



## Biosketch

### **Jeffrey Katzman, MD**

*Professor Emeritus, University of New Mexico*

Dr. Katzman's lifelong work has been to help patients overcome the isolation that informs so many modern lives. He studied human relationships through the Human Biology program at Stanford University as an undergraduate, and went on to medical school at UC San Diego before completing psychiatry residency training at the UCLA Neuropsychiatric Institute. Dr. Katzman's study of contemporary psychodynamic theory has included certifications in the Adult Attachment Interview, the Institute of Contemporary Psychoanalysis Psychotherapy program, Intensive Short-Term Dynamic Psychotherapy, Mentalization Based Therapy, and Family Systems through the Post-Graduate training program at the Bowen Center for Study of the Family. He has held leadership positions in the American Academy of Dynamic Psychiatry and Psychoanalysis (AADPP), and his program was an earlier recipient of the Victor Teichner program through AADPRT and the AADPP.

Dr. Katzman has extensive experience in hospital administration. He served as the Chief of Psychiatry and Director of the Behavioral Health Care line at the New Mexico VA Healthcare System for many years. He was the Vice Chair for Education for the Department of Psychiatry at the University of New Mexico and served as the Vice Chair of Clinical Services for many years prior. He has retired from these positions and is currently Professor Emeritus at the University of New Mexico. He currently serves as the medical director for grant supported programs to promote resilience for first responders, clinicians, and police and correctional officers through Project ECHO. He is also the Director of Education at Silver Hill Hospital in New Cannan, Connecticut, the Director of the Silver Hill Academy for Research and Education (SHARE) and Professor Adjunct at the Yale Department of Psychiatry.

Dr. Katzman also has a longstanding interest in communication. Much of this comes from his thirty-year background in improvisational theater. He has worked with psychiatry residents and medical students using improvisation to enhance the capacity for collaboration and spontaneity so important to the therapeutic alliance. He conducted a study demonstrating increased resilience in a cohort of psychiatry residents participating in six improvisational theater sessions. He has worked with interdisciplinary groups of providers in various hospital settings and with medical leadership teams to foster a sense of teamwork and joy in working together through engaging in experiences in improvisation.

Over the past four years, Dr. Katzman has become a student of both resilience and loneliness. He has directed three programs for Project ECHO centered on facilitating resilience development for clinicians, inviting speakers from around the nation to educate participants. Through this he has developed a unique workbook in conjunction with the program team. He has



also published this work in multiple peer reviewed publications. Recently, he presented his ideas about loneliness to the First Annual Loneliness conference in the Kingston over Hull, England.

In addition to his scholarly, peer-reviewed research, Dr. Katzman has also published two popular works. His study of, and love for, improvisation is captured in his books, *Life Unscripted* and *Ensemble*, co-authored with his improvisation mentor Dan O'Connor. The later focuses on the experience of loneliness in our lives. His 2012 novel, *The Storymaker*, was recognized as a Semi-Finalist in the Amazon Breakthrough Novel competition of 10,000 submissions focused on a protagonist to break free from life patterns creating a sense of loneliness and detachment toward an experience of authentic living.