

Psychoanalytic Dimensions

COUNTERTRANSFERENCE PHENOMENA & THE USE OF SELF: A CLINICAL CASE SEMINAR ON THE TREATMENT OF SEVERE PSYCHOPATHOLOGY—AN INTERPERSONAL PERSPECTIVE

Stephen Schlein, Ph.D.

The treatment of patients with severe psychopathology gives rise to challenging countertransference dilemmas. Essential technical modifications must be made to ensure survival of the ongoing treatment. This seminar will establish a foundation for an interpersonal clinical technique. The spirit of this venture will be on creating a therapeutic climate that has as its centerpiece the therapist's use of self as an interpersonal presence and as the psychotherapeutic agent of change. Countertransference introspection is an essential feature that enhances the therapeutic process and adds depth and vitality to the unfolding experience. The method acknowledges the vital importance of this interpersonal environment based on the spontaneous experience of authentic human relatedness and engagement. The therapist's active, egalitarian, and collaborative stance gives this interactional approach its power and strength.

The seminar is designed as a clinical practicum focused on the refinement of psychotherapeutic technique and the centrality of the evolving interpersonal relationship and its transformative impact. We will utilize a continuous clinical case format, with attention given to the complexity of countertransference phenomena.

6 Mondays: October 7, 21, 28 & November 4, 11, 18, 2019
7:00 to 8:30PM
3 Wallis Court, Lexington Center, MA.

Enrollment limit: 8 participants

Learning Objectives:

1. Participants will be able to demonstrate an in-depth appreciation for the usefulness and complexity of countertransference phenomena.
2. Participants will be able to develop a more sophisticated understanding of countertransference introspection.
3. Participants will be able to demonstrate an in-depth understanding of an interpersonal clinical technique.
4. Participants will be able to assess essential interpersonal ingredients such as relatedness, authentic engagement, playfulness, mutuality and actuality.
5. Participants will be able to describe the usefulness of countertransference disclosure.
6. Participants will be able to utilize a more sophisticated understanding of severe psychopathology.

Sample of Suggested Readings:

- Searles, H. (1979) Countertransference with The Borderline Patient. In: Essential Papers on Borderline Disorders. Ed. M. Stone. NY: NYU Press. (1986).
- Wolstein, B. (1988) Essential Papers on Countertransference. NY: NYU Press.
- Epstein, L. & A. Feiner. (1979) Countertransference. NY: Jason Aronson.
- Kantor, J. (2013) Helping, Healing, and Interpreting: Sullivan, and The Interpersonal School and Clinical Social Work. *J. Social Work Practice*, 27(3) 273-287.
- Cornett, C. (2017) Being With Patients: An Introduction to Harry Stack Sullivan and Otto A. Will. TN: Ideas Into Books.

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- Cohen, R.A. (2010) Notes on the Life and Work of Freida Fromm-Reichmann. *Psychiatry* 73(3), 209-218.

Stephen Schlein, Ph.D., a clinical psychologist and psychoanalyst, received his clinical training at The Austen Riggs Center where he first met and studied with Erik Erikson and Otto Will. He was a member of the teaching faculty of the Harvard Medical School and taught with Erikson at the Erikson Center of Cambridge Hospital and collaborated with him as the editor of Erikson's selected papers: *A Way of Looking At Things*. He lectures on Erikson's clinical writings throughout the United States and abroad. He recently published a second Erikson book entitled, *The Clinical Erik Erikson: A Psychoanalytic Method of Engagement & Activation*. Currently he's on the teaching faculty at the Massachusetts Institute for Psychoanalysis. He maintains a clinical practice for children and Adults in Lexington Center, M

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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.

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

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