Psychotherapy on the couch: Diagnosis, treatment, prognosis

Location: Duquesne University, Parking is available in the garage on Forbes Ave.
Lecture time: Friday March 13, 2015, 6:00 – 9:00 p.m., Workshop: Saturday March 14, 2015, 10:00 – 1:00 p.m., 3:00-6:00 p.m. and Sunday March 15, 2015, 10:00-1:00 p.m. All sessions held in Lec 1, Rockwell Hall.

Continuing education credits:
Friday lecture only: 2.5 credits; Whole workshop: 10 credits

Psychologists: Duquesne University is approved by the American Psychological Association to sponsor continuing education for psychologists. Duquesne University maintains responsibility for this program and its content.

Course Description
Psychotherapy and medicine have always been strange bedfellows, their marriage more a matter of convenience than affinity. As the Affordable Care Act makes evidence-based practice a requirement, the strain between the two modes of healing cannot help but worsen, leaving clinicians to choose between professional and personal integrity on the one hand and inclusion and making a living on the other. How did this happen? How did a truth-at-all-costs practice become a profession in which treatment begins with the assignment of a fictive diagnosis, proceeds through treatment reports that no one believes, and concludes with outcome measures which have no scientific validity? This series of lectures and workshops will trace the history of our current situation to its roots in the advent of modern scientific medicine, examine in depth the way this troubled history surfaces in diagnostic and treatment practices, and explore possible ways forward.

Saturday Morning: Psychiatry Escapes the Asylum. We will explore the history of psychiatry, focusing on the tension between the advent of scientific medicine and the attempt to understand the human mind and the modes of its suffering. Of particular concern will be the anxieties of psychiatrists about their standing with respect to their colleagues and to the public, and the way that this struggle has resulted in a strange and troubled marriage between modern medicine and the mind cure.

Saturday Afternoon: The Chickens Come Home to Roost. We will investigate one of the best known children of that marriage: Major Depressive Disorder, and the two treatments it spawned in turn: antidepressant drugs and cognitive-behavioral therapies, whose influence and effects go
well beyond the borders of that one diagnosis. We will pay particular attention to the history of
these treatments and the ideologies behind them, and discuss how they are compelling to the
American public as well as to clinicians.

Sunday Morning: Maybe I Made the Whole Thing Up. Turning our focus to the current day, we
will look at the possibility that the mental health disciplines stand at a fork in the road. In one
direction lies neuroscience, in the other a return to the mind cure. We will see how each offers a
different understanding of the human, each with its own deep implications, and a different
understanding of what therapy is for, how it should be conducted, and by whom.

Learning Objectives

Participants in this workshop course:

1) will learn how all of medicine, and not only psychiatry, is indebted to historical accidents
   that have privileged an atomistic understanding of sickness and health.
2) will learn how the current problems in the practice of psychotherapy are only the most
   recent manifestation of a set of problems that have haunted the discipline since its
   inception.
3) will understand the advent of evidence-based medicine and the threats (and promises) it
   holds out for the practice of psychotherapy.
4) will learn how the placebo effect may hold the solution to some of these longstanding and
   intractable difficulties.

Suggested Readings:

Commissioners Charged by the King of France With the Examination of the Animal Magnetism

Blue Rider. Especially Chapters 1 & 2

Greenberg, G. Manufacturing Depression: The Secret History of a Modern Disease. New York:
Simon and Schuster. Especially Chapters 8, 9 & 14


Kaptchuk, T. et al. (2009). ‘‘Maybe I Made Up the Whole Thing’’: Placebos and Patients’
Experiences in a Randomized Controlled Trial. Culture, Medicine, and Society, 33, 382-411

Gary Greenberg
Gary Greenberg is an author and psychotherapist. His features and essays have appeared in many publications, including The New Yorker, The New York Times, Rolling Stone, and Harper’s Magazine, where he is a contributing editor. His books include Manufacturing Depression: The Secret History of a Modern Disease (Simon and Schuster: 2010) and The Book of Woe: The DSM and the Unmaking of Psychiatry (Blue Rider: 2013). He is the recipient of the Erik Erikson Award for Excellence in Mental Health Media. He lives in Connecticut.

Who may attend?
The Distinguished Speakers Workshop is open to the public and free for those not seeking CE credits. Participants can expect a combination of lecture, questions, and discussion, creating a cooperative and mutual learning experience.

No charge for Duquesne University students with I.D., faculty and adjunct faculty, as well as anyone not wanting continuing educations credits.

Inquiries
Any inquiries should be directed to Marilyn Henline at 412-396-6520 or henline@duq.edu.

Mission Statement of the Department of Psychology at Duquesne University
The Department of Psychology at Duquesne University educates students who are sensitive to the assumptions that underlie any effort to understand human beings, and the historical, cultural, relational, and embodied character of all human thought and activity. Accordingly, faculty and graduates are sensitive to the multiple meanings of existence, work towards the liberation and well being of persons individually as well as in community, and do so with a deep and abiding consideration of ethics.

Pre-registration form

Gary Greenberg
Psychotherapy on the Couch: Diagnosis, Treatment, Prognosis

Name: (print).................................................. Signed:.................................................................

Email Address: .................................................................................................................................

Phone:........................................ Professional affiliation:.................................................................

Fees
Friday night’s lecture only: $ 20.00, Mini-course, including Friday: $120.00, $100.00 with pre-registration (by March 6, 2015)

Mail this form with check to Marilyn Henline, Duquesne University, Dept. of Psychology, 211 Rockwell Hall, Pittsburgh, PA 15282. Make check payable to Duquesne University. Your check is your receipt. Refunds available minus $10 cancellation fee until March 6, 2015.

We look forward to welcoming you to our campus and our program.