Friday, October 21st  
11:40 AM – 1:10 PM  

1. Meaning Making and Change:  
A View of Psychoanalysis from Systems Theory and Neuroscience

Presenter:  Nancy Bridges, LICSW  
Discussant:  Scott Davis, MD  
Moderator:  Carol Mayhew, PhD, PsyD  

Abstract:  
Our theory of meaning making directly influences how we engage with patients and understand processes of change. I offer an integrative sensibility combining intersubjective and developmental perspectives and data from neuroscience as fresh and hopeful new looks at the intersubjective processes of meaning making and change in the analytic relationship.

Learning Objectives:  
At the conclusion of this presentation, participants will be able to:  
1. explain how, for analysts, our theory of meaning making directly influences how we engage with patients and understand processes of change.  
2. identify processes of meaning making and change in analytic treatment from the perspective of psychobiological intersubjective systems theory.  
3. analyze the role of implicit processes and mutual influence in analytic treatment.
2. Critical Clinical Moments in a Self Psychologist Couples Treatment: When the Lover makes Three

Presenter: Carla Leone, PhD
Discussant: David Shaddock, PhD
Moderator: Rosemary Segalla, PhD

Abstract:
In a previous discussion of the application of contemporary self psychology to the treatment of couples dealing with infidelity ( ), the author decried the chances of repairing and rebuilding the original relationship when one of the partners is still involved with or in love with an extramarital partner. However, almost as soon as that paper was published, a couple who met this description began treatment with the author and successfully saved their relationship, somewhat to the surprise of all concerned. The present paper details this case and speculates on the critical clinical moments and other factors that contributed to its positive outcome.

Learning Objectives:
At the conclusion of this presentation, participants will be able to:
1. Explain why partners find it difficult to end an extramarital relationship in terms of the concepts of “split transference,” the self object dimension of experience and the repetitive dimension of experience.
2. List several factors that’s can influence the unfaithful partner’s ability to end the extramarital relationship and the original couple’s ability to successfully rebuild their relationship.
3. Explain how couples therapist can empathically perturb or gently challenge entrenched narratives about the causes of marital problems and reasons for the affair and develop new, more complex and more fully accurate narratives about themselves, each other and their relationship.
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3. From Traumatized Individuality to Being Human with Others

Presenter: Koichi Togashi, PhD, LP
Discussant: Jeffrey Stern, PhD
Moderator: Tessa Philips, PhD

Abstract:
Traumatized patients often experience themselves as being alienated from human society. While they long for “a brother or sister who knows the same darkness” (Stolorow, 2008), they are afraid of accepting the possibility that anyone could understand their suffering. The author refers to this dilemma as traumatized individuality, and, using the perspective of a “psychology of being human” (Togashi, 2014; Togashi & Kottler, 2015), attempts to illustrate a dyadic process that might transform the patient’s alienation into a sense of being human with others. He discusses a therapeutic process with a female patient who had keloid scars on her face form burns in her childhood, and concludes that it was the therapist’s and patient’s honest attitude about their shared reality that allowed her to seek a relational home in which she could feel herself as being human. The author adds that a therapist’s and patient’s effort to work through an intersubjective taboo is necessary for a transformation of the relationship.

Learning Objectives:

At the conclusion of this presentation, participants will be able to:
1. Describe the essential aspects of traumatized individuality and intersubjective taboo
2. Describe a dyadic process that might transform traumatized individuality into a sense of being human with others;
3. Apply this to their therapeutic work with traumatized patients.
4. Improvisational Engagement and the Development of the Therapeutic System

Presenters: Lynn Preston, MA, MS and Ellen Shumsky, MSW
Discussant: Leslie Lampe Long, MA, Med, LMHC
Moderator: Jean-Francois Bernard, MPs

Abstract:
This presentation explores the micro-moments of therapeutic process that are not only turning points in the treatment, but act as windows into the infinitely complex systemic movements that make up therapeutic processes. Two clinical examples highlight the improvisational nature of pivotal moments—reflecting on how they came about, what they offered and how they were navigated. The vital role of dyadic improvisation is explored as a crucial contribution to the development of the living organism of the therapeutic system. In both the case examples an improvisational spirit helped to move the treatments from a stuck focus on the individuals to a wider focus on the dynamics of the partnership.

Learning Objectives:

At the conclusion of this presentation, participants will be able to:
1. Discuss the concept of improvisational engagement in psychotherapy and its role in developing the therapeutic system.
2. Describe the characteristics of spontaneous, skilled interaction and its inherent implicit relational knowing.
3. Analyze the nature of improvisational moments as tipping points in complex therapeutic systems.
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Paper Session A

5. That’s Me: Self Psychology Meets the Buddha

Presenter: Barry Magid, MD  
Discussant: Raanan Kulka, MA  
Moderator: David Solomon, MD

Abstract:  
This paper recounts the author’s personal attempt to integrate the theory of the self in self psychology with that of the self in Buddhism, leading to a new perspective on therapeutic action. In order to build a bridge between the two systems of thought, philosopher Peter Hacker’s review of the history of concept of the “self” is explored along with Wittgenstein’s treatment of the self. Finally, relational and intersubjective perspectives are introduced in an attempt to develop a “relational self psychology” better able to accommodate all of these points of view.

Learning Objectives:

At the conclusion of this presentation, participants will be able to:
1. Explain the concept of the self as formulated in Western philosophy, Buddhist psychology and in Kohut’s self psychology.
2. Analyze the clinical and theoretical implications for psychoanalysis of alternate views of the self
3. Discuss how Ludwig Wittgenstein offered a philosophical and linguistic analysis of “self” that in many ways prefigured intersubjective and relational perspectives on the self and how self psychology can evolve out of Kohut’s “one person” psychology into a fully “relational self psychology.”
6. The Winter of our Discontents: 
Sympathetic Resonance Will Have To Do Until Empathy Can Be Reached

Presenter: Michael Reison, PhD
Discussant: Anna Stothart, PsyD, LMHC
Moderator: Roger Segalla, PhD

Abstract:
This paper is about sympathetic resonance, an elemental pre-narrative aspect of the feelings held between people and a building block for meaning making. Sympathetic resonance is the bodily aspect of feeling that may or may not be conscious and may or may not be labeled. Clinical work is presented with a patient who suffers from deficits stemming from trauma and traumatic neglect throughout his development. The analyst focused on aspects of sympathetic resonance as a way to be with the patient with whom he could not yet feel a sustained empathy. Some of the analyst’s bodily experiences became a major focus both of the analyst’s relationship with himself and with the patient. Slowly over time the patient was able to sustain positive meanings that culminated in a co-created narrative of shared meanings.

Learning Objectives:

At the conclusion of this presentation, participants will be able to:
1. Define sympathetic resonance.
2. Explain the difference between sympathetic resonance and a more mature sense of empathy.
3. Discuss how a co-created narrative of shared meanings can slowly arise out of clinically sustained attention to felt bodily experience.
7. The Shame of Absence

Presenters: Frances Dillon, CSW and Harry Paul, PhD
Discussant: Brenda Solomon, MD
Moderator: Eldad Iddan, MA

Abstract:
An analyst's experience of unsteadiness, absence, or dislocation during a session can engender intense feelings of shame. Instead of focusing on the moment-to-moment thoughts, feelings, and sensations in the inter-subjective relationship, the connection between analyst and patient is lost. Using clinical examples, the speakers will explore the impact of the analyst's dissociative process on the patient's experience as well as the relationship between the analyst's grandiosity and the inability to be present.

Learning Objectives:

At the conclusion of this presentation, participants will be able to:
1. Discuss the shame cycle in the intersubjective/relational experience.
2. Identify how to work with shame in the countertransference.
3. Explain the impact of the analysts' shame on the patients' self object experience.