

COLUMBIA PSYCHOSOMATICS ROUNDS

February 21st, 2018, 5:30-7:00 PM

Free and open to the public

Embodied Listening: The initial interview as a healing journey



Sue A. Shapiro, PhD

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Dr. Sue Shapiro who has been working in an integrative bio-psycho-social way since 1978, will describe the approach she has found most useful in listening and inquiring during initial sessions that accepts and appreciates the uniqueness of each individual that she sees in consultation. Dr. Shapiro sees herself in part as a detective as she co constructs with her patients an 'owner's manual'—a way of identifying and recognizing their individual emotional, cognitive, and physiological styles and needs.

Dr. Shapiro is a clinical psychologist and psychoanalyst who has been in private practice since 1978. She has a longstanding interest in the integration of physiological and psychological understanding of individual development and her adult patients' presenting symptoms. Following her internship at McLean Hospital and her years as an assistant unit chief at Kingsboro Psychiatric Center she developed an interest in working with people suffering from severe depression and bipolar disorder. Additionally in the mid 1980's she began a longstanding interest and expertise working with trauma—both adult responses to acute trauma, adults suffering from the consequences of childhood trauma, as well as people experiencing the enduring effects of intergenerational transmission of trauma. In 1989 she fought for and founded one of the first psychoanalytically oriented clinic for sexual abuse survivors. Many of these patients presented with both longstanding physical pain and autoimmune disorders. Dr. Shapiro's personal experience exploring various forms of body oriented therapies led to an interest in incorporating various nonverbal interventions in her clinical work including EMDR, Mindfulness, Breath work and Somatic Experience. Her 1996 paper, "The Embodied Analyst in the Victorian Consulting Room" published in *Gender and Psychoanalysis*, opened the way for relational psychoanalysts' attention to and exploration of patient and analyst's bodily experience during traditional verbal treatment. She is an Assistant Editor for *Studies in Gender and Sexuality*, and *Contemporary Psychoanalysis*, founding member and Faculty at Contemplative Studies Project and a Board Member of Ferenczi Center, New School for Psychoanalysis.

**We welcome mental health and medical clinicians, researchers, and trainees
to join our multidisciplinary rounds**