

# How to intervene effectively with *Hard to Hold Clients*

**3 - 4 August 2010 – Melbourne**  
(Rendezvous Hotel)

*Day 1 - Working effectively with the Borderline  
Personality Disorder*

*Day 2 - Working effectively with Narcissistic and  
Schizoid Disorders*

## WORKSHOP PROGRAM – day 1

**8.30am – 9.00am Registration and morning coffee**

### **9.00am – 10.40am SESSION 1**

- Introduction to Masterson's work
- Masterson and Attachment Theory
- Intrapsychic structure and differential diagnosis
- Case presentations

**10.40am – 11.00am Morning Tea**

### **11.00am – 12.45pm SESSION 2**

- Working with defenses; tracking
- The art of confrontation: how, when, where
- How to build a therapeutic alliance
- Case presentations

**12.45pm – 1.30pm Lunch**

### **1.30pm – 3.10pm SESSION 3**

- The art of confrontation (Continued)
- The triad: integration leads to depression
- Transference acting-out vs transference
- Testing and the frame: countertransference

**3.10pm – 3.30pm Afternoon Tea**

### **3.30pm – 5.00pm SESSION 4**

- Working with defenses against abandonment depression
- The working through of an abandonment depression
- Short term vs long term: issues

**5.00pm Workshop Close**

## ***This two day workshop will focus on:***

1. How to help therapists access “where the self hides out” – through the doorway of intrapsychic structure
2. How to help therapists distinguish defense from real self
3. How to facilitate self activation in clients who act out
4. How to hold clients to work through abandonment depression (unregulated affect)
5. How to manage transference/ countertransference issues

## ***Day 1***

### ***Working effectively with the Borderline Personality Disorder***

- How to recognise borderline intrapsychic structure
- How to make a differential diagnosis
- How to recognise self activation: real self/false self
- Working with defenses: acting-out
- What is meant by confrontation
- How to make attuned, effective confrontations
- The importance of the frame
- Skills: tracking the real self
- Recognising abandonment depression
- Transference acting out vs transference
- Countertransference issues

### ***About the Workshop***

Many therapists can feel overwhelmed and ineffective when faced with the powerful defenses of a client who has an engrained problem with self esteem. Sometimes change can seem impossible as both therapist and client become caught in a vortex of hopelessness or despair.

Attachment theory sheds a powerful light on this vortex through its account of the origins of affective dysregulation in childhood. Advances in neurobiological understanding into the operation of implicit memory takes it one step further: client “defenses are designed to block the pain of currently unregulated affect. Defense against currently unregulated affect (implicit memory or abandonment depression) is seen to be the problem more than the unregulated affect itself....” (Kent Hoffman, 2007).

## WORKSHOP PROGRAM – day 2

**8.30am – 9.00am Registration and morning coffee**

**9.00am – 10.40am SESSION 1**

- Masterson vs Self, Relational theories: similarities and differences
- Differential diagnosis; borderline, closet/exhibitionistic narcissist, schizoid
- Case presentations

**10.40am – 11.00am Morning Tea**

**11.00am – 12.45pm SESSION 2**

- The transference as anchor; narcissistic vulnerability
- Mirroring interpretations of narcissistic vulnerability; when, where, how
- Transference acting-out: the repair of rupture
- Case presentations

**12.45pm – 1.30pm Lunch**

**1.30pm – 3.10pm SESSION 3**

- The emerging self; working through implicit memory systems
- Countertransference issues
- Schizoid structures; the need for safety
- Interpreting the schizoid flight into exile
- Case presentation/role play

**3.10pm – 3.30pm Afternoon Tea**

**3.30pm – 5.00pm SESSION 4**

- Working with schizoid structures; Countertransference
- Case presentations/role play
- Summary and discussion

**5.00pm Workshop Close**

The cornerstone of the body of work pioneered by James Masterson, MD, now over forty years old, is that “avoidant,” “ambivalent” or “disorganised” children grow into adults whose real selves are trapped in a defensive shell which masks the developmental arrest of the real self. Masterson’s body of work has established a time-tested, clinically proven treatment approach designed specifically to enable therapists to deal with powerful defensive shells of these clients in order to help them process unregulated affect, and free their real selves from this intergenerational cycle of despair.

Masterson’s pioneering body of work enables the clinician to take the insights of attachment theory and neurobiology and apply them in a systematic, finely attuned treatment approach for those clients who present with a “disorder of the self”.

### Day 2

#### *Working effectively with Narcissistic and Schizoid Disorders*

- Differential diagnosis: borderline, narcissistic, schizoid structure
- Narcissism: transference as “anchor”
- Exhibitionistic vs “closet” structures
- Masterson vs Kohut; similarities and differences
- Mirroring interpretations of narcissistic vulnerability
- Schizoid structures: the need for safety
- The internal landscape of schizoid anxieties
- Interpretations: the retreat from connection into “exile”
- Transference acting out/countertransference

#### ABOUT YOUR WORKSHOP LEADER

**Caroline Andrew** is a registered psychologist working in private practice in Sydney. She is an Associate Member of the New South Wales Institute of Psychoanalytic Psychotherapy (NSWIPP) and has a long involvement with Masterson’s work having trained with him in his approach and having applied its insights in over twenty years of clinical practice.

Caroline completed a postgraduate degree in psychology in San Francisco in 1988 and became interested in Masterson’s approach to the narcissistic/borderline disorders of the self, which was then being taught to psychotherapists on the West Coast from the Masterson Institute in New York.

She returned to Australia in 1988 and commenced supervision with the Clinical Director of the Masterson Institute, Professor Ralph Klein, Adjunct Professor of Psychiatry at Columbia University, who is still her primary supervisor. She is the only Australian to have had the privilege of supervision with Professor Masterson for two years. She has lectured on this approach through conferences held by the APS, the RANZCP, the Inaugural conference of the Australian Society for Adolescent Psychiatry, the Masters Program in Psychotherapy through Westmead, the Masters Program through UNSW, and was invited to NZ twice by NZAP to run workshops on this approach.

