

***PSYA-1600 Faculty Workshop Weekend  
Colleague Assistance***

***Analyst Self-Care and Colleague Assistance in Our “Impossible Profession”  
Workshop I***

**Friday, September 20, 2:00-4:45 p.m.**

***Self-Care and Psychoanalytic Practice***  
Stephanie Schechter, Psy.D.

As psychotherapists and analysts, we have devoted the vast majority of our professional lives to helping ameliorate the suffering of others, and to promoting psychological health and well-being. But how good are we, as a field, at promoting and achieving psychological health, balance, and well-being amongst ourselves? Ironically, questions of how we care for ourselves are rarely discussed in professional settings or in our literature. This workshop is devoted to examining why this is, and to exploring a wide variety of very practical elements of self-care in analytic practice. Fantasies of omnipotence, financial strain, shame, and guilt around our own needs, and the model of “immersion” in psychoanalytic training, will all be considered, along with other factors that collude to inhibit discussions around self-care.

Additionally, questions about size of caseloads, schedules, fee-setting, unpaid work, and how to create balance, among other topics, will be raised. Some topics will merely be introduced, while others will be explored in greater depth.

This workshop will be discussion-based. The facilitators will raise questions to examine, and will rely on the wealth of experience of group members to contribute to what we hope will be an open and illuminating sharing of associations, experiences, and ideas. Finally, we will address the question of how to advance the discussion of this topic in the future and to begin to change the culture of our institutes.

**Learning Gap to be Addressed:** It is ironic that a field entirely devoted to the psychological health and well-being of our patients is largely silent on the questions of how we take care of ourselves. This workshop is devoted to helping those practicing analysis and psychoanalytic psychotherapy consider overlooked questions around how to maintain health, balance, and well-being throughout one’s career.

**Learning Objectives:**

1. At the end of this workshop, participants will be able to identify three reasons why the topic of self-care goes largely overlooked in our training and our discourse.
2. Participants will be able to identify three important mechanisms of self-care in analytic practice.
3. Participants will be able to describe changes they may consider that will allow a greater and more complete sense of balance in their own analytic practices.

*Up to 2.5 CE/CEU/CME credits may be claimed for this workshop, including Ethics credits for clinical social workers and clinical psychologists.*

***Analyst Self-Care and Colleague Assistance in Our “Impossible Profession”  
Workshop II***

**Saturday, September 21, 9:00 a.m. to 12:15 p.m.**

***Speaking the Unspeakable: Addressing our own Aging, Vulnerability, and Mortality***  
Audrey Kavka, M.D.

This workshop is an introduction to the new field of psychoanalytic organizational activity known as colleague assistance. The workshop activities of presentation and open group discussion will bring into the open the reality that, at times, colleagues may continue to practice despite compromised competence.

Workshop leaders will provide a brief history of the beginnings of this new branch of activity which begins with the recognition of an existing problem and confrontation with a widespread, pervasive reluctance to intervene in these serious problem situations either as individuals or as an institution. The field of colleague assistance addresses the responsibility of ethical psychoanalytic communities to be prepared to thoughtfully address these difficult situations.

We will present a philosophy of colleague assistance that places the emphasis on assistance and clearly distinguishes colleague assistance from the activities of traditional Ethics committees. The challenges and opportunities of colleague assistance situations will be brought to life and into group discussion with several realistic but fictional vignettes.

**Learning Gap to be Addressed:**

- This workshop introduces the new field of colleague assistance, which addresses the situation of colleagues who continue to practice in states of compromised competence.
- This activity will address the widespread reluctance by individuals and organizations to intervene in such situations.
- This activity will demonstrate the basis for ethical and constructive intervention.
- This activity will inform colleagues about alternatives and resources for appropriate intervention.

**Learning Objectives:**

1. Attendees will be able to identify the risks of ignoring the problem situation of a colleague who may continue to practice despite compromised competence due to

somatic and/or emotional illness.

2. Attendees will be able to distinguish the activities of colleague assistance from the activities of traditional ethics committee activities.
3. Attendees will be able to utilize the available resources for appropriate intervention when concern arises about a colleague's health status and professional competence.

*Up to 3 CE/CEU/CME credits may be claimed for this workshop.*