at World Congress of Psychotherapy in Amsterdam, Netherlands on Dynamic Therapy With Self-Destructive Borderline Patients: Alliance Based Intervention for Suicide (ABIS).

Jeremy Ridenour, PsyD


David H. Strauss, MD

• Diversity in Clinical Trials: Purpose, Scope, Direction, Multi-Regional Clinical Trials Center of Brigham and Women’s Hospital and Harvard Annual Meeting, Cambridge, MA
• IRB 101: Ethics, History, and Human Research Protections: translating ideals into meaningful practice Public Responsibility in Medicine and Research, Advancing Ethical Research Conference, San Diego, CA
• What is Meant by Vulnerability? Public Responsibility in Medicine and Research, Advancing Ethical Research Conference, San Diego, CA
• Who Ought to Receive the Benefits of Research and Bear its Burdens? Justice, Diversity, and Research with Substance Users, Columbia University Department of Psychiatry, Special Residents Lecture, New York, NY
• Applications and Implications of Justice in Drug Development and Testing, Takeda Pharmaceuticals, Bioethics Advisory Group Meeting, Cambridge, MA
• Beyond Regulations: Challenges and Opportunities in Clinical Research in the Neurosciences
• Ohio State University, Grand Rounds, Department of Neurology, Columbus, OH
• Changes to the Common Rule: Implications for Informed Consent, Ohio State University
• Human Research Protections Program, Columbus, OH
• Laying the Groundwork for Meaningful Informed Consent (moderator/discussant)
• Organization: Federal Office of Human Research Protections, Meeting New Challenges in Informed Consent in Clinical Research, Rockville, IL
• IRB Challenges in Reviewing: HIV/Drug Abuse Research: Overview, Fordham University
• HIV and Drug Abuse Prevention Research Ethics Training Institute, New York, NY
• Post-Trial Access: A case study (panelist), Takeda Pharmaceuticals, Science Forum Panel Discussion, Cambridge, MA
• Are the Federal Criterial for Approval Sufficient to Protect Research Participants? Association of Accreditation of Human Research Protections Programs, Annual Meeting. Denver, CO
• Consent, Quality, and Key Information, Federal Office of Human Research Protections and Harvard, Research Community Forum, Boston, MA
Jane G. Tillman, PhD, ABPP

- Discussant: The Dangerous Father. Papers by Adrienne Harris, PhD and Eyal Rozmarin, PhD. American Psychoanalytic Association Annual Meeting. New York City, NY.
- Invited presentation: Moral Injury and the Intergenerational Transmission of Suicide. Appalachian Psychoanalytic Society Spring Conference, Knoxville, TN.
- The effect of patient suicide on clinicians and organizations: research and response. Grand Rounds, Weill Cornell Medical Center, Department of Psychiatry, New York, NY.
- Understanding Suicide. Lecture: Osher Lifelong Learning Institute. Lenox, MA
- Responding to the Impact of Suicide on Clinicians. Grand Rounds, Cambridge Health Alliance, Harvard Medical School, Cambridge, MA
- Invited Presentation: Moral injury and the intergenerational transmission of suicide. Western Massachusetts Albany Association of Psychoanalytic Psychologists, Stockbridge, MA.
- Invited presentation: The effect of patient suicide on clinicians and organizations: research and response. Boston Psychoanalytic Society and Institute, Boston, MA.
- Course taught: Melanie Klein and Unrepresented States. The Austen Riggs Center staff seminar, Stockbridge, MA.

Hannah Wallerstein

- Race, Ghosts, and Reparation. Presentation given at Division 39 Conference, New Orleans, LA
- Hunting the real: Race and Psychosis in the American Hospital. Presentation given at Second Story, New York, NY

Elizabeth Weinberg, MD

- Co-Chair, Discussion Group 41: Treatment Resistance: Application of Psychoanalytic Ideas to Psychiatric Dilemmas at the Winter Meeting of the American Psychoanalytic Association
- CIT Medication Overview: Lecture on psychopharmacology as part of CIT training of Pittsfield Police Department with NAMI
- Understanding the Experience of Addiction Learn to Cope support group, Pittsfield, MA