



Thursday, June 25th

Pre-Conference Workshop Session A

Heart Melts Forward: The Work of Emmanuel Ghent

Instructor: Adrienne Harris, PhD and Victoria Demos, PhD

Abstract:

This workshop celebrates and explores the work of Emmanuel Ghent, a founding figure in the relational movement and a revered analyst, teacher, supervisor and theorist. Manny's talents and capacities were extraordinary. He was multiply gifted: musical, a brilliant techie, deeply engaged in meditative and Buddhist practices and a creative life force in psychoanalysis. Always a thoughtful and inspired writer, Manny caught fire in the wonderful light shone by Steven Mitchell in his work in the establishing of relational work and ideas. This workshop will explore theory and practice issues developed and addressed in the work of Emanuel Ghent. We will look in detail at Manny's work on sadism and masochism, surrender, submission and object finding, on creativity, on his models of motivation and development, on his thorough appreciation of Winnicott, and his deep understanding of the uncertain paths in clinical journeys. We will also be spending some time looking at Ghent's integrations of psychoanalysis and mindfulness/Buddhism, an integration in which he was an early and profound practitioner. In addition, we will be locating Ghent's work both in the relational tradition of which he was a founding member and of object relations (particularly Winnicott) which profoundly shaped his ideas and ways of working, teaching and supervising.. And we will imagine his work in the light of the unfolding developments in relational theory and practice since his death in 2003.

Learning Objectives

1. To understand the work Ghent did to develop a relational metapsychology and to contribute to ideas about motivation and development that were not solely located in drive theory.
2. To find and observe the clinical implications of Ghent's work on process and interaction.
3. To explore the clinical and theoretical implications of original work Ghent did on the role of masochism and sadism in attachments, linking and unlinking.



Thursday, June 25th

Pre-Conference Workshop Session B

The Embodied Analyst - An Experiential Workshop

Instructors: Jon Sletvold, PsyD and Sue Shapiro, PhD

Abstract:

This preconference workshop will focus on how we can learn about the patient, the analyst and their relationship from focussing on the analyst's own body. We will do this by demonstrating and teaching a supervision model that focuses on the analyst's embodied experience. This focus on embodied experience can make unconscious relational experience conscious. Traditionally supervision in psychoanalysis and psychotherapy has relied mainly on verbal communication. In this workshop we will present a complimentary approach that focuses on embodied communication. We have found that when a therapist or analyst is offered a safe place to experiment with embodying their patient and themselves when in the room with the patient, something unexpected, and unformulated emerges. We will do this by using a clinical supervision model, developed by Jon Sletvold and colleagues, in which the therapist stages her interaction with the patient. This way of focusing on embodied experience avoids some of the concerns often expressed by traditionally trained analysts about body based therapies while at the same time giving analysts a powerful tool for getting beneath the skin, getting to a deeper sense of resonance with our patients. This approach to supervision integrates three interrelated aspects of embodied experience. The first concerns the experience of our own body and the bodily foundations of the self; embodied subjectivity. The second involves the embodied basis of empathy and intersubjectivity; simulation and imitation of the emotional body states of others. The third aspect concerns reflections over similarities and differences between our own body state and that of the other (the patient's). This can be understood as a form of embodied reflexivity or mentalization. The theoretical underpinnings of this approach, aimed at integrating experiences of self, other and interaction, will be briefly outlined. Above all we will offer a practical demonstration of this embodied approach to clinical supervision by inviting participants to explore clinical situations of their choice. In this way we will demonstrate how we can train attention to embodied experience and communication. In this model, the therapist is asked first to explore her embodied subjectivity. After that she will be asked to 'be' her patient, to try and assume her patient's physicality. Sitting in this state, inhabiting her patient's physical presence, will afford an opportunity to explore embodied empathy. Finally the therapist is asked to move to a third position for reflecting upon the experiences in the two preceding positions.

Learning objectives:

After a brief descriptive review of this form of embodied supervision, we will shift gears and set the stage by initially offering some 'exercises' to help us tune in to that unlanguageed layer of ourselves. We will then invite some of the participants of the workshop to share a moment of a therapy that they would like to explore using this model. Finally we will invite all participants to discuss the experiences from this workshop.



Thursday, June 25th

Pre-Conference Workshop Session C

Writing “The Taste of Chocolate” –An Interactive Clinical Writing Workshop

Instructor: Suzi Naiburg, PhD, LICSW

Abstract:

In this workshop for published and unpublished writers alike, we will draw on novels, short stories, poetry, and clinical prose for inspiration and practical lessons in the craft of clinical writing, focusing on “Landscapes of Emotion,” “Textures of Experiencing,” “The Analyst’s Voice,” and “Writing the Relational Self (Selves).” Those who have taken my writing workshops before will find this curriculum new, but previous work with me is not a prerequisite. Close reading and writing exercises, didactic material, and discussion will guide our explorations of the challenges and opportunities of writing about our relational worlds and selves.

Learning Objectives

Participants attending this workshop:

1. Will utilize and develop their close reading skills to extract practical lessons in the craft of clinical writing from diverse writing samples.
2. Will utilize a series of guided writing exercises to practice their own writing skills.
3. Will be able to identify the characteristics of at least 3 of the five modes of clinical prose: the narrative, paradigmatic, evocative, enactive, and lyric narrative modes.



Thursday, June 25th

Pre-Conference Workshop Session D

Relational Psychoanalytic Approaches to Couples Psychotherapy

Instructors: Philip A. Ringstrom, PhD, PsyD and David Shaddock, PhD, MFT

Moderator: Heather MacIntosh, PhD

Abstract:

This preconference is based on Dr. Ringstrom's new textbook *A Relational Psychoanalytic Approach to Couples Psychotherapy*. His presentation begins with three broad themes that orchestrate his overview of working with couples and that is the achievement of: 1) the actualization of self experience in an intimate relationship, 2) the capacity for mutual recognition, and 3) the "relationship having a mind of its own". His model articulates Six Steps in which these themes are achieved that wed theory and practice. The first step begins with the importance of the therapist's attunement to each partners' bi-dimensional transference along with pointing out the couple's "vicious circle" engagements that arise from each partner's selfobject, developmental longings triggering one another's states of repetitive/resistive transference. Second, the model focuses on the partners' unique subjective experiences underscored in terms of the epistemological stance of "perspectival realism." Third, the partners' perspectives are then contextualized in terms of the impact of their developmental backgrounds (including issues of gender and culture among others). Fourth, where attunement is insufficient, enactments emerge from dissociated self-states finally making them available for examination. The fifth and sixth steps take up what is both negotiable and nonnegotiable within the partners as well as within their relationship. Ultimately, termination is in evidence to the degree that the couple has internalized the functions of the overall model. It is noted that the Six Steps do not operate in a fixed linear manner rather they function non-linearly working as practice guidelines rather than stepwise rules for the practitioner to follow. Following an hour long presentation of Dr. Ringstrom's book, David Shaddock will give a twenty minute discussion of it followed by a mutual discussion by Phil and David. Following a break Heather will guide a question and answer period in rich dialogue with the audience participants.

LEARNING OBJECTIVES:

1. To learn about how the three organizing themes: self-actualization in an intimate relationship, mutual recognition, and the "relationship having a mind of its own" bridge important elements of contemporary psychoanalysis, namely self-experiencing in a complex nonlinear system leading to the principle of "thirdness" in long-term intimate relationships – marital and otherwise.
2. To learn how these three themes are practiced in terms of the model's six steps.
3. To investigate modifications in psychoanalytic technique in conjoint therapy in light of this perspective shift.
4. To understand why and where attunement is insufficient and therefore enactments emerge.
5. To appreciate the place of dissociated self-states that must be reconciled for each partner to own their own conflict.
6. To determine what can be negotiated in terms of conflicts within each partner as well as between and what might have to be surrendered.
7. To understand how accomplishing the above results from turning binaries of dominance and submission into the "thirdness" of intersubjective mutual recognition.
8. To discern both the advantages and limitations that may arise from this perspective.



Thursday, June 25th

Pre-Conference Workshop Session E

Like a Bird on a Wire: A Psychoanalytic Approach to the Last Year of Life

Instructors: Gary Rodin, MD FRCPC and Sarah Hales, MD

Abstract:

The problem of mortality has been relatively neglected in psychoanalytic theory and practice, despite its centrality in human existence and the current cultural preoccupation with the end of life. Drawing upon relational and attachment theory, this workshop will present a psychoanalytic approach that has been developed for individuals in the last year of life. The clinical application of this approach will be illustrated and considered through the use of videotaped therapy sessions. The implications of this approach for psychoanalytic theory and practice and for the renewed engagement of the discipline with broader societal concerns will be discussed.

Learning objectives

1. To consider relational and other psychoanalytic perspectives on mortality.
2. To learn about a psychoanalytic approach that has been developed for individuals facing the threat of impending mortality
3. To appreciate the clinical application of this approach with the use of videotaped case presentations