The Iowa Association for Psychoanalytic Psychology is proud to bring a continuing education opportunity presented by Linda Michaels, PsyD., MBA. Titled:

**Depth therapies in our quick-fix times: What does the evidence say?**

**Description:**
Misperceptions and misunderstandings of the evidence bases supporting psychoanalytic psychotherapy, short-term structured therapy, and psychiatric medication have permeated the public and our own profession, contributing to the marginalization, devaluation and othering of psychoanalytic treatment. Evidence bases supporting short-term treatment -- whether manualized cognitive-behavioral treatments or medications -- are undisputedly large and do show these treatments can be efficacious. However, there are many indications that short-term treatments have been over-valued and that the narrative from proponents of these treatments (academic psychology, government funding sources, pharmaceutical companies, insurance companies) and the associated financial backing have crowded out awareness and understanding of the strong evidence for and efficacy of longer-term, psychodynamic treatment.

This presentation will review the evidence bases for short-term and long-term treatments, and outline the various factors that have contributed to the misperceptions of the evidence. It will offer ideas about how to address the current environment and its CBT-centrism, so that therapies of depth, insight, and relationship are more highly valued and less othered.

**Bio:**
Linda Michaels, PsyD, MBA is a clinical psychologist in private practice in Chicago. She is a Co-Chair of the Psychotherapy Action Network (PsiAN), a grassroots non-profit that advocates for therapies of depth, insight, and relationship. She is also an Associate Editor of Psychoanalytic Inquiry, a fellow of the Lauder Institute Global MBA program, and active in the American Psychoanalytic Association as a member of its COVID-19 Advisory Team and Committee for Public Information. She has published and presented on the value of psychotherapy, the therapeutic relationship and technology, and scientism. Linda has a former career in business, with over 15 years’ experience consulting to Fortune 1000 organizations in the US and Latin America, focusing on marketing, brand and innovation strategies. In addition to her doctorate degree in clinical psychology from the Illinois School of Professional Psychology, she is a graduate of the Adult Psychoanalytic Psychotherapy program at the Chicago Psychoanalytic Institute, and has an MBA from Wharton, and a BA from Harvard.

**Learning Objectives:**
1) Describe the evidence base for psychoanalytic treatment
2) Describe the evidence base for short-term structured treatments
3) Assess the consequences of misinterpreting these evidence bases

**Program Details**

**When:** Sunday, May 2, 2021 at 3:00pm-5:00pm CST  
**Where:** Zoom link to be provided following registration  
**What:** Presentation followed by question and discussion
Continuing Education Credits: This program, when attended in its entirety, is available for 2 continuing education credits. SPPP is committed to accessibility and non-discrimination in its continuing education activities. SPPP is also committed to conducting all activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. If participants have special needs, we will attempt to accommodate them. Please address questions, concerns and any complaints to Jeremy Kinser, PhD (drjeremykinser@gmail.com). There is no commercial support for this program nor are there any relationships between the CE Sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest. Participants will be informed of the utility/validity of the content/approach discussed (including the basis for the statements about validity/utility), as well as the limitations of the approach and most common (and severe) risks, if any, associated with the program’s content.

Cost: Free to students. $10.00 for active Iowa Association for Psychoanalytic Psychology members. $20.00 for non-members. Refunds will not be possible after April 25, 2021.

How to register: For students who do not need credits, you can email info@iadiv39.org and provide the information below. For everyone else, send payment via paypal to info@iadiv39.org by Sunday, April 25, 2021 at 5:00pm.

In your payment be sure to include: - name - the email address you would like us to use when we provide you with the Zoom presentation link -degree -indicate if you would like to be added to our listserv to receive information regarding future events.

Evidence in peer-reviewed research


The Iowa Association for Psychoanalytic Psychology is the official Iowa chapter of the Society of Psychanalysis and Psychoanalytic Psychology (Division 39). SPPP (Division 39) is approved by the American Psychological Association to sponsor continuing education for psychologists. SPPP maintains responsibility for this program and its content.