

Clinical Uses of Empathy

Cynthia Sortwell, MD and Anna Stothart, Psy.D., LMHC

3 Fridays: January 18, 25, 2018 and February 1st, 2019

Time: 10:00-12:00

the course will be held at the office of Anna Stothart

240 Concord Avenue, Cambridge

617-216-0778

In this seminar, we will explore the clinical use of empathy. We will begin with a historical review of empathy, examining the ways it has evolved over time. We will then concentrate on Kohut and Self Psychology's description of empathy as an experience near stance and understand how this stance is essential in the remobilization of the developmental process. We will also think about current views of empathy, how we understand its use in our own clinical practice and what might get in the way of using empathy. The overarching theme will be to explore the clinical use of empathy both through readings and by drawing upon clinical examples from seminar participants to illustrate the various forms empathy may take.

Enrollment limited to 7

LEARNING OBJECTIVES

- 1.) Participants will be able to explain the concept of empathy and to recognize the multiple forms it may take.
- 2.) Participants will be able to recognize the importance of remaining empathically immersed in the patient's experience.
- 3.) Participants will be able to find new ways to include empathy in their clinical stance thereby furthering the therapeutic process.
- 4.) Participants will be able to explain the different ways the empathic process heals.

January 19:

Kohut, H. (2010) On Empathy: Heinz Kohut (1981). *Int. J. Psychoanal. Self Psycho.* 5:122-131

Ornstein, P.H. (2011). The Centrality of Empathy in Psychoanalysis. *Psychoanal.Inq.*, 31(5):437-447

January 25:

Ornstein, P. Ornstein, A. (1984). Empathy and the Therapeutic Dialogue: Presentation at Smith College School for Social Work

Milora, M.T. (2000) Heinz kohut and Eugene o'Neill: an essay on the application of Self psychology to o'Neill's Dramas. *Annual of Psychoanalysis*, 28: 245-259

February 1:

Geist, R. (2013) How the Empathic Process Heals: A Microprocess Perspective. *Int. J. Psychanal. Self Psych.* 8 (3) 265-281

Stern, S (2016) The Dialectic of Empathy and Freedom. *Int. j. Psycho. Self Psych.*4 (2) 132-164

REFERENCES

- A Short History of Empathy, *The Atlantic*, Susan Lanzoni OCT 15, 2015
- Greenson, R. (1960) Empathy and it's Vicissitudes
- Herzog, B (2016) Establishing the Therapeutic Impact of Empathy through "affect Sharing"
- Kohut, 1981 On Empathy
- Orange, D (2002) There is no outside: Empathy and Authenticity in Psychoanalytic Process
- Ornstein, P. and Ornstein, A (1984) Clinical Understanding and Explaining: The Empathic Vantage Point
- Staemmler, F. (2012) Empathy in Psychotherapy: How Therapist and clients understand each other
- Trop, J.L., Stolorow, R.D. (1991) Therapeutic Empathy: An Intersubjective Perspective

Cynthia Sortwell, MD is a psychiatrist and psychoanalyst in private practice in Portland, Maine. She is a graduate of Massachusetts Institute for Psychoanalysis. She also teaches at the Maine Medical Center.

Anna Stothart, Psy.D., LMHC is educated in both Art History and Psychology. She is a graduate of Massachusetts Institute for Psychoanalysis. Anna teaches at Lesley University and maintains a private practice in Cambridge, Ma where she supervises and sees adults and couples.

CONTINUING EDUCATION CREDITS

Psychologists: The Massachusetts Institute for Psychoanalysis (MIP) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. MIP maintains responsibility for this program and its content. This program has been approved for 6 CE.

Please note: Per APA requirements, psychologists must attend 100% of a course in order to be eligible for continuing education credit.

Social Workers: This program has been approved for 6 Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. Collaborative of NASW and the Boston College and Simmons Schools of Social Work authorization number D80064-7.

Please note: Per NASW requirements, social workers must attend 80% of a course in order to be eligible for continuing education credit.

Physicians: The Massachusetts Institute for Psychoanalysis, Inc. is accredited by the Massachusetts Medical Society to provide continuing medical education for physicians.

The Massachusetts Institute for Psychoanalysis, Inc. designates this live activity for a maximum of 6 AMA PRA Category 1 Credit(s)™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

LMHC: When an LMHC attends a CE event that has not been approved for CE, an individual may seek approval retroactively by meeting the criteria for approval outlined in the MMCEP LMHC Consumer Guidelines and the CMR 262 Regulations for LMHCs. With Retroactive Approval, the CEs can be applied to the CE requirement to renew a license. Visit <http://www.mamhca.org/mmcep/lmhc-ce-guidelines/> for information.

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