Robert S. Wallerstein, MD Visiting Lectureship in Psychoanalysis and Psychotherapy

Each year, the UCSF Department of Psychiatry invites a distinguished scholar to speak on campus as part of the Robert S. Wallerstein, MD Visiting Lectureship in Psychoanalysis and Psychotherapy. This lecture series is held in honor of the late Robert S. Wallerstein, MD, and is focused on showcasing psychoanalytic knowledge and clinical expertise that influence psychiatry, psychotherapy and psychoanalysis.

The 13th Annual Robert S. Wallerstein, MD Visiting Lectureship in Psychoanalysis and Psychotherapy

The University of California, San Francisco Department of Psychiatry will host its 13th annual Robert S. Wallerstein, MD Visiting Lectureship on Psychoanalysis and Psychotherapy on Wednesday, March 21, 2018, from 1-5 p.m. in Cole Hall Auditorium on the UCSF Parnassus Heights campus.

UCSF clinical professor of psychiatry and San Francisco Psychotherapy Research Group president George Silberschatz, PhD [1], will deliver this year's keynote address, "Why Does Psychotherapy Work and How Can We Optimize Its Effectiveness?," followed by a second presentation on personalized medicine, psychotherapy, and psychodynamic theory. He will also be joined Wright Institute professor Hanna Levenson, PhD [2], for discussion and a post-talk question and answer session.

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About this year's keynote speaker
George Silberschatz, PhD

George Silberschatz, PhD, is a psychologist and clinical professor in psychiatry at the University of California (San Francisco) School of Medicine, and the president of the San Francisco Psychotherapy Research Group. He is a past president of the International Society for Psychotherapy Research, as well as the North American Society for Psychotherapy Research.

He has published extensively in professional journals and books and has presented at professional meetings and workshops throughout the United States, Canada, Europe, and Australia. He currently divides his time between a private practice in San Francisco, psychotherapy research, teaching and supervising psychotherapy, and writing clinical and research papers. His book, *Transformative Relationships*, has been widely acclaimed for the clarity of its theoretical foundations, the rigor of the research presented, and its clinical relevance.

**Previous keynote speakers**

- 2017 - Deborah L. Cabaniss, MD [5]
- 2016 - Bessel A. van der Kolk, MD [6]
- 2015 - Beatrice Beebe, PhD [7]
- 2014 - Morris Eagle, PhD [8]
- 2013 - Regina Pally, MD [9]
- 2012 - Robert Michels, MD [10]
- 2010 - Salman Akthar, MD [12]
- 2009 - Peter Fonagy, PhD, FBA [13]
- 2008 - Glen O. Gabbard, MD [14]
- 2007 - Nancy McWilliams, PhD, ABPP [15]
- 2006 - Otto F. Kernberg, MD [16]

**About Robert S. Wallerstein, MD**
Robert S. Wallerstein, MD

Robert S. Wallerstein, MD, (1921?2014) was a distinguished psychiatrist, psychotherapy researcher, and psychoanalytic leader who left a legacy of a widened scope of theory and technique in the psychological sectors of psychiatry. He was an administrator who advocated for cooperation between psychiatrists, psychologists, and social workers in achieving academic excellence and sought to develop a new profession, the Doctor of Mental Health. He also developed a departmental structure that worked across professional lines, leading to new ideas on research centers, educational plans, and high quality service delivery.

Dr. Wallerstein trained at the Menninger Foundation in Topeka, Kansas, rising to become the foundation?s director of research and conducting a pioneering study called the Psychotherapy Research Project. He moved to the Bay Area in 1966 as the chief of psychiatry at Mount Zion Hospital, then joined the faculty of the UCSF Department of Psychiatry as a professor. Dr. Wallerstein served as department chair and director of the Langley Porter Psychiatric Institute from 1975-1985, as well as a training and supervising analyst at the San Francisco Psychoanalytic Institute, and president of both the American and International Psychoanalytic Associations.

In addition, he was a prodigious and influential author who penned 20 books and more than 400 scholarly articles. His books included Psychotherapy and Psychoanalysis: Theory, Practice, Research (1975), Becoming a Psychoanalyst (1981), Forty-Two Lives in Treatment (1986), The Talking Cures: The Psychoanalyses and the Psychotherapies (1995), Lay Analysis: Life Inside the Controversy (1998), Psychoanalysis: Clinical and Theoretical(1999), and Psychoanalysis: Education, Research, Science, and Profession (2003). In recognition of his outstanding contributions to the field of psychoanalysis, he received the prestigious Sigourney Award in 1991.

Dr. Wallerstein was a leader by consensus. With a remarkable ability of synthesis, he strived to bring together diverse schools of theory and treatment technique. He will be remembered as a dynamic and tireless leader who contributed extensively to every organization that he led.

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