

FREDRIC T. PERLMAN, PH.D., F.I.P.A.
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I am a psychoanalyst with thirty-five years of professional experience in the field of mental health. I conduct a full-time private practice in psychoanalysis and psychotherapy, treating individuals and couples in analytically oriented modalities of treatment.

I am a Training and Supervising Analyst at the Institute for Psychoanalytic Training and Research (IPTAR), and also a member of the New York Freudian Society (NYFS), the American Psychoanalytic Association (APsaA), the International Psychoanalytic Association (IPA), and the American Psychological Association (APA), and a Distinguished Life Member of the Confederation of Independent Psychoanalytic Societies. I have been teaching psychoanalytic theory at IPTAR and at other psychoanalytic institutes in New York for than twenty-five years. In addition, I have been very active in the academic and organizational activities of psychoanalysis.

I am currently a member of the Board of Representatives of the International Psychoanalytical Association, president of the New York State Psychoanalytic Confederation, Secretary-Treasurer of the North American Psychoanalytic Confederation, and past president of the Confederation of Independent Psychoanalytic Societies (CIPS).

PROFESSIONAL EXPERIENCE

9/79 - present Private practice of psychotherapy and psychoanalysis. Full-time since September 1981.

Provide individual and couple treatment, including psychoanalysis and psychotherapy, and couples therapy; provide consultation and supervision to psychotherapists and candidates in psychoanalytic training.

9/81 - 6/85 Staff psychotherapist: Psychoanalytic Clinic of the Postgraduate Center for Mental Health. Part-time.

Performed individual psychotherapy and psychoanalysis with adults

9/80- 9/81 School Social Worker: The Jim Thorpe School of the N.Y.C. Board of Education, a "day treatment school" for students with severe emotional handicaps.

Provided clinical services, including diagnostic evaluations, individual psychotherapy and group treatment; conducted weekly clinical seminar and ongoing clinical consultation for teachers and administrators; provided consultation to Director of School Based Support Teams on policy development pertaining to clinical services in schools; served on "Joint Committee of the Board of Education and the Department of Mental Hygiene for Cooperative Services"; and, co-authored policy guidelines for clinical services in the public schools

11/77 - 9/80 Clinical Social Worker: Hawthorne Cedar Knolls School, a residential treatment center of the Jewish Board of Guardians.

Provided individual, group and family therapy; responsible for treatment planning and coordination of milieu treatment; progressive responsibility for program development, staff training and team leadership for innovative residential units; represented professional staff on agency-wide Committee on Public Interest and Subcommittees on Confidentiality and Professional Issues

5/76 - 9/77 Clinical Social Worker: Private practice in Owego, New York.

Provided short-term dynamic psychotherapy by private arrangement and by contract with the New York State Division for Youth; provided psychotherapy to inmates of the Tioga County Jail in cooperation with the County Sheriff's and Probation Departments

12/76 - 5/77 Clinical Social Worker: Elmcrest Children's Center, a residential treatment center in Syracuse, New York.

Developed and implemented program of milieu treatment for adolescent unit; trained residential group care staff in techniques of therapeutic interaction and milieu management; initiated development of comprehensive "Child and Family Service" to

integrate dynamic psychotherapy with prescriptive life skills training for residents and their parents

6/75 - 12/76 Children's Therapist: Tioga Youth Home, a community based group home for boys in Owego, New York.

Developed and implemented comprehensive program of milieu therapy, including operational model for coordinating therapeutic services to meet individualized treatment goals; designed "Contract Program" to help residents identify treatment goals and negotiate treatment contracts for therapeutic services; developed volunteer programs, including innovative "buddy system" to involve teen volunteers in supportive peer relations with residents; provided in-service training and clinical supervision for milieu staff; provided intensive individual psychotherapy, family therapy and weekly group therapy with residents and milieu staff

PRE-PROFESSIONAL EXPERIENCE

3/74 - 9/74 Teacher of Adults: New York City Board of Education.

Provided instruction to adult students in literacy, computation and high school equivalency skills at DeWitt Clinton High School, Medgar Evers Community College and LaGuardia Community College

3/70 - 3/74 Project Director: The Coffeehouse Project, a community sponsored, multi-service youth program in Owego, New York.

Presented Coffeehouse proposal to community group in October 1969 and participated in its development until it opened in March 1970; developed coffeehouse recreation programs, including feature films, speakers, discussion groups, folk singers, and snack bar; organized publication of Coffeehouse newsletter by teenage volunteers; developed and administered volunteer tutoring program; provided counseling and referral service in coordination with the county mental health clinic, probation department and drug abuse clinic; established ongoing 'Program in Humanistic Studies,' a series of study groups for high school students, teachers and adults; organized and spearheaded successful community

effort to establish Tioga Youth Home, the first child care agency in Tioga County, N.Y.

CONSULTATION

2005-present Clinical Consultant: "The 52nd Street Project," a theater group run by professional actors and directors for children, aged 8-18 living in the "Hell's Kitchen" neighborhood of New York.

1/94 - present Consulting Editor: *Journal of Psychoanalytic Social Work* (Haworth Press).

9/85 - 6/90 Research Consultant: Judith Kestenbergs research project on child survivors of the Holocaust.

Contributed to development of coding procedures for analysis of interview data.

5/76 - 9/77 Clinical Consultant: "Volunteers In Probation" program, Tioga County Probation Department , Owego, New York.

Provided clinical consultation and case evaluations; conducted training seminars for probation volunteers

COMMUNITY AFFAIRS

8/96- present Volunteer, Red Cross Disaster Mental Health Team.

Provided mental health services to bereaved families of TWA Flight 800; completed intensive training in Disaster Mental Health

9/72 - 6/75 Founding Member and Officer of the Board of Directors, Tioga Youth Home, Inc. Owego, New York.

Organized Board of Directors for proposed agency in September 1972; developed grant proposals, fund-raising and public relations materials; addressed local community groups, service organizations and departments of social services in Tioga and neighboring counties.

7/71 - 11/71
County, N.Y.

Campaign Organizer, "Beauter's Rooters," Tioga

Organized successful political organization of local youth to support independent progressive candidate Reuton E. Beauter for office of Sheriff of Tioga County.

1965-69 Campaign Worker: Assorted political campaigns, including two Lindsay mayoral campaigns (served in "Davidoff's Raiders" on both campaigns)

EDUCATION

Certificate in Psychoanalysis, Institute for Psychoanalytic Training and Research, May, 1996.

Certificate in Psychoanalytic Supervision, Psychoanalytic Institute of the Postgraduate Center for Mental Health. June 1989.

Ph.D. Rutgers University. January 1987. Concentration in clinical theory and research.

Certificate in Psychoanalysis and Psychotherapy, Psychoanalytic Institute of the Postgraduate Center for Mental Health. June 1985.

M.S.W., Syracuse University. May 1976. Concentration in clinical social work. Graduated with honors.

B.A. in Humanities, State University of New York at Binghamton. May 1973. Graduated with honors.

RELATED EDUCATIONAL ACTIVITIES

Seminar in psychoanalytic studies with Martin Bergmann (New York Freudian Society). September 1988 - September 1997.

Seminar in psychoanalytic studies with Charles Brenner, M.D. (New York Psychoanalytic Institute). September 1989 - January, 1996.

Seminar in Freudian studies with Donald Kaplan, Ph.D. (New York Freudian Society). June 1991 - June 1993.

Continuous Case Seminar with William Grossman, M.D. (New York Psychoanalytic Institute). March 1990 - June 1992.

Seminar in the writings of Sigmund Freud with Arnold Richards, M.D. (New York Psychoanalytic Institute). September 1985 - June 1987.

Three-year training program for clinical practitioners at Jewish Board of Guardians Educational Institute. 1977 - 1980.

TEACHING EXPERIENCE

9/96 - present Faculty: Institute for Psychoanalytic Training and Research,
New York, N.Y.

Instructor for courses in Freudian theory, Freud's cases, and psychoanalytic diagnosis; served on Institute Board and numerous committees (e.g., Curriculum Review Committee, Final Case Committee); participated in development and review of "Readiness for Control" examinations.

Training and Supervising Analyst since 2008.

9/97 - present Faculty and Supervisor: Manhattan Institute for Psychoanalysis, New York, N.Y.

Supervisor (1997-present) and instructor for foundation course in the writings of Freud (1997-2000).

9/98 - 6/99 Faculty: Karen Horney Institute, New York, N.Y.

Instructor for year-long foundation course in the writings of Freud.

9/86 - 6/96 Faculty and Supervisor: Psychoanalytic Institute of the Postgraduate Center for Mental Health, New York, N.Y.

Instructor for year-long introductory course on Freud and advanced courses in Freudian theory; provided clinical supervision for candidates in psychoanalytic training; served on Curriculum

Committee, Final Case Committee, and other academic committees

9/95 - 6/96 Faculty: Washington Square Institute for Mental
Health, New York, N.Y.

Instructor for advanced course in "Conflict and Compromise
Formation."

9/91 - 6/94 Faculty: Institute for Developmental
Psychotherapy. New York, N.Y.

Instructor for introductory courses in psychoanalytic theory.

5/91 - 1/92: Adjunct Faculty: Doctoral program, NYU School of
Social Work, N.Y.

Instructor for advanced courses in clinical diagnosis and
psychoanalytic therapy.

5/76 - 9/77 Adjunct Faculty: Empire State College

Supervised 'learning contracts' in human development,
psychopathology and therapeutic intervention.

5/76 - 9/77 Conducted training seminars for volunteers of Tioga
Co. Probation Dept.

ORGANIZATIONAL ACTIVITIES WITHIN PSYCHOANALYSIS

International Psychoanalytic Association (IPA):

2009 - present Representative, Board of Representatives.

2007 Candidate for the office of Secretary-General of the
International Psychoanalytic Association.

2003-present Co-chair: Working Group on the New Credential.

This working group was formed to develop and implement the new "Fellow" credential created by the IPA Board of Representatives in March 2003 to promote the professional identification of IPA members in North America. The committee was also charged with developing analogous credentials for other IPA regions upon the request of the regions.

2005- present: Co-chair of IPA Working Group on Professional Practice.

This working group is collecting information regarding legislative and regulatory policies adversely affecting professional practice of psychoanalysis in all three IPA regions. The mission of the group is to monitor and analyze current threats, to study successful strategies employed by local societies to address these threats, and to distribute this information as well as other related resources developed by the group to assist local societies engaged in efforts to protect and promote psychoanalysis.

Confederation of Independent Psychoanalytic Societies (CIPS):

2005-2009 President of CIPS.

Promoted and implemented closer cooperation between CIPS, APsaA, and allied psychoanalytic groups; expanded membership to include candidates; enrolled all candidates in the International Psychoanalytic Studies Organization (IPSO); instituted policies to expand appointments to IPA and CIPS committees; enhanced transparency of governance and expanded communications at all levels of CIPS through new website, monthly electronic newsletter, and email listserves to facilitate communication between members; implemented expansion of organizational activities, including plans for joint educational and research projects between member societies; promoted formation of state psychoanalytic associations, including the newly formed California Psychoanalytic Confederation (CAPSAC).

2003-present Chair: CIPS Public Policy Committee.

Developed legislative, lobbying, and legal strategies to address licensing crisis in New York and the threat of similar adverse

legislation in other states; authored numerous articles and pamphlets to describe current licensing crisis and mobilize lobbying efforts; formed Joint CIPS-APsaA committee on Licensing and Credentialing and issued joint position paper and background materials; spearheaded local, state, and national lobbying efforts to strengthen licensing criteria in New York, including formation of New York State Psychoanalytic Confederation; worked with West Coast Public Policy subcommittee to draft model licensing legislation for psychoanalysis, promote formation of the California Psychoanalytic Confederation, and lobby for responsible state regulation of professional mental health practice in California. Currently developing and implementing national lobbying strategies to promote the inclusion of patient privacy provisions in national legislative efforts to establish electronic medical records systems.

2004-2005 Chair; CIPS Intramural Education Committee

Formulated plans for intramural education and research projects featuring “distance learning” for participating CIPS institutes. Three programs are currently being developed: a continuing education program; a study group and multi-site research program; and, an “educational coop” to permit students and members of one CIPS institute to participate in the certificate and doctoral programs offered by other CIPS institutes.

2000-2005 Director (IPTAR Representative to CIPS Board of Directors).

As a member of the CIPS Board of Directors, I was involved with all aspects of organizational activities. I took a leadership role in promoting the present governance structure of CIPS. I chaired the Public Policy and Intramural Education Committees, and served on the committee on Mission and Structure and the Committee on Bylaws.

American Psychoanalytic Association (APsaA):

2010 – present Co-chair: Committee on Government Relations and Insurance.

2006-present Committee on Government Relations and Insurance..

This committee addresses all aspects of governmental policy affecting psychoanalysis in the United States, including laws and regulations regarding confidentiality, health information technology legislation, insurance laws, and licensing legislation.

2005-2010 Committee on State Licensing Initiatives.

This committee was formed to develop and coordinate state initiatives to promote strong licensing laws for psychoanalysis, and to protect psychoanalysis against adverse licensing legislation such as the New York, New Jersey and Vermont laws. In 2010 the functions of this committee were transferred to the Committee on Government Relations and Insurance.

2004-2006 Member of APsaA Task Force on Access to Care.

This Task Force addresses a wide range of issues pertaining to public access to quality care, including the conduct of insurance companies as well as governmental, organizational, and professional policies affecting psychoanalysts and their patients.

New York State Psychoanalytic Confederation (NYSPAC):

2005-present President of New York State Psychoanalytic Confederation (NYSPAC).

Spearheaded formation of the confederation, composed of seven psychoanalytic institutes and societies in NY State. The mission of the confederation is to bring the licensing standards for psychoanalytic training into alignment with prevailing standards in the profession. NYSPAC is currently suing the state of New York to strengthen licensing regulations implemented following passage of the 2002 licensing law in New York.

California Psychoanalytic Confederation (CAPSAC):

2006 - 2009: CIPS representative to CAPSAC board.

The California Psychoanalytic Confederation is a state association whose formation was originally spearheaded by the CIPS West Coast

Public Policy Subcommittee. The organization is currently monitoring threats to practice in California. Last year the confederation participated in a successful lobbying effort to block a licensing law that would have licensed a large assortment of “counselors” and entitled them to employ the titles “psychotherapist” and “psychoanalyst” in the state of California.

North American Psychoanalytic Confederation (NAPSAC)

2010 – present Secretary-Treasurer.

2004 – 2010 Board of Directors.

As a member of the NAPSAC Board of Directors, representing CIPS, I organized North American lobbying efforts to promote responsible government regulation of mental health practice, especially in states that license psychoanalysis. I also inaugurated development of public information programs about psychoanalysis, especially the NAPSAC-sponsored FindAnAnalyst website (www.FindAnAnalyst.org), designed to enable prospective patients in North America find an analyst near them, and am currently spearheading development of a publicity program to make the site known to the general public.

Institute for Psychoanalytic Training and Research (IPTAR):

2006 – 2010 IPTAR Society Board (IPTAR governing board).

2003-present Chair: IPTAR Legislative Committee.

Developed strategies to counter adverse licensing legislation in New York; spearheaded lobbying efforts for strong implementing regulations; and spearheaded formation of the New York State Psychoanalytic Confederation.

2005-2006 IPTAR representative to NYS Psychoanalytic Confederation.

2004-2006 Member of the Society Board (governing board of the IPTAR Psychoanalytic Society).

2003-2006 IPTAR representative: Regional Council of IPA
Psychoanalytic Societies.

2002-2004 Chair of the IPTAR extramural investigative
project, the "Section for the Study of Critical Issues in Psychoanalysis."

Worked with IPTAR leaders to develop program of study groups,
each composed of IPTAR members along with psychoanalysts from
other institutes. Five study groups are ongoing: three studying
psychoanalytic technique, one studying theories of development,
and a fifth group studying the empirical basis of selected
psychoanalytic propositions. I also served as facilitator of one group
on technique.

2003-2005 Member of Policy Committee on Final Case Review.

2001-2003 Member of the IPTAR Institute Board (institute
governing board).

2001-2005 IPTAR representative to CIPS.

1997-1999 IPTAR Curriculum Committee.

PRESENTATIONS

"Symbolization and the fate of the ego in psychoanalysis". Discussion
of papers on "Symbolization and De-Symbolization" at IPTAR Scientific
Conference, May, 2010.

"Psychoanalysis as a profession." Paper given at APA Division 39
Conference (June, 2005).

"The New York experience: Lessons for a profession." APsaA
Conference (January, 2006).

"The licensing crisis in New York: A call to action." Talk given at IPTAR
and other societies and society governing boards (2003-2004).

"An Interview with Professor Martin Bergmann." Videotaped interview
presented at Annual Conference of New York University Postdoctoral
Program in Psychoanalysis," Winter, 2004.

“Love and the Object World.” Paper given at the Washington Square Institute, January 1996.

“The Narcissism of Minor Differences Reassessed.” Paper given at the Washington Square Institute, January 1995.

“The Psychoanalytic Contributions of Professor Martin Bergmann.” Paper given at Society of Psychoanalytic Practitioners of Long Island, April, 1995.

“Vicissitudes of Self Cohesion During the Dissertation Ordeal.” Paper given at the Postgraduate Center for Mental Health, Conference on Dissertation Dynamics, April 1986.

“Psychological Survival in the Performing Arts.” Workshop given at the Actors Information Project, New York, N. Y., March, 1985.

“Interpretation and Working Through in Milieu Therapy.” Paper given at various local agencies and county social service departments during 1975 and 1976.

PUBLICATIONS

Numerous articles about licensing laws and the structure and function of professions, which have been published in local psychoanalytic newsletters and widely distributed on email.

(2010) “Psychoanalytic Theory” (with Jerrold Brandell). In: *Theory and Practice in Clinical Social Work, Second Edition*, ed. Jerrold Brandell. New York: SAGE Press.

(2010) “Psychoanalytic psychotherapy with adults.” In: *Theory and Practice in Clinical Social Work, Second Edition*, ed. Jerrold Brandell. Glencoe, Ill: Free Press.

(2009) Relational Psychoanalysis: A Review. (with Jay Frankel). *Psychoanalytic Social Work*, 16:105–125.

(2006). Psychoanalysis as a profession: Confronting the NAAP challenge to psychoanalysis. *Round Robin, Newsletter of the Psychologist-*

Psychoanalyst Practitioners of the Division of Psychoanalysis, American Psychological Association, XXI, No. 2.

(2004). Psychoanalysis in the United States: A new challenge. *International Psychoanalysis, Vol. 13, No. 1* (Summer Supplement).

(2003). Notes and the structure and functions of professions, with special reference to psychoanalysis (Unpublished paper, privately circulated).

(1999). Love and its objects: On the contributions to psychoanalysis of Martin S. Bergman. *Psychoanalytic Review, Vol. 86, No. 6.*

(1997). Psychoanalytic theory (with Jerrold Brandell). In: *Theory and Practice in Clinical Social Work*, ed. Jerrold Brandell. Glencoe, Ill: Free Press.

(1997) Psychoanalytic psychotherapy with adults. In: *Theory and Practice in Clinical Social Work*, ed. Jerrold Brandell. Glencoe, Ill: Free Press.

(1996). Book Review: "Dream Portrait," by Daisy Franco, Alma Bond, and Arlene Kramer Richards. *Journal of Analytic Social Work, Vol. 3, No. 1.*

(1996) On Love and the Object World. *Issues in Psychoanalytic Psychology, Vol. 18, No. 1.*

(1995). On the Narcissism of Minor Differences. *Issues in Psychoanalytic Psychology, Vol 17, No. 1.*

(1995). Book Review: "The Spectrum of Psychoanalysis: Essays in Honor of Martin Bergmann." *Psychotherapy and Psychoanalysis, Vol 12, No. 2.*

(1996). The Professional Identity of the Social Work Psychoanalyst: Professional Affiliations and Future Prospects. *Journal of Analytic Social Work, Vol. 2, No. 4.*

(1996). The Professional Identity of the Social Work Psychoanalyst: Theoretical Orientations. *Journal of Analytic Social Work, Vol.2, No. 3.*

(1995). The Professional Identity of the Social Work Psychoanalyst: Professional Activities. *Journal of Analytic Social Work, Vol.2, No. 2.*

(1995). The Professional Identity of the Social Work Psychoanalyst: The Genesis of Professional Identity. *Journal of Analytic Social Work, Vol.2, No. 1.*

(1995). Book Review: "Treatment of the Submerged Personality," by Alexander Wolf and Irwin Kutash. *Journal of the American Academy of Psychoanalysis, Vol. 22, Number 4.*

(1994). Book Review: "Conflict and Compromise: Therapeutic Implications," ed. by Scott Dowling. *Journal of Analytic Social Work, Vol.1, No. 3.*

(1987). A Comparative Study of the Professional Identities of Social Workers and Psychologists in Psychoanalytic Training and Practice (Doctoral dissertation). University Microfilms: Ann Arbor, Michigan. Abstracted in *Social Work Research and Abstracts, Vol. 23, No. 3, Fall 1987, p. 39.*

PROFESSIONAL ASSOCIATIONS

Institute for Psychoanalytic Training and Research (IPTAR)

New York Freudian Society (NYFS)

American Psychoanalytic Association (APsaA)

Confederation of Independent Psychoanalytic Societies (CIPS)

International Psychoanalytical Association (IPA)

American Psychological Association (APA)

(Member, Division for Psychoanalysis-Division 39), and Section for Psychologist-Psychoanalyst Practitioners-Section 1)