



Committee Spotlight



Name: Psychotherapy

Chair: Anne Ruble, MD

Charge: Supporting residency programs, TD's, and directors of psychotherapy training in providing psychotherapy training and supervision in their programs

Initiatives and projects:

We have several subcommittees based on participant interest:

- psychodynamic training and teaching initiatives
- child and adolescent and family therapy tools
- J.E.D.I. in psychotherapy training

In the past, our committee has generated workshops and publications based on the supervisory dyad, psychodynamic thought in early psychiatry training, and microaggressions in psychotherapy supervision. Our committee is currently working on a presentation for the Annual Meeting about using narrative in psychodynamic formulation as well as a manuscript on therapeutic rupture and repair for *Academic Psychiatry*.

How do you join the committee?

Our meetings are the first Friday of the month at 3pm ET. [Email me](#) for the Zoom link or attend our committee meeting at the Annual Meeting!

What skills are you looking for in new members?

We are looking for enthusiasm for keeping psychotherapy at the forefront of psychiatric practice and for creative ideas for training the next generation of trainees to use psychotherapy in their daily work.

What is the time commitment for committee members?

Our monthly meetings are one hour, and we use half of the meeting to break into workgroups and work on our ongoing projects. Individual workgroups may choose to meet outside of the monthly meeting time to further academic projects such as workshops and manuscript preparation.

What positions are available to committee members (if applicable)?

We have leader positions of our three workgroups, and these positions are available yearly.

What other information might you want potential members to know?

We would love new members and are very passionate about psychotherapy!