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## UCSF Psychiatry to host 13th annual Wallerstein Lecture on March 21

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*By Nicholas Roznovsky [1]*



Noted psychologist and psychotherapy researcher George Silberschatz, PhD [2], will deliver the 13th annual Robert S. Wallerstein, MD Visiting Lectureship in Psychoanalysis and Psychotherapy on March 21, 2018.

The University of California, San Francisco Department of Psychiatry will host its 13th annual Robert S. Wallerstein, MD Visiting Lectureship on Psychoanalysis and Psychotherapy [3] on Wednesday, March 21, 8 from 1-5 p.m. in Cole Hall Auditorium on the UCSF Parnassus Heights campus.

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 [4], and is focused on showcasing psychoanalytic knowledge and clinical expertise that influence psychiatry, psychotherapy, and psychoanalysis.

UCSF clinical professor of psychiatry and San Francisco Psychotherapy Research Group president George Silberschatz, PhD [2], 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 [5], for discussion and a post-talk question and answer session.

Silberschatz 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 [6]. 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.



Hanna Levenson, PhD <sup>[5]</sup>

Levenson is a professor at the Wright Institute in Berkeley, California, and a Fellow of Division 29 (Society for the Advancement of Psychotherapy) of the American Psychological Association. In addition, she maintains a private practice in Oakland where she sees individuals and couples for therapy and professionals for consultation/supervision. For twenty years, Levenson was a clinical professor at UCSF Psychiatry, also serving as director of the Brief Therapy Program at the VA Medical Center; and director of the Brief Therapy Program at the California Pacific Medical Center, all in San Francisco.

A specialist in the areas of integrative brief psychotherapy and clinical supervision for 40 years, she is the author of more than 80 professional papers and three books (*Time Limited Dynamic Psychotherapy: A Guide to Clinical Practice*, *Brief Dynamic and Interpersonal Therapy*, and *Brief Dynamic Therapy*). Levenson also has four professional videos illustrating her approach, and recently received the Distinguished Contribution to Psychology as a Profession Award given by the California Psychological Association. She has also received a Certificate of Recognition Award from the National Organization of VA Psychologists.

### **Free tickets now available online**

The Wallerstein Lectureship event is free, but advance registration is requested <sup>[7]</sup>. For further information, visit [psych.ucsf.edu/wallerstein](http://psych.ucsf.edu/wallerstein) <sup>[3]</sup> or email [psychiatryeventslectures@ucsf.edu](mailto:psychiatryeventslectures@ucsf.edu) <sup>[8]</sup>.

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### **About UCSF Psychiatry**

The UCSF Department of Psychiatry <sup>[9]</sup> and the Langley Porter Psychiatric Institute are among the nation's foremost resources in the fields of child, adolescent, adult, and geriatric mental health. Together they constitute one of the largest departments in the UCSF School of Medicine and the UCSF Weill Institute for Neurosciences, with a mission focused on research (basic, translational, clinical), teaching, patient care and public service.

UCSF Psychiatry conducts its clinical, educational and research efforts at a variety of locations in Northern California, including UCSF campuses at Parnassus Heights, Mission Bay and Laurel Heights, UCSF Medical Center, UCSF Benioff Children's Hospitals, Zuckerberg San Francisco General Hospital and Trauma Center, the San Francisco VA Health Care System and UCSF Fresno.

### **About the UCSF Weill Institute for Neurosciences**

The UCSF Weill Institute for Neurosciences <sup>[10]</sup>, established by the extraordinary generosity of Joan and Sanford I. "Sandy" Weill, brings together world-class researchers with top-ranked physicians to solve some of the most complex challenges in the human brain.

The UCSF Weill Institute leverages UCSF's unrivaled bench-to-bedside excellence in the neurosciences. It unites three UCSF departments—Neurology, Psychiatry, and Neurological Surgery—that are highly esteemed for both patient care and research, as well as the Neuroscience Graduate Program, a cross-disciplinary alliance of nearly 100 UCSF faculty members from 15 basic-science departments, as well as the UCSF Institute for Neurodegenerative Diseases, a multidisciplinary research center focused on finding effective

treatments for Alzheimer's disease, frontotemporal dementia, Parkinson's disease, and other neurodegenerative disorders.

## About UCSF

UC San Francisco (UCSF) [11] is a leading university dedicated to promoting health worldwide through advanced biomedical research, graduate-level education in the life sciences and health professions, and excellence in patient care. It includes top-ranked graduate schools of dentistry, medicine, nursing and pharmacy; a graduate division with nationally renowned programs in basic, biomedical, translational and population sciences; and a preeminent biomedical research enterprise. It also includes UCSF Health, which comprises top-ranked hospitals ? UCSF Medical Center [12] and UCSF Benioff Children's Hospitals in San Francisco [13] and Oakland [14] ? and other partner and affiliated hospitals and healthcare providers throughout the Bay Area.

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### Links

- [1] <http://profiles.ucsf.edu/nicholas.roznovsky>
- [2] <http://profiles.ucsf.edu/george.silberschatz>
- [3] <https://psychiatry.ucsf.edu/wallerstein>
- [4] <https://psychiatry.ucsf.edu/news/memoriament-robert-s-wallerstein-md>
- [5] <http://www.hannalevenson.com/>
- [6] <https://www.sfprg.org/>
- [7] <https://www.eventbrite.com/e/2018-wallerstein-visiting-lectureship-in-psychoanalysis-psychotherapy-registration-41145753055>
- [8] <mailto:psychiatryeventslectures@ucsf.edu?subject=Wallerstein%20Lecture>
- [9] <https://psychiatry.ucsf.edu/welcome-ucsf-psychiatry>
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