

Wooster Welton, Ph.D.

425 East 79th Street
New York, NY 10075

It is with great pleasure that I write in support of Dr. Jerald Grobman's application to become a distinguished fellow of the American Psychiatric Association. In my capacity as the director of training and chief psychologist for the internship and externship programs at Lenox Hill Hospital I came to him as a gifted, dedicated voluntary supervisor and teacher. I am delighted that he has been nominated for this honor.

From the time he started 35 years ago as a supervisor when our clinical program was in its infancy, it was clear that Dr. Grobman would become a major asset. Within several years he developed into a master teacher/supervisor and mentor who helped psychology students with their professional development. As I became aware of his special talents, I decided that psychology interns needed to have a supervisory experience with him to insure they have the best possible preparation before their formal clinical training ended.

As a psychiatrist, Dr. Grobman helped bring an important balance to the clinical training of psychologists. He began each year with an intensive seminar that focused on the comprehensive psychiatric workup of our clinic patients: the focus was on gathering essential personal history, how to formulate a patient's key psychodynamics and how to distinguish an accurate psychodynamic formulation from an accurate psychiatric diagnosis. He showed them how to organize their clinical material efficiently and how to present it effectively. Some students credit his rigorous training in these skills with helping them get job offers, and many acknowledged that his training stayed with them for their entire careers.

Despite the diverse nature and backgrounds of the students he consistently was able to develop a supervisory alliance with each one. His experienced ability to size up each student's strengths and weaknesses helped them develop early therapeutic alliances with their patients regardless of their ego strengths and weaknesses. Ongoing supervision helped each student keep a clear balanced approach toward the patient's need for support, symptom management and capacity for psychodynamic exploration. He emphasized integrating psychodynamic work with other treatment modalities. In the course of the year's clinical work with patients each student appreciated his thoughtful selection of short accessible theoretical readings that highlighted the patient's struggles. His rigorous but supportive supervision and teaching allowed each psychology student to "hold onto" cases for most of their senior training year so that many students - some

for the first time- could have the experience of treating a patient in psychotherapy over an extended period of time. This meant that many students could experience the power of how psychodynamic psychotherapy can effect meaningful change.

Invariably students described the supervisory year with Dr. Grobman as the most demanding but the most rewarding of their entire training. Students often felt it was an important formative experience in their professional development. Some felt the clinical experience with their patients supervised by him was "profound".

Dr. Grobman was also a sensitive team member in our program. Always alert to the other demands on students , he often interceded when students became overwhelmed by calling me when he sensed trouble brewing. This allowed me to head off potential crises. He could often inject humor into what could be grueling administrative obligations for me, reminding m how much he appreciated my efforts in juggling many pressures.

Dr. Grobman's supervisory / teaching skills are matched by his clinical skills. Over the years we have shared many cases outside the clinic, and I came to see his special ability to be patient yet consistently focused to get results with even the most difficult of situations

It is without reservation that I can recommend Dr. Jerald Grobman to become a distinguished fellow of the American Psychiatric Association.

Sincerely,
Wooster Welton, Ph.D.
Chief Psychologist
Director of Training
Lenox Hill Hospital (1980-2012)