

**The Psychological Trauma Center**  
a division of Preventive Psychiatry Associates Medical Group, Inc.

Medical Director: Gilbert W. Kliman, M. D.

2105 Divisadero St., San Francisco, CA 94115  
Phone (415)292-7119 Fax (415) 749-2802  
[www.expertchildpsychiatry.com](http://www.expertchildpsychiatry.com)

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*Forensic Child Psychiatric Evaluations, Life Care Plans & Testimony*

## **Nathan Moses Szajnberg, M. D.**

### Education

University of Chicago, B.A., Biology 1974  
University of Chicago, M.D. 1974  
University of Chicago, Pediatrics Resident, 1974-1975  
Michael Reese Hospital, Residency in General Psychiatry 1975-1977  
Michael Reese Hospital, Residency in Child & Adolescent Psychiatry 1977-1979  
Advanced training in hypnosis and attachment issues 1992-1995  
Graduate, St. Louis and San Francisco Psychoanalytic Institutes 1999

### Certification

American Psychoanalytic Association 2000

### Employment

Private Practice 1979-present

### Academic Appointments

- Assistant Professor of Psychiatry, Cornell University Medical College 1981-1985
- Assistant Professor of Psychiatry, University of Connecticut 1985-1987
- Associate Clinical Professor, University of Connecticut Health Center 1987-1991
- Associate Professor, Medical College of Wisconsin 1992-1995
- Clinical Professor II, University of California 1996-Present
- San Francisco, Langley Porter Psychiatric Institute

### Honors and Awards

- National Institute of Mental Health, Research Fellow, Adolescent Psychiatry 1977-8

- National Institute of Mental Health, Faculty Career Development Grant, Infant Psychiatry 1983-4
- American Cancer Society Grant Award 1988-1989
- Pediatric Gastroenterology Research Fund Award 1989-1990
- Children's Hospital of Wisconsin Foundation 1994-1996
- Firefighter's Fund of UCSF 1998 International Psychoanalytic Association 1998-2000
- Windholz Fund of the SF Psa Institute 1999

## Memberships

- American Academy of Child and Adolescent Psychiatry
- American Psychoanalytic Association

## Invited Lectureships (selections)

- University of Chicago, Bruno Bettelheim and American Psychoanalysis. 1986
- Visiting Professor, University of Zagreb, Yugoslavia 1988
- The Inter-University Center, Dubrovnik, Yugoslavia, 1989
- Visiting Professor, University of Zagreb Medical School, Yugoslavia 1988
- N.Y. Medical College, "Attachment and Relationship Disturbances in IBD." 1991
- St. Louis University Medical Center, "Bruno Bettelheim: Reconciling Inner and Outer Man." 1992
- Society of Professors of Child and Adolescent Psychiatry Annual Meeting, "Integration of Child Psychiatry Into State Mental Health Systems." 1993
- University of Wisconsin-Madison, "Bruno Bettelheim: Reconciling Inner and Outer Man." 1993
- Jewish Community Center, "Holocaust: Lessons for the Living." 1993 Children's Hospital of Wisconsin, with T. Berry Brazelton, M.D., "Building Community Around Families," Italian Community Center 1993
- International Congress of Child and Adolescent Psychiatry and Allied Professions, Association for Child Psychoanalysis Symposium, San Francisco, California; Understanding Trauma in Children and Adolescents 1994
- Visiting Professor, University of Oulu, and Finnish Academy of Sciences, Finland 1994 & 1995
- Medical College of Virginia, Visiting Professor 1998-99
- St. Louis Psychoanalytic Society: Leonard Bernstein, Creativity and the Implications for Psychoanalytic Listening 1998

## Licensure

- State of California (G 41019)
- Board Certification General Psychiatry 1979 Child and Adolescent Psychiatry 1981 Certification, Psychoanalysis: 2000

## Publications

1. Szajnberg, N. and Diamond, S. (1980). Migraine Headache, Biofeedback and New Symptom Formation. *Headache*, 20:1, 29-31.
2. Szajnberg, N. (1983). Visual Maturation and Part-Object Mental Representations in the First Half-Year of Life. *Infant Mental Health Journal*, 4:2, 83-94.
3. Szajnberg, N. (1985). Staff Countertransference in the Therapeutic Milieu: Creating an Average Expectable Environment. *The British Journal of Medical Psychology*, 58:331-336.
4. Szajnberg, N. (1986). An Empty Memory: A Defect in Evocative Memory Treated by Psychotherapy. *Dynamic Psychotherapy*, 3:2, 171-181.
5. Szajnberg, N. (1986). Ubertragung, Metaphor and Transference in Psychoanalytic Psychotherapy. *International Journal Of Psychoanalytic Psychotherapy*, 11:53-69.
6. Szajnberg, N. (1986). Medical Students' Attitudes Towards Child Psychiatry: The Impact of a Third-Year Required Rotation. *Journal of Psychiatric Education*, 10:1, 5-14.
7. Szajnberg, N., Ward, M.J., Kessler, D., and Krauss, A. (1987). Low Birth-Weight Premature Infants: Preventive Intervention and Maternal Attitude. *Child Psychiatry and Human Development*. 17:3, 152-165.
8. Szajnberg, N. (1987). The Milieu Therapist: Toward a Theory of Action. *Residential Treatment for Children and Youth*, 5:2, 51-57.
9. Szajnberg, N. and Weiner, A. (1988). Children's Conceptualization of Their Own Psychiatric Illness and Hospitalization. *Child Psychiatry and Human Development*, 20:2, 87-97.
10. \*Szajnberg, N., Skrinjaric, J., and Moore, A. (1989). Affect Attunement, Attachment, Temperament and Zygosity: A Twin Study. *Journal of the American Academy of Child and Adolescent Psychiatry*. 28:2, 249-253.
11. Szajnberg, N. (1989). The Developmental Continuum from Secrecy to Privacy in a Psychodynamic Milieu. *Residential Treatment for Children and Youth*, 6:2, 9-27.
12. Szajnberg, N. and Skrinjaric, J. (1989). Family Discord in Childhood Cancer. *Arh. zast, majke and djeteta*, 5-12.
13. Szajnberg, N. (1989). Inpatient Child and Adolescent Psychiatry Training: A Panel Report. *Society of Professors of Child and Adolescent Psychiatry Newsletter*, 1-3.
14. Szajnberg, N., Zalnairitis, E., Altman, Al, Weisman, S., Andrulonis, P. (1989). Anorexia Nervosa in a Child with Acute Lymphocytic Leukemia in Remission. *Clinical Pediatrics*, 28:12, 561-567.
15. Szajnberg, N. (1992). Psychoanalysis as an Extension of Autobiographical Genre: Poetry and Truth, Fiction and Reality. *International Journal of Psychoanalysis* 19:3, 375-87.
16. \*Szajnberg, N., Krall, V., Davis, P., Treem, W., and Hyams, J. (1993). Psychopathology and Relationship Measures in Children with Inflammatory Bowel Disease and Their Parents. *Child Psychiatry and Human Development* 23:3, 215-232.

17. Szajnberg, N. (1993). The Recovery of a Repressed Traumatic Memory and Subsequent Representational Shift in an Adolescent's Analysis. *Journal of the American Psychoanalytic Association* 41:3, 711-727.
18. Rusakow, L., Gershan, W., Bulto, M., and Szajnberg, N. (1993). Munchausen's Syndrome Presenting as Cystic Fibrosis with Hemoptysis. *Pediatric Pulmonology*, Vol. 16:326-329.
19. Szajnberg, N. (1994). Mobius Syndrome: Alternatives in Affective Communication. *Developmental Medicine and Child Neurology*, 36, 459-462.
20. Szajnberg, N. (1994). Bruno Bettelheim: Culture in Man, Man in Culture and a Language for Both. *Psychoanalytic Review*, 81(3): 491-507.
21. \*Skrinjaric, J., Szajnberg, N., Vidovic, V., DeZan, D. (1994). Mothers' Perceptions of Infant Affect in a Croatian Sample: The IFEEL Pictures Assessment. *Infant Mental Health Journal*, Vol. 15(4):328-335.
22. Szajnberg, N. and Altman, A. (1994). Consultation-Liaison and General Systems Theory. *International Pediatrics*, Vol. 4:39-45.
23. Szajnberg, N., Altman, A., Weisman, S., and Quinn, J. (1995). Physician/Nurse Attitudes and Treatment Adherence/Compliance in Children with Cancer: A Pilot Study and New Instrument. *Psycho-Oncology*, Vol. 4:47-53.
24. Krall, V., Szajnberg, N., Hyams, J., Treem, W. and Davis, P. (1995). Projective Personality Tests of Children with Inflammatory Bowel Disease. *Perceptual and Motor Skills*, 1995, Vol. 80: 1341-1342.
25. \*Kozaric-Kovacic, D., Folnegovic-Smalc, V., Skrinjaric, J., Szajnberg, N., and Marusic, A. (1995). Rape, Torture, and Traumatization of Bosnian and Croatian Women: Psychological Sequelae. *American Journal of Orthopsychiatry*, 65(3):428-33.
26. Szajnberg, N. and Weiner, A. (1996). Children's Concepts of Psychiatric Treatment and Cure. *Child Psychiatry and Human Development*. 26: 4, 247-254.
27. Szajnberg, N. (1996). Towards a Conceptual Alliance about Therapeutic Alliance: a Voyage Through the Inferno, *J. Am Acad. of Psa.* 24:1, 95-113.
28. \*Szajnberg, N. and Crittenden, C. (1997). The Transference Refracted Through the Lens of Attachment., *J. Am Acad. of Psa.* 25: 3, 409-438
29. Massie, H. and Szajnberg, N.M. (1997) The Ontogeny of a Fetish from Birth to Age 30 and Memory Processes: A Research Case Report From a Prospective Longitudinal Study. *International J. of Psychoanalysis.* 78: 755-771.
30. Szajnberg, N. (1997) The Aesthetic Aspects of Psychoanalysis. *J. Am. Acad. of Psa.* 25 (2), 189-210.
31. Massie, H. and Szajnberg, N. (2000). The evolution of Six Hyperactive Children from Birth to Age Thirty: A Psychoanalytic Study of Troubled Attachment and Transformation of Symptoms." *Perspectives Psychiatriques*, 2000.
32. Hiltunen, P. Moilanen, I., Szajnberg, N., Gardner, N. (1999). The IFEEL Pictures: Transcultural aspects of importing a new method. *Nord. J. Psychiatry*, Vol 53, N. 3, 231-235.

33. Hiltunen, P., Jokelainen, J., Szajnberg, N., Moilanen, I., (2001). Seasonal variation in postnatal depression: sunlight as a protective factor. *Journal of Affective Disorders* (pending).
34. Szajnberg, N. Elliot, M., Ridgeway, D. , and Waters, E. (2000), Maternal Attachment Disturbance as an Etiological Factor in Childhood Inflammatory Bowel Disease: a Model for Psychosomaticity. In preparation
35. \*Contributions to Significant Publications (highlighted on CV)

## Books

1. Szajnberg, N. (Ed.): *Educating the Emotions: Bruno Bettelheim and Psychoanalytic Development*, Plenum Publishing, New York, 1992.
2. Massie, H. and Szajnberg, N.M. (2001): *Lives across time: a Thirty Year Prospective Study*.

## Chapters and Reviews

1. Szajnberg, N. (1985). The Growing Edge of Development: The Developmental Process and Its Implications for Psychoanalytic Psychotherapy. In: Eds. G. Lubin and N.K. Poulsen, *Piagetian Theory and Its Implications for Mental Health*, California: USC Press, 76-77.
2. Szajnberg, N. (1991). Play Therapy Primer: Therapeutic Approaches to Children with Emotional Problems, by V. Krall. *Journal of American Academy of Child and Adolescent Psychiatry*, 30:5, p 857.
3. Szajnberg, N. and Skrinjaric, J. (1993). Perceptions of Infant Affect in Premature Mothers: The I-FEEL Assessment. In: *The I-FEEL Pictures: A New Instrument for Interpreting Emotions*, eds. R. Emde, J. Osofsky, P. Butterfield. National Center for Clinical Infant Programs, Madison, CA: International Universities Press.
4. Szajnberg, N. (1993). The IFEEL Pictures as a Projective Instrument: Pre- and Full-Term Mothers. In: *The IFEEL Pictures: A New Instrument for Interpreting Emotions* Eds. R. Emde, J. Osofsky, P. Butterfield. National Center for Clinical and Infant Programs, Madison, CA: International Universities Press.
5. Szajnberg, N. (1993). Recruitment of Residents into Psychiatry: Implications for Child and Adolescent Psychiatry. *Society of Professors of Child and Adolescent Psychiatry Newsletter*, March , Vol. 2, 7-8.
6. Krener, P., Szajnberg, N. (1993). Society of Professors of Child and Adolescent Psychiatry: Program Summary of the Annual Meeting, March 26-29, 1993. Mutual Aid--Planning for the Future in a Time of Transition. *Society of Professors of Child and Adolescent Psychiatry Newsletter*, October , Vol. 2, 2-7.
7. Radford, P. and Szajnberg, N. (1995). Understanding Trauma in Childhood and Adolescence: What Do We Mean When We Say That A Child Has Been Traumatized? Presentation at the biennial meeting of the International Association for Child and Adolescent Psychiatry and Allied

## Abstracts

1. Szajnberg, N. (1983). The Growing Edge of Development: Parallels Between Piaget's Theory of Cognitive Development and Winnicott's Theory of Emotional Development. In J. Call, E. Galenson, R. Tyson *Frontiers of Infant Psychiatry*.
2. Szajnberg, N. (1983). Visual Maturation and Part Object Mental Representations in the First One-Half Year of Life. In J. Call, E. Galenson, R. Tyson *Frontiers of Infant Psychiatry*.
3. Szajnberg, N., Ward, M.J., Krauss, A., Kessler, D. (1985). Severely Ill Premature Infants' Mothers' Attitudes. In *Behavioral Science*, Vol. 19:121A.
4. Ginsburg, B., Szajnberg, N., Buck, R. (1989). The Primacy of Affect in Modulating Phenotypic Expression in Social Systems. Paper presented at the 19th Annual Meeting of the Behavior Genetics Association. In *Behavior Genetics*, 19:758.
5. Ginsburg, B., Szajnberg, N., Buck, R., Dancer, S. (1993). Is Temperament Embedded in Attunement? Presented at Conference on Scalogram Analysis, Prague, Czech Republic, 1993.
6. Trentadue, N., Davies, W., Troshynski, T., McNeely, and Szajnberg, N. (1994). First Year Experience of a Multidisciplinary Pediatric Chronic Pain Program. To be presented at the Third International Symposium on Pediatric Pain, entitled "Children and Pain: Integrating Science and Care" in Philadelphia, Pennsylvania in June, 1994.
7. Frisbie, K., Combs, L., Davies, W., Rusy, L., Troshynski, T., Szajnberg, N., and Trentadue, N. (1995). Affective Functioning and Self-Esteem in Pediatric Pain Disorder: Objective and Projective Measures. Fifth Florida Conference on Child Health Psychology, April 20-22, 1995, Gainesville.

## Letters to the Editor

1. Szajnberg, N. (1983). Critique: Anorexia Following Use of Extension Brace. *Psychosomatics*, 4:6, 493-494.
2. Szajnberg, N., Zalnairitis, E., Zemel, L. (1987). Unilateral Raynaud's Symptoms Evoked During Dream Report. *Lancet*: 8562, Oct. 3, p. 802.
3. Szajnberg, N. (1994). Medical Student Attitudes Toward Child Psychiatry. *Journal of the American Academy of Child and Adolescent Psychiatry*: 33:1, p. 145.

## Research Interests

1. REGRESSED, CHARACTER DISORDERED PATIENTS IN INSTITUTIONAL AND OUTPATIENT TREATMENT. (1980-1986). Clinical studies of mental representation, memory deficits, and feelings evoked in the caretakers of character disordered patients. My NIMH Adolescent

- Clinical Research Grant permitted exploration of psychosomatic symptoms (ref. 1).
2. EARLY AFFECT COMMUNICATION AND ATTACHMENT. (1987-Present). Work with severely disturbed adolescents and young adults moved me to examine early affective relationships. My NIMH Faculty Development Grant (1983-1984) permitted this shift. I demonstrated that when premature infants' mothers observe a neurobehavioural exam, this improved both maternal attitude and infant development at 12 months (ref. 7). I shifted to studying the relationship between genotypic expression of temperament and environmental variables (attachment and attunement), demonstrating that while the latter two were independent constructs, genotypic expression of temperament was influenced by maternal attachment. Statistically, we used Guttman's Partial Order Scalogram Analysis, an innovative complement to Fischer statistics, permitting data analysis for small samples with complex variables.

While studying pre-term infants (ref. 7), Robert Emde asked me to use a new instrument to assess the context-dependency of maternal affect inference. The resulting two chapters (ref. 3 and 4 under chapters) demonstrated that preterm mothers experience prematurity, shifting affect inference on several categories of affects and that mothers articulated projective stories with more uncertainty and sadness. My study of pre-war Croatia, demonstrated cultural influence on maternal affect inference in full-term mothers. I then examined post-war mothers in Croatia, and cultural differences in Finnish twin and singleton mothers.

3. ATTACHMENT IN SPECIAL POPULATIONS (1993-Present). Using new measures (Q-Sort and Adult Attachment Interview), I explore the significance of attachment in various special populations. a) twins study in Finland, to test whether maternal and child attachment are environmental regulators of genotypic expression of temperament. b) peri-pubertal children with a psychosomatic versus somatic illnesses. c) a thirty year follow-up of a normative sample of infants from the Brody longitudinal study. Our attachment measures permitted us to assess young adult outcome, and, retrospectively re-analyze earlier data with contemporary measures.
4. CLINICAL AND PSYCHOANALYTIC EXPLORATIONS. (1986-Present). Throughout my career, I have published on clinical issues ranging from psychotherapy technique with adolescents, trauma in Bosnian women, to mourning and psychoanalysis ( ref.'s 4,9,15,17,25).
5. DEVELOPMENT THROUGH ADULTHOOD: Intervening factors affecting developmental coherence. (1990-present). This extends my interest in pathways in early development. Our thirty year study permits us to explore the intervening factors and societal impact on development. We use Erikson's framework of concordance of polar tensions at various stages of development to conceptualize this cohort and will explore the transition from Adolescence to young adulthood in Israeli cohorts to examine the impact of educational, child-rearing and societal contributions to developmental pathways.

