

Psychoanalytic Dimensions

COLLABORATING OR COLLIDING? WHEN THE COUPLES' AND INDIVIDUAL THERAPISTS DON'T SEE EYE-TO-EYE

Tamara Feldman, PsyD

This 3-hour workshop will address the all too common occurrence of conflicts between the couples' and individual therapists when working concurrently with the same patients. Typically, these conflicts arise when therapists have divergent perspectives on their patients and treatments. Rather than working collaboratively, the therapists can feel like they are working at cross-purposes. Frequently, each therapist feels that the problem is the other clinician, so that the two therapists assume features of a couple who is in need of treatment.

This course will delve deeper into the cause of this phenomenon. Issues to be explored include transference-countertransference within and between treatments and between therapists. We will also explore important differences between the goals of individual and couples' treatment. Participants are encouraged to bring their experiences to class, as a group discussion will be an important part of the learning process.

Saturday, October 19, 2019
9:00 -- 12PM
20 Walnut Street, Wellesley

Enrollment limit: 12

Note: This course will not meet the elective requirement for MIP Candidates.

Learning Objectives

- Identify how transference-countertransference dynamics in individual treatment can impact couples' treatment
- Identify how transference-countertransference dynamics in couples' treatment can impact individual treatment
- Describe differences between the goals between couples' and individual treatments
- Describe steps couples' and individual therapists can take to work more collaboratively
- Describe ways couples' and individual therapists can resolve an impasse

Bibliography

Leone, C. (2013). The Unseen Spouse: Pitfalls and Possibilities for the Individual Therapist. *Psychoanal. Dial.*, 23(3):324-339

Galler, L, Nielsen, A. et. al (2001). Concurrent Therapies: A Model for Collaboration between Psychoanalysts and Other Therapist. *Journal of the American Psychoanalytic Association*, 49(2):587-606

Myers, T. and Long, C. (2015). Is three a crowd? A perspective on countertransference challenges in psychoanalytic couple psychotherapy. *Psychoanal. Psychother.*, 29(4):399-415

Maltas, C.P. (1998). Concurrent Therapies When Therapists Don't Concur. *J. Clin. Psychoanal.*, 7(3):337-355

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Zinner, J. (1989) The use of concurrent therapies Foundations of object relations and family therapy ed. Scharff, J. S. Northvale, NJ: Aronson 321-333

Tamara Feldman, Psy.D. has a private practice in Cambridge and Wellesley where she offers psychotherapy, couples' therapy, psychoanalysis and supervision. She is on the faculty of MIP and Tufts Medical School, department of psychiatry. She has presented and published on the topic of psychoanalytic couples' therapy. Her most recent article, "From Container to Claustum: Projective Identification in Couples" was published in Couple and Family Psychoanalysis.

CONTINUING EDUCATION CREDITS

MIP Psychoanalytic Dimensions courses are free to the public. Non MIP members must pay \$15 per credit if they wish to receive CEs.

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 course has been approved for **2.5** CEs.

Per APA requirements, psychologists must attend 100% 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.

Please contact Liz Martin at reachMIP@gmail.com for the status of CME for this activity.

Social Workers: An application for social work continuing education credits has been submitted. Please contact Liz Martin at reachMIP@gmail.com for the status of social work CE accreditation.

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

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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