



FOR IMMEDIATE RELEASE

Dr. Henri Parens Presented The Sigourney Award 2019 For Innovative Research And Educational Approach To Understanding And Treatment Of Children's Aggression

Dr. Parens joins esteemed winners from Argentina, Germany and Norway earning the distinguished, independent prize advancing psychoanalysis and psychoanalytic thought for the betterment of mankind.

Seattle, WA — July 9, 2020 – The Sigourney Trust has presented its highly prestigious Sigourney Award 2019 award to Philadelphia-based Dr. Henri Parens for his innovative research work focused on a psychoanalytic approach to the understanding and treatment of aggression. Using real-life moments, he and his colleagues teach caregivers and parents how to respond in ways that can shape a child's capacity to manage his/her own aggression and enhance children's emotional development.

[Dr. Parens](#), who serves as Professor of Psychiatry & Human Behavior at Thomas Jefferson University, Jefferson Medical College, joins three additional recipients in the international psychoanalytic community to earn the notable award and substantial cash prize. [The Sigourney Award](#) rewards those whose work within the past 10 years proves to be insightful or ground-breaking, advancing the understanding or evolution of psychoanalysis and psychoanalytic thought while advancing the public good.

Working with caregiver/children dyads, Dr. Parens and his colleagues documented their hypothesis that caregivers could be taught optimal ways to handle the emergence of aggression in children and this approach could improve the children's lives. Focusing on the caregiver's role in shaping the child's capacity to manage their own aggression and teaching caregivers new ways of responding at moments of real urgency between caregiver and child, Dr. Parens is able to teach new and alternative ways to handle aggression.

Dr. Parens' personal experience with unrestrained aggression as a Holocaust survivor led to research regarding plasticity of aggression. Dr. Parens and his team have systematically developed parenting education materials and an intervention program. The Program includes a CD, Parenting for Emotional Growth (Parens, 2010) containing two sets of books; a textbook; A Curriculum for Students in Grades K Thru 12; and a DVD, The Urgent Need for Universal Parenting Education (Parens, 2008). In 2015, Thomas Jefferson University's Media Division published the CD's full contents. It is available as a free download and has been downloaded 1,995 times in 90 countries.

"Dr. Parens offers a shining example of how psychoanalytic work can better the world by addressing a child's aggression and aggressive behavior at an early age," says Dr. William A. Myerson, PhD, MBA, co-trustee of [The Sigourney Trust](#). "We are proud to recognize his work among the esteemed group of

international winners whose quality of work exemplifies our founder, Mary Sigourney's, best intentions," he added.

The 2019 winners join a long list of the world's top talent who, since 1990, have been honored with The Sigourney Award. Three additional 2019 awards were presented to Dr. Rodolfo Moguillansky from Argentina, Partners in Confronting Collective Atrocities (PCCA), a not-for-profit charitable organization based in Germany, and Siri Gullestad, PhD, from Norway.

"Today, psychoanalysis embraces a range of philosophies, modern clinical theories, social advocacy, culture, art, and research. The Sigourney Trust honors the expansion and connection of psychoanalysis to many fields of study and experience through the independent Sigourney Award," said Dr. Myerson.

Applications for The Sigourney Award 2020 are being accepted through Sept. 15, 2020.

Visit www.sigourneyaward.org for information and find The Sigourney Award on social platforms including [Facebook](#) and [LinkedIn](#) @SigourneyAward.

About The Sigourney Award

Established by Mary Sigourney in 1989, The Sigourney Award offers independent, international recognition and a substantial cash prize for outstanding work that advances psychoanalysis and psychoanalytic thought. Ms. Sigourney was a psychotherapist, publisher, and community activist who had a passionate interest in psychoanalysis and understood its ability to benefit and extend human conversation across various disciplines. To date, 129 Award Recipients from 21 countries represent her global vision. The Sigourney Award recipients' groundbreaking work has significantly contributed to human affairs on topics ranging from neuroscience to feminism.

Media Contact: Kelly Wisecarver, Wisecarver Public Relations

Phone: 773-338-2477 or **Email:** kelly@wisecarverpr.com