

## **Dr. Graeme Taylor**

Dr. Graeme Taylor is a Professor Emeritus of Psychiatry at the University of Toronto, a Psychoanalytic Fellow of the American Academy of Psychoanalysis and Dynamic Psychiatry, an emeritus faculty member of the Toronto Institute for Contemporary Psychoanalysis, and a Distinguished Life Fellow of the American Psychiatric Association. In the late 1980s, he was elected an Associate Member of the American College of Psychoanalysts.



Dr Taylor is known nationally and internationally for his theoretical and research contributions in the fields of psychoanalysis and psychosomatic medicine, in particular for his integration of psychoanalytic concepts with theoretical concepts and research findings from several other scientific fields. This work led him to propose a psychobiologic dysregulation model of illness and disease, which is described in his 1987 book *Psychosomatic Medicine and Contemporary Psychoanalysis*. Over the past thirty-five years, Dr Taylor and his collaborators in Canada and several European countries have conducted extensive research on the psychoanalytic construct of alexithymia, which included the development of reliable and valid self-report and structured interview instruments for measuring the construct. The self-report 20-item Toronto Alexithymia Scale has been translated and validated in 29 different languages. Empirical research using this scale has not only confirmed associations between alexithymia and a variety of somatic and psychiatric disorders, but also deepened the understanding of relations between early trauma, insecure attachment styles, and deficits in emotional processing that often underlie alexithymia. Some of the conceptual ideas and research work were described in Dr Taylor's co-authored book *Disorders of Affect Regulation: Alexithymia in Medical and Psychiatric Illness*, published in 1997. Later research was reviewed in 2018 in a book titled *Alexithymia: Advances in Research, Theory, and Clinical Practice*, which Dr Taylor coedited.

Dr Taylor has given numerous invited lectures at meetings of psychoanalytic and psychosomatic societies, or to university and hospital departments of psychiatry or psychology, in many different countries of the world including Argentina, Australia, England, Italy, New Zealand, Portugal, Spain, South Korea, and The Netherlands, as well as Canada and the United States of America. In 2004, he delivered the 35<sup>th</sup> Annual Franz Alexander Memorial Lecture to a joint meeting of the Southern California Psychoanalytic Society and Institute, the Los Angeles Psychoanalytic Society and Institute, and the Cedars-Sinai Medical Center Department of Psychiatry and Mental Health. In 2005, Dr Taylor received a Mary S. Sigourney Award in recognition of his contributions to the field of psychoanalysis.

Dr Taylor has authored or co-authored 120 articles in refereed journals, 32 book chapters, and two psychological test manuals. Among his publications in psychoanalytic or psychotherapy journals are articles about demoniacal possession and psychoanalytic theory, transvestism,

clinical application of the dysregulation model of illness, somatization and conversion, varieties of castration experience, creativity and perversion, and the alternative universe of the Trump administration. The co-authored research articles are published in major psychology and psychosomatic medicine journals.