

# Short-Term Dynamic Psychotherapy: Emotion Meets Cognition

*presented by*

## Steven B Sandler, MD

Steven B. Sandler is a psychiatrist in Albany, New York. He received his M.D. degree from Hahnemann Medical College in Philadelphia. He completed his psychiatry residency at Albany Medical Center. Dr. Sandler teaches psychotherapy to psychiatrists and psychologists in training, and he has lectured widely on the topic of dynamic psychotherapy in the U.S. and Canada. He is the author of *Remembering with Emotion in Dynamic Psychotherapy* (Jason Aronson, 2011).

**Thursday, June 10, 2021 @ 12:00pm**  
**Online via VMR**

To access the VMR, go to <http://meet.hhchealth.org> on your web browser. **Google Chrome is required.** You will be prompted to enter your name. Do so, then click OK. Next, click the blue button to dial in with video. Use the access code **meet.iolhartford**, then click the green button. When you're prompted to enter a PIN, click JOIN instead. At this point you should be signed into the meeting.

**Learning Objectives:** *As a result of participating in this Live Activity, participants should be able to:*

- 1 Discuss Reich's theory of emotion.
- 2 Define memory reconsolidation.
- 3 List the main elements required to change a pathogenic belief.

**Accreditation Statement:** In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

**Credit Designation Statement:** Hartford Healthcare designates this Live Activity for 1.25 *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should only claim credit commensurate with their participation.

**Financial Disclosures:**

Name of individual	Individual's role in activity	Name of commercial interest/Nature of relationship
Erica Moura, LCSW, MBA	Course Director	Nothing to disclose - 04/20/2021
Steven B Sandler, MD	Faculty	Nothing to disclose - 04/11/2021

