

Back to Basics – Contemporary Psychotherapy’s Psychoanalytic Bent

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This 4-hour seminar will provide an overview of the attitudes, principles, and techniques of Contemporary Psychoanalytic Psychotherapy. It is intended for those who are relatively new to the practice of psychotherapy; for those who may have been exposed to psychodynamic theory in the past and would like a fresh view or deeper exposure; and for those who would like the opportunity to participate in active, psychodynamic symptom and case formulation, and to receive feedback on trial interventions. A candidate from the Adult Psychoanalysis Training Program will present process material for our case discussion.

Participants will learn the following:

- An overview of the theory and evidenced based research informing contemporary psychoanalytic psychotherapy practice;
- Interventions for increasing mentalization and reflective capacities in all psychotherapy patients;
- Strategies that open up new possibilities for patients while deepening their psychotherapy process;
- Guidance for transforming bewildering “countertransference” feelings into effective interventions;

And

- Principles for staying within role while enhancing patients’ self-awareness and self- determination in 21st century mental health treatment contexts.

