

## IN MEMORIAM

## Jeremy David Safran (1952–2018)

There are many ways to characterize Jeremy David Safran's career and legacy. One way: He was pluralistic in sensibility and multilingual in ability when it came to clinical theory and practice. His contributions are noted for their integrative work on emotional experience and interpersonal process and for his advancement of the research on the therapeutic alliance, specifically regarding *ruptures*. What is especially noteworthy about these contributions is that they have stood above the fray of the different psychotherapy traditions, they have had indelible effects on the field, and they have led to a proliferation of research in each area.

Born in Calgary, Alberta, Canada, on April 23, 1952, Jeremy was tragically murdered in his Brooklyn, New York, home on May 7, 2018. He is survived by his wife, Jennifer Hunter, and two daughters, Ayla and Ellie. His father died when he was very young, and he was predeceased by his mother and only sibling, a sister, many years ago. He maintained a close attachment to his first cousin Howard Steele throughout his life.

Jeremy received his BA from Simon Fraser University in 1974 and his PhD from the University of British Columbia in 1982. Thereafter, he was hired by Brian Shaw to join the Cognitive Therapy Unit at the Clarke Institute of Psychiatry, University of Toronto, and subsequently succeeded him as its director. In 1990, he moved to New York to become associate professor at the Derner Institute of Advanced Psychological Studies, Adelphi University. In 1993, he became full professor and director of clinical training at the New School for Social Research. At the New School, he developed the program with an affiliation to Beth Israel Medical Center, where he was a principal consultant on a psychotherapy research program founded by Arnold Winston and directed by me.

In 2001, Jeremy completed psychoanalytic training at the New York University Postdoctoral Program. Subsequently, he cofounded (with Lewis Aron and Adrienne Harris) the Sandor Ferenczi Center at the New School, became president of the International Association for Relational Psychoanalysis and Psychotherapy, and served as associate editor for *Psychoanalytic Dialogues*. Jeremy was recognized as an American Psychological Association (APA) fellow (Division 29) in 2015 and was recently honored with two lifetime achievement awards from the Society for Psychotherapy and APA Division 39 in 2017.

Jeremy's scholarly journey covered the spectrum—from a dissertation that was behavioral in its focus, to several collabora-

tions that integrated humanistic principles, and, ultimately, to psychoanalysis, as exemplified by his last book, *Psychoanalysis & Psychoanalytic Therapies* (2012; winner of the 2013 Gradiva Award; see also a companion video produced by APA).

Jeremy's first collaboration was with Leslie Greenberg and culminated with the formative book *Emotion in Psychotherapy: Affect, Cognition, & the Process of Change* (1987; see also their January 1989 article in the *American Psychologist*). They also edited *Emotion, Psychotherapy & Change* (1991). Together they aimed to advance cognitive therapy, and Jeremy followed up on this direction by also proposing an integration of interpersonal theory and research. This integrative initiative led to his second seminal collaboration with Zindel Segal, *Interpersonal Process in Cognitive Therapy* (1990); he subsequently published a collection of articles in *Widening the Scope of Cognitive Therapy* (1998).

Jeremy's efforts and collaborations regarding emotion and interpersonal process laid the foundation for our own collaboration regarding ruptures in the therapeutic alliance. Our aim was to promote a "second generation" of alliance research that went beyond demonstrating its predictive validity and could be applied across treatment orientations to redress failure rates. With support from the National Institute of Mental Health, we developed models of intervention and training for resolving ruptures. Among our numerous publications, the book *Negotiating the Therapeutic Alliance: A Relational Treatment Guide* (2000) has been the most highly cited. Our coinvestigators included Lisa Wallner Samstag and Catherine Eubanks.

Jeremy was raised in a Jewish family and always identified himself as culturally Jewish, but in his young adult life he became a practicing Buddhist. Buddhism and mindfulness meditation was foundational to his thinking. Mindfulness played an important role in our alliance-focused training to develop therapist skills in resolving ruptures. As a further expression of his Buddhist bent, he edited the book *Psychoanalysis & Buddhism: An Unfolding Dialogue* (2003). Jeremy's interest in this regard demonstrated his devotion to understanding the *mind in relation*. He was ever curious in spirit—with an enduring desire to engage in dialogue.

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