

# Psychoanalytic Dimensions

## THE CLINICAL APPLICATION OF CONTEMPORARY SELF PSYCHOLOGICAL THEORY

**Richard Geist, Ed. D.**

This seminar will discuss major clinical concepts from Self Psychology and, through the use of verbatim clinical dialogue, study their implications for conducting psychotherapy. Emphasizing patient centered rather than theory centered treatment, we will focus on implementing an empathic listening stance, responding to resistance and rage, the use of selfobject transferences, how we work with boundaries, understanding frustrations and gratifications, and study the meaning and importance of interpretation. Throughout this clinically oriented seminar we will emphasize the impact of the therapist on the treatment process.

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3 Saturdays: January 25 & February 1, 8, 2020

9:30 to 12:30PM

1905 Beacon Street, Waban, MA

Enrollment limit: 8 participants

### **Learning Objectives:**

1. Describe the clinical underpinnings of Self Psychology
2. Explain the philosophical changes introduced by Kohut's new paradigm
3. Compare Self Psychology's approach to treatment to Ego Psychology's approach to treatment
4. Explain the difference between our public theories and our private theories
5. Demonstrate how one integrates the clinical self psychological perspective into therapeutic work
6. Describe how the self psychological theory alters our clinical perspective and interaction with patients.

### **Suggested Readings:**

Geist, R. (2007) Who are you, who am I, and where are we going: sustained empathic immersion in the opening phase of psychoanalytic treatment. *International Journal of Psychoanalytic Self Psychology*.

Geist, RA. (2013) How Empathy Heals: A Microprocess Perspective. *International Journal of Psychoanalytic Self Psychology*. Summer, 2013

Geist, R.A. (2015) Conversations with Paul. *International J. of Psychoanalytic Self Psychology*. Vol. 10, no. 2. 91-106.

Geist, R.A. (2016) From self protection to relational self protectedness: The modification of defensive structures. *International J. of Self Psychology*. Vol. 11, no. 4. 368-380

Kohut, H. (1972). Thoughts on narcissism and narcissistic rage. In *Psychoanalytic Study of the Child*. 27: 360-400.

Orange, D. (1997) *The Myth of Neutrality*, in Orange, D., Atwood, G., Stolorow, R. Working intersubjectively, Analytic Press.

Ornstein, P. & Ornstein, A. (1985). Clinical understanding and explaining: The empathic vantage point. In *Progress in Self Psychology*, Vol. 1, ed. A. Goldberg. Hillsdale, NJ: The Analytic Press, pp. 43-61.

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Terman, D. (1985) The self and the Oedipus complex. In *The Annual of Psychoanalysis*, ed. The Chicago Institute for Psychoanalysis. New York: International Universities Press.

Tolpin, M. (2002) Doing psychoanalysis of normal development: Forward edge transferences. *Progress in Self Psychology*. Vol. 18.

**Richard Geist, EdD** received his undergraduate degree and his doctorate in Psychology from Harvard University and was on the Harvard Medical School Faculty for 30 years. He is a Founding Member, Faculty, Supervising Analyst, and former member of the Board of Directors, of The Massachusetts Institute for Psychoanalysis, and a Founding Member of MAPP. He has been a senior supervising psychologist at Children's Hospital and Massachusetts General Hospital in Boston. Dick maintains a private practice of psychotherapy and psychoanalysis in Newton, Massachusetts where he sees Children, adolescents, adults, and couples. Dr. Geist was one of the first psychologists in Boston to embrace Self Psychology theory and practice, and he has been teaching and supervising it for over 25 years. He has taught self psychology seminars in the training programs at Children's Hospital, Mass General Hospital, Mass School for Professional Psychology, the Mass Institute for Psychoanalysis, and privately.

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