When a patient experiences intolerable anxiety, helplessness or despair, therapists often experience pressure to act in ways to relieve these unbearable states, only to discover that their efforts are counterproductive. With patients who struggle to describe their internal experience, the therapist may feel even more acutely that which the patient cannot tolerate. How do therapists make use of their own internal experience and reverie to better understand her patient’s unarticulated states of being? How does the therapist increase the capacity to bear intolerable distress in herself and her patients? In this paper, the therapist recognizes and bravely grapples with the powerful urge to act to ward off known and unknown fears held by both patient and therapist, and begins to create a space where both patient and therapist learn to hope and trust in the patient’s own capacities to cope.
Learning Objectives
At the conclusion of this program, participants will be able to:

1. Discuss how to develop the capacity to contain anxiety and helplessness without precipitously rescuing their patients from these affective states.
2. Demonstrate three examples of psychodynamic interventions that facilitate the patient’s ability to cope in the face of seemingly unbearable affect.
3. Describe the use of reverie to help identify manifestations of transference/countertransference dynamics in the treatment process.
4. Explain three common countertransference responses to a patient’s hopelessness and despair.

References

Schedule
9:00am - 9:10am: Welcoming Remarks; 9:10am - 10:00am: Paper presentation; 10:00am - 10:20am: 1st Discussant; 10:20am - 10:40am: Coffee break; 10:40am - 11:00am: 2nd Discussant; 11:00am - 12:00pm: Audience discussion.

The target audience for this program is mental health clinicians at all levels of training.

Scholarships are available for all BPSI programs.
Please contact Lauren Lukason in the BPSI Office (llukason@bpsi.org or 617-266-0953 x107) in the BPSI office for more information.

FEE: $65 Early Bird (use code: EB2019PSY); $75 Regular (after 03/02/2019)
*The fee is waived for and Early Career Clinicians, Students, and BPSI Members, Trainees, and Associates.*

Continuing Education
Physicians: This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the American Psychoanalytic Association and the Boston Psychoanalytic Society and Institute. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians. The American Psychoanalytic Association designates this Live Activity for a maximum of 3 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS: None of the planners and presenters of this CME program have any relevant financial relationships to disclose.
Psychologists: The Boston Psychoanalytic Society and Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Boston Psychoanalytic Society and Institute maintains responsibility for this program and its content. This program fulfills the requirements for 2.5 hours of CE.
Licensed Mental Health Clinicians: The Boston Psychoanalytic Society and Institute (BPSI) has been approved by NBCA as an Approved Continuing Education Provider, ACEP No. 6913. BPSI is solely responsible for all aspects of the programs. This program offers 3 NBCA Clock Hours.

Grievance Policy
Please address any questions or concerns about your experience at this or any program or event you have attended at the Boston Psychoanalytic Society and Institute to the Program Chair; via the Senior Administrator/Continuing Education Administrator; BPSI, 141 Herrick Road, Newton Centre, MA 02459; office@bpsi.org; 617-266-0953.

Event Cancellation Policies & Procedures
Any program participant requesting their individual program registration be canceled, must submit their request in writing via email to Drew Brydon at dbrydon@bpsi.org. For fee-based events, a request for cancellation (and refund using the original form of payment) must be received no later than 48 hours in advance of the event. Requests received later than 48 hours prior to the event will not be processed or accepted. All approved refunds are subject to a $10.00 administrative fee. If BPSI cancels an event, all registrants will receive a full refund of fees paid (no administration charge) no later than two business days following the scheduled date of the event, using the original form of payment.

The Boston Psychoanalytic Society and Institute, Inc., 141 Herrick Road, Newton Centre, MA 02459, does not discriminate on the basis of race, creed, color, sex, age, sexual orientation, national origin or handicap in the admissions, administration of its educational programs, scholarship and loan programs or employment.