

SEMINAR ON THE INTEGRATION OF PSYCHOANALYTIC AND COGNITIVE-BEHAVIORAL PSYCHOTHERAPY

Instructor: Lisa W. Cross, Ph.D.

Date: full or half academic year, depending on wishes of students

Day and Time: Wednesdays 4:45-6:15 p.m.

Place/Site: 100 Whitney Avenue, New Haven (corner of Whitney & Trumbull)

Maximum Number of Participants: 15

Description: A practical examination of what to say, how to say it and when to say it, in psychotherapy. The aim of this seminar is to acquaint students with the various choice points in working with patients whose behavior and thinking are rigid and/or self-destructive. When should the therapist, for example, focus on changing the patient's behavior or style of thinking; when, instead, should the therapist focus on the historical or symbolic meaning of the patient's experience? When might the relationship between therapist and patient be discussed? How does one shift from one mode of therapy to the other? A further aim of the seminar is to show the parallels and complementarities of psychoanalytic and cognitive-behavioral treatments. These forms of therapy are far more compatible than is often thought, in our present polarized view of psychiatry.

There will be discussion of case studies of patients with borderline personality disorder, eating disorders and affective disorders. Emphasis will be on the difficult technical questions that every new therapist faces: how to start and end the session; how to answer personal questions and requests for advice; how to deal with blatantly self-destructive behavior; patients' gifts to therapist; silences; therapist mistakes; boredom; vacations. The writings of Roy Schafer, Marsha Linehan, Drew Westen and Paul Wachtel will be discussed, as well as Fonagy and Bateman's mentalization-based treatment, mindfulness/acceptance and commitment psychotherapy, Slade and L. Mayes' attachment research-based psychotherapy, and Ken Levy's transference-focused approach.

At the end of this elective trainees will better able to:

--identify choice points in real time as they are happening in the session, mentally sketch out the various possible technical approaches, and understand on the spot the indications for each of these techniques.

--flexibly move in a session from one technical approach to another, on the basis of an overall plan, rather than out of a "seat of the pants" impulse.

--generally feel more light on their feet: more able to respond thoughtfully but quickly to a patient's "curve balls"

If Interested, Please Contact: Dr. Lisa Cross 865-7445

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