

The Search for the Real Self – the Transformation of Borderline Pathology into the Patient’s Experience of Real Self

19 February 2009 (Novotel -Brisbane)

Early Bird
closes
19/12/08

Workshop Overview

Patients come to therapists because they are in pain. But this pain is like an iceberg – most of it is unconscious, below the surface of the patients symptoms. The real self of the patient is often trapped in this ice, and both adolescent and adult patients develop an array of powerful defenses against any awareness of this condition. Drug taking, eating disorders, perfectionism, turning to others for approval and feeling “bad” about one’s self are all common types of these defenses.

Professor James Masterson, in his pioneering work with adolescents over forty years ago, investigated the nature of this pain that drives most patients for seek help for themselves. His findings led him to become the Founder of the American Society for Adolescent Psychiatry and his work blossomed into a clinical paradigm and approach for adults as well as adolescents now taught through most major psychiatric hospitals and Ivy League universities in the USA and parts of Europe and South Africa.

This workshop is designed for the therapist who wants to broaden his or her understanding of:

- What is the unconscious pain that drives people to seek help?
- What is the patients real self?
- How do you work with the defenses in order to help the patient free his or her self?

The therapist who seeks to help the patient free his or her real self in order to work through the pain of the past must know how to recognise and effectively deal with these defenses – or else face being “locked out.”

LEARNING OBJECTIVES

- Understand borderline/narcissistic intrapsychic structure
- Learn how to make a differential diagnosis
- Learn how to distinguish real self from false self
- Learn how to recognise acting out/transference acting out behaviours
- Understand how to make a therapeutic alliance
- Learn how to help patients stop their destructive “acting out”
- Understand issues with countertransference
- Learn how to help patients activate themselves

About Your Workshop Leader

Caroline Andrew is a registered psychologist working in private practice in Sydney. She 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 New Zealand twice by NZAP to run workshops on this approach.

An application has been made to the Australian Psychological Society for CPD points. This application is currently under review

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