

21st Century Children and Adolescents: Clinical Approaches

A new program for professionals of all disciplines and levels of experience, held online, starting January 2025.

Every generation faces new challenges. Children born in the 21st century are clearly facing unique ones. Consider the events and issues affecting this generation: September 11, 2001, ongoing, multiple school shootings, the pervasiveness of the internet and social media, the expanded use of smart phones, controversies and issues around nonbinary gender identification, the MeToo, Black Lives Matter, Climate Justice and Trans movements; donor babies (assisted reproduction) and the COVID-19 pandemic – to name a few.

As clinicians we are aware that these sociopolitical, cultural developments and traumatic events are shaping the emotional and social lives of the children and adolescents we treat. This program will focus on contemporary clinical topics related to today's challenges.

The Schedule

10 Classes, presented online, on the second Monday of each month from 7:30 to 9:00 pm

Classes are held in 2025 on the following dates:

January 13, February 10, March 10, April 14, May 12, June 9, (no classes in July or August)
September 8, October 13, November 10, December 8.

Tuition

Early Registration pricing: \$475 (*offered through 11/30/24 only*)

Professionals, starting 12/1: \$550

Students, Candidates and current attendees of *What Really Works*: \$400

Program Director: Wendy Panken, LCSW

SYLLABUS

Class 1 1/13/2025

Pascal Sauvayre, Ph.D.

Sexual Identity in the 21st Century through the Prisms of Gender, Sex, and Sexuality

Pascal Sauvayre, Ph.D. is faculty, supervising and training psychoanalyst at the William Alanson White Institute, New York. He studies and writes at the disciplinary boundaries of

psychoanalysis and has published two books The Unconscious, Contemporary Refractions in Psychoanalysis,” co-edited with David Braucher and “Culture, Politics and Race in the Making of Interpersonal Psychoanalysis,” co-edited with Roger Frie. Dr. Sauvayre has a private practice in New York City.

Learning Objectives:

1. The attendee will distinguish the concepts of gender, sex, and sexuality and understand how their interplay informs the formation of one's sexual identity.
2. The attendee will understand and appreciate the pivotal potential of the chumship stage in addressing the developmental challenges of one's sexual identity.

Class 2 2/10/2025 Nancy Freeman-Carroll, Psy.D.
Disclosure of Donor Assisted Conception: Helping Parents Make Meaning for Children

Nancy Freeman-Carroll, Psy.D. is supervising and training psychoanalyst at the William Alanson White Institute, New York. She developed an interest in reproductive psychiatry after becoming a mother in 2004. She studied early parent-infant communication with Beatrice Beebe as a graduate student and has taught classes in local psychoanalytic institutes on the influence of infant research on psychoanalytic theory and practice. Dr. Freeman-Carroll has written and presented on disclosure following donor assisted conception (DAC) and facilitates an on-line support group for families living with DAC. She is an active member of the Mental Health Professional Group of the American Society for Reproductive Medicine. She conducts evaluations of directed donors and surrogates, consultations of intended parents, and short-term therapeutic support for families addressing disclosure of assisted conception. She has a private practice in Manhattan.

Learning Objectives:

1. Participants will understand the issues surrounding choosing to use assisted reproductive technology.
2. Participants will understand and be able to work with the dilemmas donor babies face as they grow up.

Class 3 3/10/2025 Ernesto Mujica, Ph.D.
Working With Sexually Abused Children in Schools and With Parents

Ernesto Mujica, Ph.D. is a supervisor of psychotherapy at the William Alanson White Institute, where he is an Associate Editor of the Institute's journal, Contemporary Psychoanalysis, and serves as Director of the institute's Sexual Abuse Study Group and Service. He is also a member of the teaching faculty of the Korean Institute of Clinical Psychoanalysis in Seoul and is a member of the Facilitator Team for the Weekends of Retreat within

MenHealing.org. Dr. Mujica served as President of the Division of Psychoanalysis for the New York State Psychological Association and served on the Board of the Society for Psychoanalysis and Psychoanalytic Psychology (Div.39) of the American Psychological Association.

Learning Objectives:

1. Students will be able to identify sexual abuse
2. Students will become more comfortable naming it with school personnel and parents.

Class 4 4/14/2025 Annalee Sweet, LCSW, CGP
The Secret Lives of Children and Adolescents: Restricting, Purging, Binging and Overexercising.

Annalee Sweet, LCSW, CGP, is a licensed clinical social worker and a certified group psychotherapist. She is a graduate of the Child and Adolescent Psychotherapy Training Program and the Couples Therapy Training Program at the William Alanson White Institute. She is a Level 1 practitioner of Internal Family Systems therapy. She has worked at all levels of care in eating disorder treatment in Boston and New York City. She is in private practice in Columbus Circle, where she provides group, family, couples and individual therapy to adolescents and adults, primarily to those with eating and body image issues.

Learning Objectives:

1. Students will learn to diagnose and distinguish eating disorders from more general adolescent turmoil
2. Students will become familiar with the fundamental conceptual frameworks and techniques for treating adolescents who are exhibiting eating disorder behaviors

Class 5 5/12/2025 Stephen Friedman Ph.D.
Interrogating Whiteness in Cross Racial Encounters with a Focus on Adolescence

Stephen Friedman Ph.D. is the Assistant Director of the Social Work Internship Program at the William Alanson White Institute (WAWI) and supervises doctoral students at the CUNY Graduate Center's Clinical Psychology Program and Smith College School of Social Work. Dr Friedman also teaches in the WAWI IPPP program, the WAWI CAPT Program and at the Manhattan Institute for Psychoanalysis. He received his certificate in psychoanalysis from the WAWI in 2022 and his PHD from Smith College for Social Work in 2024. His professional background includes eight years as Chief Clinical Social Worker in the Jacobi Hospital Adult Outpatient Psychiatric Clinic and 18 years in a private independent school with profoundly learning-disabled children.

Learning Objectives:

1. Improve the capacity to navigate racial enactments in cross-racial clinical encounters.
 2. Enhance the capacity to reflect on blind spots that can lead to White saviorism
 3. Ability to reflect on the influence of social and historical context beyond individual psychology in cross-racial clinical encounters
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No classes July or August

Class 6

6/9/2025

Tammy Kaminer, Ph.D.

Ongoing and Emerging Trends in Adolescent Social Media Use and the Impact on Adolescent Psychotherapy

Tammy Kaminer, Ph.D. is a clinical psychologist with 30 years of experience in the treatment of children, adolescents, parents, couples, and families. Dr. Kaminer is a graduate of the William Alanson White's CAPTP and is currently teaching in the program. She is in full-time private practice on the Upper Westside in NYC. Her previous experience includes providing psychotherapy, neuropsychological testing, and supervision in school and hospital settings.

Learning Objectives:

1. Identify the ways that social media use has changed adolescent culture in the 21st century.
 2. How has this changed adolescent culture impacted the way that adolescent psychotherapists work?
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Class 7 9/8/2025

Lisa Dubinsky, Psy.D.

Growing Up in Two Homes: Creating a Safe Space for a Child or Adolescent to Grow in the Context of Divorce

Lisa Dubinsky, Psy.D. is a clinical psychologist, with a special interest in early childhood and children on the autism spectrum. She is a consultant with mainstream preschools and works with children of all ages, parents, and adults in psychotherapy. She is a supervisor, faculty member and Director of the Child, Adolescent Psychotherapy Training Program at the William Alanson White Institute.

Learning Objectives

1. Participants will gain an understanding of the impact of divorce on children of various ages, and ways to work with parents to help them empathize with their children, tolerate their own discomfort, and take appropriate actions.
 2. Participants will have a clearer understanding of the risks of working with divorcing families, how to set limits, and cope with the countertransferential feelings.
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Class 8 10/13/2025 Joseph Mikulka, LCSW-R **Working with Children and the Erotic Field**

Joseph T. Mikulka, LCSW-R, (aka JT) is a graduate Hunter College School of Social Work and the William Alanson White Institute's Program in Psychoanalysis and Child and Adolescent Psychotherapy Training Program. He is faculty at IPSS, Adelphi, and the William Alanson White Institute. He has published and presented his work on play therapy, working with severe pathology, adoption and gender transition, and on helping kids recover from war and armed conflict. JT is an associate editor for the journals Contemporary Psychoanalysis and the Journal for Child and Adolescent Psychotherapy, and President of the board of Section II (Children and Adolescents) of Division 39. He is in private practice in New York City.

Learning Objectives

1. Participants will be able to identify erotic transferences in their work with children.
 2. Participants will be able to describe how to make use of different erotic transferences in work with children.
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Class 9 11/10/2025 Jacqueline Ferraro, D.M.H. **Nonsuicidal Self Injury (NSSI): An Adolescent Solution to Psychic Pain**

Jacqueline Ferraro, D.M.H. is Executive Committee member, faculty and supervisor in both the Child and Adolescent Psychotherapy Training Program (CAPTP) and in the Eating Disorders, Compulsions and Addictions Service (EDCAS) at the William Alanson White Institute. Dr. Ferraro is in private practice in Manhattan working with children, adolescents, and adults.

Learning Objectives:

1. Participants will be able to define and differentiate non-suicidal self-injury (NSSI) from suicidality in adolescents
2. Participants will be able to describe variables central to non-suicidal self-injury, including the roles of emotional dysregulation and self-derogation

3. Participants will identify NSSI as a communication through the body and learn ways to facilitate emotion regulation and deal with negative internal states, through interpersonal exchanges, developing a language for emotions, and using counter-transferential experiences in the clinical work with adolescents

Class 10 12/8/2025 Jill Lebowitz, Psy.D.
The Use of Attachment Theory in Clinical Work with Children and Their Families

Jill Lebowitz, Psy.D. is a psychologist in private practice with 25 years of experience practicing play therapy and psychotherapy in New York City. She is a graduate of the Child and Adolescent Psychotherapy Training Program at the William Alanson White Institute, where she now teaches and supervises, and of the Anni Bergman Parent-Infant Training Program, where she continues to do parent-child dyadic work through their Home Visiting Project. Dr. Lebowitz teaches and supervises students from graduate programs at several universities in New York City. She is the author of two children's books (The Untold Story of Itsy Bitsy's Long, Emotional Day and Mama's Stressed! The Untold Story of Itsy Bitsy and Mama) that utilize concepts from Attachment Theory to facilitate conversations between children and their grown-ups about big emotions.

Learning Objectives:

1. Identify connections between attunement, patterns of emotion communication, and attachment.
2. Identify signs of defensive exclusion.
3. Identify methods of working therapeutically to facilitate open emotion communication with patients, as well as between child patients and their caregivers, to minimize defensive exclusion processes.