

Psychoanalytic Dimensions

CLINICAL USES OF EMPATHY

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

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.

3 Fridays: January 17, 24, & 31, 2020

10:00-12:00PM

The office of Anna Stothart: 240 Concord Avenue, Cambridge
617-216-0778

Enrollment limit: 7 participants

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.

Suggested Readings:

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

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

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

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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 and supervises 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.