

**TRUE LOVE WAYS:
PSYCHOANALYSIS AND MINDFULNESS
INDIALOGUE THERAPY FOR COUPLES.**

POLLY YOUNG-EISENDRATH, Ph.D. 2.5 Contact Hours

The unique demands of "personal love" or "true love" in today's couple require that individuals develop both psychologically and spiritually. This kind of love, which is a form of witnessing and deep personal engagement, has been born from romantic love, but is substantially new to human relationship since the mid-twentieth century. When personal love is confused with the biological imperative of an attachment bond or the illusion of romance, couples therapy will fail because partners will not develop the skills they need to remain separate while together.

Drawing on object relations, Jungian theory, Dialogue Therapy for Couples as well as mindfulness and Buddhist teachings, this presentation will introduce the unique demands of personal love that require couples to work through disillusionment, disentangle chronic projective identification, and develop on-going curiosity about self and other.

Learning Objectives:

At the conclusion of the presentations, the participants will be able to:

1. Define and apply the concept of projective-identification in couples therapy.
2. Compare and contrast adult pair bonding (biological attachment bond) with personal love.
3. Define "disillusionment" and its role in the development of

1. Define and apply the concept of projective-identification in couples therapy.
2. Compare and contrast adult pair bonding (biological attachment bond) with personal love.
3. Define "disillusionment" and its role in the development of intimacy and provide an example of the use of conflict negotiation and harmony skills

Polly Young-Eisendrath, Ph.D., Jungian Analyst, Psychologist, Clinical Supervisor, Norwich University, Northfield, Vermont; Clinical Associate Professor of Psychiatry, University of Vermont, Burlington, Vermont and in private practice in Central Vermont. Dr. Young-Eisendrath is the chairperson of the non-profit "Enlightening Conversations: Buddhism and Psychoanalysis Meeting in person" that hosts conferences in cities around the USA. She has published fifteen books that have been translated into more than twenty languages and has also published many articles and contributed chapters to books. Her most recent books are *The Present Heart: A Memoir of Love, Loss and Discovery* (Rodale, 2014) and *The Self Esteem Trap: Raising Confident and Compassionate Kids in an Age of Self Importance* (Little Brown, 2008). She is co-editor with Terrance Dawson of *The Cambridge Companion to Jung: New and Revised* (Cambridge University Press, 2008). Dr. Young-Eisendrath's forthcoming book, *True Love Ways: Relationship as Psycho-Spiritual Development* will be published in 2018.

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**NEW YORK STATE SOCIETY FOR CLINICAL SOCIAL WORK
48TH ANNUAL CONFERENCE**
Co-Sponsored with Advanced Clinical Education Foundation of NYSSCSW
Saturday, April 22, 2017

Rediscovering The Art of Relationships

**NEW YORK STATE SOCIETY FOR CLINICAL SOCIAL WORK
48TH ANNUAL CONFERENCE, APRIL 22, 2017**
Co-Sponsored with Advanced Clinical Education Foundation of NYSSCSW

Rediscovering The Art of Relationships

NEW YORK STATE SOCIETY FOR CLINICAL SOCIAL WORK
48TH ANNUAL CONFERENCE

INTRODUCTION TO CONFERENCE

Attachment theory reminds us that relationships are essential for optimal development and a healthy balanced life. Unfortunately, our popular culture does not help us much with the challenge of meaningful relationships. Movies, novels, soap operas, "reality" TV shows, and technology often serve as distractions from the importance of deep intimacy, reinforcing the fantasy that connectedness is easily achieved; just a "click" away. Two fundamental disorders of our time are the fear of loneliness and the fear of growing up. The flight from loneliness propels us to the promise of "the great palliative cure-all": SEARCH, FIND, AND SECURE THE ONE WHO WILL MAKE OUR LIFE WORK, be it spouse, partner, parent, child or therapist. Or what Jungian James Hollis refers to as "THE MAGICAL OTHER" - the "one who will truly understand us, take care of us, meet our needs, repair our wounds", and heal our history.

“ We cannot confront
this tangled world alone.
PHILOSOPHER JACOB NEEDLEMAN

We cannot confront
this tangled world alone.
PHILOSOPHER JACOB NEEDLEMAN

If these desires represent the hidden agenda behind many of our relationships, how then can we achieve true mature love based on reciprocity and a deep knowing, one with the other. In this conference, we will explore the dynamics of intimate relationships in varying configurations: between parent and child, within the analytic dyad, and among couples that, paradoxically, brings us face to face with ourself. Or to paraphrase a depth psychology construct: When we are able to bring the mystery that we are and engage with the mystery of another, we embark on a journey that enlarges and is transformative for both Self and Other.

“ Relationship is the sharing
of one's solitude with another.
POET RAINER MARIA RILKE

FROM SELF PROTECTION TO RELATIONAL PROTECTIVENESS: THE MODIFICATION OF DEFENSIVE STRUCTURES.

RICHARD GEIST, Ed.D. 1.5 Contact hours

Kohut was instrumental in shifting our attention from the removal of individual defenses in the service of making the unconscious conscious to emphasizing the importance of empathically understanding the healthy, self-protective usefulness of defenses, both developmentally and during the therapeutic process. Despite this pivotal change in

understanding defenses, there has been few experience near attempts to describe how to help patients to modify characterological and individual defense that interfere with the healing process. In this presentation, Dr. Geist suggests that an important but unrecognized way to work through these resistances is by facilitating a shift in the patient from the need to self-protect to a sense of feeling protected by

the therapist. Verbatim clinical examples illustrate a protective attitude and explain how a relational protectiveness is actualized when dealing with characterological and individual defenses.

Educational Objectives:

At the conclusion of the presentations, the participants will be able to:

1. Describe the importance of a shift from self-protective defensiveness to experiencing protectiveness from the other.
2. Identify the origins of characterological defenses.
3. Explain how the therapist responds to resistances in order to modify them and the attitude and clinical conditions under which this shift occurs.

Richard A. Geist, Ed.D. received his undergraduate degree and his doctorate in Psychology from Harvard University and for 35 years was on the faculty of Harvard Medical School. He is a Founding Member of both MAPP and Massachusetts Institute for Psychoanalysis. He is a faculty member, supervising analyst, and former member of the Board of Directors of MIP. Dr. Geist is on the Executive Board of the International Association of Psychoanalytic Self Psychology and is an associate editor for the International Journal of Psychoanalytic Self Psychology. He has written numerous papers on clinical self psychology, many of which have emphasized the theme of connectedness in clinical practice. He is currently working on a book entitled **CONNECTEDNESS: THE CLINICAL APPLICATION OF CONTEMPORARY SELF PSYCHOLOGICAL THEORY**. Dr. Geist has been a senior supervising psychologist at Children's Hospital and Massachusetts General Hospital in Boston. He maintains a private practice in psychoanalysis and psychotherapy in Newton, Mass where he sees children, adolescents, adults and couples in addition to doing private supervision.

PSYCHOTHERAPY AND RELATIONSHIP: THE ART OF INTIMATE CONNECTION

NANCY McWILLIAMS, Ph.D., ABPP 1.5 Contact hours

In recent decades, in response to pressures from the health industry, psychotherapy has been defined as a set of techniques to be applied to discrete disorder categories. This way of framing treatment has made some research easier, but at the cost of longer-term treatment values that view human beings contextually, inferentially, developmentally,

and dimensionally, and that see relationship as the key element in therapeutic change (a position that is overwhelmingly supported by outcome research). Dr. McWilliams will argue that the original social work sensibility needs to be reemphasized in current controversies about how to view and treat mental suffering, and that the art of relating to individuals with different psychologies needs to be

reemphasized in the education of psychotherapists. She will apply scholarly work about personality differences to clinical challenges in relationships, especially with "difficult" clients, in both short- and longer-

term treatment. In this context, she will introduce the second edition of the Psychodynamic Diagnostic Manual, slated for publication this spring.

Learning Objectives:

At the conclusion of the presentations, the participants will be able to:

1. Differentiate between "neo-Kraepelinian" diagnostic approaches, such as those represented in the DSM and ICD systems, and more contextual, inferential, and dimensional taxonomies that are often more useful for clinicians.
2. Delineate five elements of building therapeutic relationships with individuals at the borderline level of personality organization.
3. Discuss three considerations that apply to working with people whose psychologies include significant narcissistic and/or psychopathic elements.

Nancy McWilliams, Ph.D. teaches at Rutgers University's Graduate School of Applied & Professional Psychology. She is author of *Psychoanalytic Diagnosis* (1994; rev. ed. 2011), *Psychoanalytic Case Formulation* (1999), and *Psychoanalytic Psychotherapy* (2004) by Guilford Press. She is Associate Editor of the *Psychodynamic Diagnostic Manual* (2006; rev. ed. due 2016); former president of the Division of Psychoanalysis (39) of the APA; on the editorial board of *Psychoanalytic Psychology*. Dr. McWilliams is affiliated with the Center for Psychotherapy and Psychoanalysis of N J and the National Training Program of the NIP in NYC. She has received the Gradiva prize (1999), the Goethe Scholarship Award (2012), the Rosalee Weiss award for contributions to practice (2004), the Laughlin distinguished teacher award (2007), the Hans Strupp Award for teaching, practice and writing (2014), and the Division 39 awards for both Leadership (2005) and Scholarship (2012). Dr. McWilliams is an honorary member of the APA, the Moscow Psychoanalytic Society, and the Warsaw Scientific Association for Psychodynamic Psychotherapy. Her writings have been translated into twenty languages.

REDISCOVERING THE ART OF RELATIONSHIPS

SATURDAY, APRIL 22, 2017

5.5 contact-hour credits will be awarded for this program.

REGISTRATION: 9:00AM–9:30AM
MORNING SESSION: 9:30AM–12:30PM

WELCOMING REMARKS:
Shannon Boyle, LCSW,
President NYSSCSW

OPENING REMARKS:
Susan A. Klett, Psy.D., LCSW-R, BCD,
Conference Chair, and Moderator:
Director of Professional Development

Advanced Clinical Education
Foundation of NYSSCSW

9:30AM–10:30AM
NANCY McWILLIAMS, Ph.D., ABPP PSYCHOTHERAPY AND RELATIONSHIP: THE ART OF INTIMATE CONNECTION
10:30AM–11:00AM Question and Answer
11:00AM–12:00PM
RICHARD A. GEIST, Ed.D.
FROM SELF PROTECTION TO RELATIONAL PROTECTIVENESS: THE MODIFICATION OF DEFENSIVE STRUCTURES
12:00PM–12:30PM Question and Answer

AFTERNOON SESSION: 2:00PM–4:30PM

INTRODUCTION: Susan A. Klett, Psy.D., LCSW-R, BCD

2:00PM–4:00PM
POLLY YOUNG-EISENDRATH, Ph.D
TRUE LOVE WAYS: PSYCHOANALYSIS AND MINDFULNESS IN DIALOGUE THERAPY FOR COUPLES
4:00PM-4:30PM Audience Participation

Location:

The New York Blood Center,
310 East 67th Street, NYC 10065
(between 1st and 2nd Avenues)

Conference Chair:
Susan A. Klett,
Psy.D., LCSW-R, BCD

Committee:
Louise DeCosta, Ph.D., LCSW
Marie McHugh, LCSW
Marsha L. Wineburgh, DSW, LCSW

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Early Bird Special (Before January 30, 2017)..... \$ 195.00
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Full refund will be given up to one week prior to conference date.

Registration begins at 9:00 a.m.

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For questions regarding disability access please contact Kristin or Jennifer, at time of registration, so that we can see to it that arrangements are made to accommodate your special needs: info.acefoundation@gmail.com.

