

44th Annual IAPSP International Conference

The Creative Edge(s) of Contemporary Self Psychology

October 19-22, 2023



Pre-Conference Workshops:

Thursday, October 19, 2023

AM Session: 8:30 – 11:30am

PM Session: 1:00 – 4:00pm

Registrants to choose one workshop in each session

For a description of the session, it's learning objectives, presenter bios and other details, please click on the session letter. (PRE-CON X)

AM Sessions:

PRE-CON A: Contemporary Self Psychology: Concepts and Challenges

Presenter: Richard Geist, EdD

PRE-CON B: Therapeutic Process and the Uniqueness of the Dyad

Presenters: Christina Connell, RP, Jill Gardner, PhD, Daniel Perlit, MD, Estelle Shane, PhD

PRE-CON C: Self Psychology, Democracy, and Life Cycle Development: From Developing a Self to Being a Subject

Presenters: James Block, PhD & John Riker, PhD

PRE-CON D: Psychoanalysis and Embodiment: A Historical, Philosophical, and Clinical View from Somatic Psychotherapy

Presenter: Ernst Meyer, MA

PRE-CON E*: Sparking Creativity at the Limits of Our Understanding and the Edge of Uncertainty - A Clinical Writing Workshop (part 1)

Presenter: Suzi Naiburg, PhD, LICSW

*This workshop will take place via Zoom only and has a limited number of registrants permitted

PM Sessions:

PRE-CON F: Working with the Leading Edge: An Intersubjective Self Psychological Perspective

Presenters: Peter Zimmermann, PhD, Harry Paul, PhD, Aviva Rohde, PhD, George Hagman, LCSW

PRE-CON G: The Creative Edge of Psychoanalytic Play: Drama, Narrative, and Improvisation in Field Theory and Metapsychology

Presenter: Philip Ringstrom, PhD, PsyD

PRE-CON H: The Creative Edge between Gottman Method Couple Therapy and Couple Therapy Informed by Self Psychology

Presenters: Carla Leone, PhD & Michael McNulty, PhD

PRE-CON I: Art, Psychoanalysis and Survival

Presenters: David Shaddock PhD, MFT, John R. Paddock PhD, ABPP, Karen Schwartz, PhD, Heather Ferguson, LCSW, Jeffrey Stern, PhD.

PRE-CON J: Sparking Creativity at the Limits of Our Understanding and the Edge of Uncertainty - A Clinical Writing Workshop (part 2)*

Presenter: Suzi Naiburg, PhD, LICSW

*Part 2 is optional and only available to those who attend Part 1

*This workshop will take place via Zoom only and has a limited number of registrants permitted

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Pre-Conference A: Contemporary Self Psychology: Concepts and Challenges

Presenter: Richard Geist, EdD

Thursday, October 19, 8:30 – 11:30am

Abstract:

This workshop will discuss major clinical concepts from Self Psychology and, through the use of verbatim clinical dialogue, study their implications for conducting psychotherapy. Emphasizing patient centered rather than theory centered treatment, we will focus on implementing an empathic listening stance, responding to resistance and rage, how we use selfobject transferences and interpretation, and how we work with the forward edge. Throughout this clinically oriented workshop we will emphasize the impact of the therapist on the treatment process.

Learning Objectives:

At the conclusion of this workshop, the participants will be able to:

1. List three well known self psychological transference.
2. Explain the meaning of interpretation.
3. Describe what is meant by empathy in self psychology.
4. Define what we mean by permeable boundaries.

Presenter Bios:

Richard Geist received his undergraduate degree and his doctorate in Psychology from Harvard University and for 35 years was Clinical Instructor, Department of Psychiatry (Psychology), Harvard Medical School. He is a Founding Member, Faculty, Supervising analyst, and member of the Board of Directors of The Massachusetts Institute for Psychoanalysis. In addition, Dick has been on the Executive Board of the International Association for Psychoanalytic Self Psychology and is currently a council member. Dr. Geist was one of the first psychologists in Boston to embrace Self Psychology theory and practice, and he has been teaching and supervising it for over 30 years. He has written numerous papers on clinical self psychology, including papers on how empathy heals, re-conceptualizing the oedipal complex, boundaries in treatment, eating disorders, the forward edge, and several papers on connectedness between analyst and patient. He has been a senior supervising psychologist at Children's Hospital and Massachusetts General Hospital in Boston. Dick maintains a private practice in psychoanalysis and psychotherapy in Newton, Massachusetts where he sees Children, adolescents, adults, and couples. He also supervises privately, teaches private self psychology seminars and directs a self psychology study group.

References:

Geist, R.A. (2015). Conversations with Paul. *International J. of Psychoanalytic Self Psychology*, 10(2), 91-106.

Teicholz, J.G. (2016). The end of comparative psychoanalysis? Blurring the boundaries between contemporary theories. *International Journal of Psychoanalytic Self Psychology*, 11(4), 325-339.

Perlit, D. (2019) The Implicit analyst: Qualities of salience. *Psychoanalysis, Self and Context*, 14(4)4, 428-444.

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Pre-Conference B: Therapeutic Process and the Uniqueness of the Dyad

Presenters: Christina Connell, RP, Jill Gardner, PhD, Daniel Perlit, MD, Estelle Shane, PhD

Thursday, October 19, 8:30 – 11:30am

Abstract:

As our theories have developed, we have increasingly moved away from a focus on specific mental contents and structure to a focus on the therapeutic process itself, as it unfolds between the two participants in the clinical exchange. Developments from infant studies, neuroscience, intersubjectivity and non-linear dynamic systems theory have led us to appreciate bidirectional, mutual influence in ways that underscore the uniqueness of any given therapeutic pair.

To illustrate these concepts, we will explore the microprocess in two interviews, one with Estelle Shane as the therapist and one with Jill Gardner as the therapist, each conducting a 30 minute session with the same volunteer patient, who presented the same problem to each. Written copies of the complete transcripts of these sessions will be distributed to the participants. The panelists will read aloud selected segments of the interviews, after which the participants will be encouraged to share their perceptions and reactions.

Together with the presenters, we will as a group define a number of different concepts which this material serves to illustrate. These interviews were made with the goal of using them for education and training purposes. We four look forward to discovering what we all can learn by reviewing the transcripts and discussing them together.

Learning objectives:

At the conclusion of this workshop, the participants will be able to:

1. Describe the distinction between a structure theory of psychoanalysis and a process theory.
2. Name three concepts drawn from perspectives different from but related to a psychoanalytic perspective that can be integrated with and expansive of relational self psychology.
3. Describe what is meant by bi-directional process in the dyad.
4. Describe the distinction between a one-person and a two-person therapeutic model given that both models comprise two individuals, patient, and therapist.

Presenter Bios:

Christina Connell, RP is a child, adolescent, adult and couple psychoanalyst/psychotherapist working in private practice in Toronto, Canada. A graduate of both the Toronto Child Psychoanalytic Program as well as the Institute for the Advancement of Self Psychology in Toronto, Christina serves as an elected member for Canada on the IAPSP Membership Council, and also represents the IAPSP Council on the IAPSP Executive Board. Christina is faculty and co-chair of the Curriculum Committee at the Toronto Institute of Contemporary Psychoanalysis, board member at The Institute for the Advancement of Self Psychology in Toronto, and supervisor and faculty at the Canadian Institute for Child and Adolescent Psychoanalytic Psychotherapy.

Jill R. Gardner, PhD maintains a private practice in clinical and consulting psychology. She spent 20 years managing the adult outpatient services of a hospital-based community mental health center before entering full time private practice. She is a frequent presenter of inservice and continuing education programs for mental health professionals, both through the University of Chicago and in a variety of community agencies and settings. She has made professional presentations at several national meetings, with a focus on the area of contemporary psychoanalytic theory known as Self Psychology. She has published articles in this area and taught graduate level courses on the subject in the social work school of the University of Chicago. Dr. Gardner also has extensive administrative, managerial, program planning, and supervisory experience, which has formed a base for consultation in a wide range of companies, organizations, and institutions. Consultation projects have included executive coaching, management training, organizational development, team building, program planning, interpersonal and communication skills training, and systems-level intervention following traumatic events.

Daniel Perlit, MD is a psychoanalyst in private practice in Toronto, Canada. He completed his psychoanalytic training at IASP (Institute for the Advancement of Self-Psychology) in Toronto, Canada in 2014, Perlit is on the board of directors and faculty of IASP, an Adjunct Lecturer at University of Toronto, and a supervisor of psychiatric residents in psychotherapy at St. Joseph's Hospital in Toronto. He is also on the board of directors and is treasurer of IAPSP (International Association of Psychoanalytic Self Psychology). His first published article, "Beyond Kohut - from Empathy to Affection," appeared in the *International Journal of Psychoanalytic Self-Psychology* in 2016. Subsequently he has published four more articles in the same journal in 2017, 2019, and 2021.

Estelle Shane, PhD is a Founding Member, Member of the Board of Directors, Faculty member and Training and Supervising Analyst, The Institute for Contemporary Psychoanalysis, Los Angeles; Faculty Member and Training and Supervising Analyst, The New Center for Psychoanalysis, Los Angeles; Past President and Council Member, International Association for Psychoanalytic Self Psychology (IAPSP); Advisory Board Member, International Association for Relational Psychotherapy and Psychoanalysis (IARRP); Adjunct Faculty, UCLA Department of Psychiatry, Los Angeles; Consulting Editor, *Psychoanalytic Inquiry*; Editorial Board, *Psychoanalysis, Self & Context*; author of numerous publications; and co-author (with M. Shane and M. Gales) of: *Intimate Attachments: A Developmental Systems Self Psychology*, Routledge, 1997.

References:

Fosshage, J. L. (2013). Forming and Transforming Self-Experience. *International Journal of Psychoanalytic Self Psychology*, 8(4), 437-451.

Kaplan, A. (2014). Recalibrating a Psychoanalytic Compass: Searching for Flexibility in the Midst of Grief and Loss. *Psychoanalytic Perspectives*, 11(3), 229-242.

Altimir, C. & Jimenez, J. P. (2020). Walking the middle ground between hermeneutics and science: A research proposal on psychoanalytic process. *International Journal of Psychoanalysis* 101(3), 496-522.

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Pre-Conference C: Self Psychology, Democracy and Life Cycle Development: From Developing a Self to Being a Subject

Presenters: James Block, PhD & John Riker, PhD

Thursday, October 19, 8:30 – 11:30am

Abstract:

In this workshop we will inquire into what structural accretions beyond those of the nuclear self need to happen as persons develop through life for them to become active vital subjects and citizens in the adult socioeconomic world. We will differentiate and interconnect the concepts of self and subject, detail what developments in self-structure and subjectivity are needed to meet the increasingly complex and difficult challenges that life presents as we mature, and show why democracies need persons with coherent, well-developed selves and conversely why democracies are needed for selves to fully flourish. We develop a full picture of mature personhood by drawing not simply on Kohut and self-psychology but also James Block's historical work with the concept of agency and the existentialist thinkers' notion of authenticity.

Learning Objectives:

At the conclusion of this workshop, the participants will be able to:

1. Discuss the processes of structural, relational, and value development that generate and in turn constitute the mature individuated person and the relation of evolving self-structure and that mature individual.
2. Identify the difference between having a self and being a mature subject capable of negotiating the challenges of adult life.
3. Explain the distinctions between healthy and arrested selfhood, why democracies need to be populated by persons with coherent selves and why those with traumatized or displaced selves tend towards autocracy, and what strategies might be employed for addressing these developmental injuries.

Presenter Bios:

James Block, PhD from the Committee on Social Thought from the University of Chicago, and has taught political and cultural theory, political psychology, and cultural studies at DePaul University for three decades. His major work traces the process of Western self-development in a series of volumes. His first book, *A Nation of Agents: The American Path to a Modern Self and Society* (Harvard/Belknap University Press, 2002) traced the decline of traditional self and society during the most innovative phase of the early modern period and the emergence of a distinctly modern identity arising in Anglo-American dissenting Protestantism and realized in American liberal society. *The Crucible of Consent: American Child Rearing and the Forging of Liberal Society* (Harvard, February 2012) examines the embedding of this identity in a modern citizenry through radical innovations in child socialization and education. The current book projects, *The Agony of American Ascendancy: The Crisis of Liberalism in the Organizational Age* and *The Authoring Self: The Emersonian Tradition from Rousseau to Kohut and the Post-Liberal World* along with many conference papers delivered throughout the world, published essays, and lectures treat the similar decline of the classic Protestant-liberal American consolidation regarding self and society and the rise in the past century of a

post-Protestant, post-liberal culture and experimental selfhood and community in the U.S. and elsewhere. In addition, James has regularly written on the crisis of contemporary politics and the incipient forms of emerging cultures for Huffington Post, medium.com and other on-line publications.

For the past three decades, **John Riker**, PhD has been devoted to exploring the relation of psychoanalysis - especially Kohutian self psychology--to problems in ethics and philosophical anthropology. He has written four books intersecting psychoanalysis and ethics (most recently, *Exploring the Life of the Soul*), and published numerous articles and spoken in many conferences on this material, including conferences in England, Belgium, Turkey, Austria, Canada, and Israel. John has been a professor of philosophy at Colorado College for over half a century and been named Professor of the Year a record four times, and advisor of the year a record three times. He was the initial recipient of the award Colorado College established to recognize someone who most promotes diversity and inclusion on campus. He has been recently named co-editor of *Psychoanalysis, Self, and Context*.

References:

Riker, J. (2020). Cushman and Kohut: Constructing Identities vs. Developing Selves in the Context of Modern American Life, *Psychoanalysis, Self, and Context*, 15(3), 230-236.

Riker, J. (2021). The Philosophical Significance of Kohut's Theory of the Self, *Psychoanalytic Review*, 108(2), 215-237.

Strozier, C., Pinteris, K., Kelley, K., Mart, D., Strug, D.(2021). Heinz Kohut's Idea of Self, *Psychoanalytic Review*, 108(2), online.

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Pre-Conference D: Psychoanalysis and embodiment: A historical, philosophical and clinical view from somatic psychotherapy

Presenter: Ernst Meyer, MA

Thursday, October 19, 8:30 – 11:30am

Abstract:

The lived-in body in psychoanalysis – why has it gone missing in psychoanalysis, how can we find it, and how can it be reintegrated into psychoanalytic theory and practice.

Since Wilhelm Reich's expulsion from the International Psychoanalytic Association in 1934, the concept of embodiment has been largely ignored in psychoanalytic theories of all persuasions. The human body as a source of wisdom, and an understanding of our lived experience of embodiment, is absent. Even in Kohutian theory, while it allows for an experiential understanding of human beings, the words "body" or "sexuality" are almost entirely missing. At the same time, Self Psychology theory in general, and Intersubjective Systems Theory in particular, allow for a re-integration of embodied subjectivity – philosophically, theoretically, and practically. Such a re-integration has the potential to re-vitalise Kohutian theory and clinical practice, and ensure it can remain relevant as a contemporary approach to psychoanalysis.

Learning Objectives:

At the conclusion of this workshop, the participants will be able to:

1. Explain why notions of embodiment tend to be absent in psychoanalysis.
2. Apply ways of getting in touch with our own embodied self.
3. List approaches how embodiment can be applied to psychoanalytic theory and practice.

Presenter Bio:

My name is **Ernst Meyer**, I am a Registered Clinical Psychotherapist, hold a Masters Degree in Psychotherapy and Counselling, and have ten years of experience in private practice. I have been elected to the board of the "Psychotherapy and Counselling Federation of Australia" (PACFA) as the psychotherapy representative, am part of the leadership group for somatic psychotherapy in Australia, am a full member of the "European Association for Body Psychotherapy" (EABP) and a member of the "International Association for Psychoanalytic Self Psychology (IAPSP)" international council. As a trained Somatic Psychotherapist I understand that human beings are embodied, and my clinical approach is body-inclusive. Being a former police officer, I am passionate about supporting current and retired first responders - most carry a diagnosis of PTSD, and many have experienced one or more suicide attempts. As an educator, I am equally passionate about the embodied nature of trauma presentations, and provide training for existing practitioners how to include an awareness of embodiment into psychotherapy practice. Outside of the practice and training room I am advocating for human-science based psychotherapy to be recognised as a clinical alternative to clinical psychology and psychiatry.

References:

Geuter, U. (2016). Body psychotherapy: experiencing the body, experiencing the self. *International Body Psychotherapy Journal*, 15(1), 6-19.

Luci, M., & Kahn, M. (2021). Analytic therapy with refugees: between silence and embodied narratives. *Psychoanalytic Inquiry*, 41(2), 103-114. <https://doi.org/10.1080/07351690.2021.1865766>

Brothers, D., & Sletvold, J. (2022). Talking bodies: a new vision of psychoanalysis. *Psychoanalytic Inquiry*, 42(4), 289-302. <https://doi.org/10.1080/07351690.2022.2059292>

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Pre-Conference E(part 1) and J(part 2):

Sparking Creativity at the Limits of Our Understanding and the Edge of Uncertainty -

A Clinical Writing Workshop

Presenter: Suzi Naiburg, PhD, LICSW

Thursday, October 19, 2023, Part 1: 8:30 – 11:30am and Part 2: 1:00 – 4:00pm

This workshop is presented via ZOOM only and has a limited enrollment.

Abstract:

Through a series of close reading and writing exercises, participants will be invited to develop “an unfettered mind” (Ferro, 2008); coin new terms; bring their clinical work to life on the page; “find new possibilities in old conditions;” “increase the imaginative yield” of what we already know (Mitchell, 1993); and cultivate their creativity as writers and clinicians. They will also listen to each other’s voices and discover how writing can foster inner freedom and, like Bollas’ (1987) “transformational object,” create an experience that transforms the self. This workshop is open to unpublished and published writers, new and seasoned clinicians alike. A written syllabus will be provided. Have at hand your writing implements and process notes from a clinical session you want to write about.

Writers participating in the morning session have the *option* of continuing in the afternoon session. Writers who want to participate in the afternoon session *must have completed the morning session*.

Learning Objectives:

At the conclusion of this workshop, the participants will be able to:

1. Define the meaning of the dual landscape of clinical narratives.
2. Identify at least 4 characteristics of an immediate scene.
3. Use the techniques of fetching or lateral thinking to create a new term.

Presenter Bio:

Suzi Naiburg, PhD, LICSW (www.SuziNaiburg.com), is a graduate of the Massachusetts Institute for Psychoanalysis in private practice in Belmont, MA, USA; author of *Structure and Spontaneity in Clinical Prose: A Writer’s Guide for Psychoanalysts and Psychotherapists* (Routledge 2015); and an editor and writing coach who has taught over 200 clinical writing workshops.

References:

Kanarian, J.R. (2021). Dear self: On writing the clinical experience. *Psychoanalysis, Self and Context* 16 (2),137-139.

Naiburg, S. (2021). Write on! A clinical writing workshop for psychoanalysts and psychotherapists. *Psychoanalysis, Self and Context* 16 (2),190-201.

Ogden, T. H. (2021). Analytic writing as a form of fiction. *Journal of the American Psychoanalytic Association* 69 (1), 221-223.

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Pre-Conference F: Working with the Leading Edge: An Intersubjective Self Psychological Perspective

Presenters: Peter Zimmermann, PhD, Harry Paul, PhD., Aviva Rohde, PhD

Moderator: George Hagman, LCSW

Thursday, October 19, 1:00 – 4:00pm

Abstract:

Since the publication of Marian Tolpin's seminal 2002 paper *Doing Psychoanalysis of Normal Development: Forward Edge Transferences* there has been increasing interest in the dynamics of clinical work with what we now call *the leading edge*. This workshop examines the concept of the leading edge in depth, highlighting recent advances from the perspective of Intersubjective Self Psychology (ISP). The workshop begins with a synopsis by Peter Zimmermann of the core concepts of ISP and how ISP's innovative understanding on the leading edge, represents a new paradigm for clinical work. More experience-near, Zimmermann highlights the difference the ISP perspective on the leading edge makes on how we think about the therapeutic process and therefore, how we work. Following Peter Zimmermann, Harry Paul and Aviva Rohde present two extended clinical reports as illustrations of the ISP approach to working with the leading edge. Ample time is given for audience participation and discussion.

Learning Objectives:

At the conclusion of this workshop, the participants will be able to:

1. Recognize and explain the concepts of leading and trailing edge.
2. Develop and implement interventions that strengthen the leading edge of the treatment process.
3. Provide an example of trailing edge denial of identity and leading edge appreciation of identity.

Presenter Bios:

Peter Zimmermann, PhD, LP, Founding Member and Member of the Board of Directors of TRISP; Senior Faculty, Training and Supervising Analyst of TRISP since 1987. Former President of the Training Institute of NPAP (2016-2021), and Member of the Board of Directors of NPAP since 2012; Senior Member, Training and Supervising Analyst and Faculty Member at NPAP since 1984. Member of the Editorial Board of *the Psychoanalytic Review*. Co-editor and contributing author of *Intersubjective Self Psychology, A Primer* (Routledge 2019). In private practice in New York City since 1982.

Harry Paul, PhD is a founding member, past president, faculty and supervising and training analyst at the Training and Research Institute in Self Psychology in New York City. He is a board and faculty member at the Training and Research Intersubjective Self Psychology Foundation and a member of the International Council of IAPSP. He is the co-author of *The Self Psychology of Addiction and Its Treatment: Narcissus in Wonderland* and most recently co-edited and contributed to *Intersubjective Self Psychology: A Primer*, Hagman, Paul, and Zimmermann, Routledge, 2019. He has authored numerous articles on intersubjective self psychology, and addiction. He is in private practice in New York City and in Chappaqua, New York.

Aviva Rohde, PhD is a psychologist and psychoanalyst in private practice in New York City where she treats adults and couples, and supervises clinicians. Trained at Columbia University and Training and Research in Intersubjective Self Psychology (TRISP), she is a senior faculty member and member of the training committee at TRISP and supervises at TRISP and National Institute for the Psychotherapies (NIP). An author of several chapters in Intersubjective Self Psychology: A Primer (2019), she has presented papers at TRISP and IAPSP on topics related to Intersubjective Self Psychology.

George Hagman, LCSW is a clinical social worker and psychoanalyst in private practice in New York City and Stamford, Connecticut. He is on faculty of the Training and Research in Intersubjective Self Psychology, and is a training analyst, supervisor, and faculty member of the Westchester Center for the Study of Psychoanalysis and Psychotherapy. George is co-editor with Peter Zimmermann and Harry Paul of *Intersubjective Self Psychology: A Primer* (Routledge, 2019). He is also the General Editor of the *Art, Creativity and Psychoanalysis* book series and *New Directions in Self Psychology* book series both published by Routledge.

References:

Zimmermann, P. (2019). On Leading and Trailing Edge: Toward a New Conceptualization of What is Curative in Psychoanalysis. *The Psychoanalytic Review*, 106(4), 291-303.

Hagman, G. (2021). Empathy: Expanding the Capacity for Humanness and Freedom. *The Psychoanalytic Review*, 108(2), 155-168.

Zimmermann, P. & Paul, H. (2021). The Origins of the Leading Edge in Kohut's Work. *The Psychoanalytic Review*. 108(2), 169-196.

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Pre-Conference G : The Creative Edge of Psychoanalytic Play: Drama, Narrative, and Improvisation in Field Theory and Metapsychology

Presenter: Philip Ringstrom, PhD, PsyD

Thursday, October 19, 1:00 – 4:00pm

Abstract:

This pre-conference workshop clearly meets the criteria for new works on the “creative edge(s)” of Self Psychology - as well as other psychoanalytic theory. Three hours is an ideal venue for the three parts of the workshop: Part One involves a didactic presentation (with a printed outline given to participants) covering key ideas from my new book *Psychoanalytic Play: Drama, Narrative and Improvisation in Field Theory and Metapsychology*. Part Two involves an in-depth Q&A period - addressing ideas and questions about the theory of *psychoanalytic play* and its practice. (Both Parts One and Two will include numerous case illustrations). Part Three will involve engagement with the workshop participants in live “role play” with cases from their psychotherapy practices in which they are having questions and difficulties. We will *play* (enact) case material in the pursuit of creating “possibilities” where the work has been met with many “constraints” a term along with “possibility” which are both essential to the *information theory* meta-psychological basis of *psychoanalytic play*. The workshop promises to be intellectually edifying as well as playfully engaging.

Learning Objectives:

At the conclusion of this workshop, the participants will be able to:

1. Differentiate *play* from more constrained forms of therapeutic communication thereby discussing the advantages of *psychoanalytic play*.
2. Distinguish between *first- and second-order* change in the therapy process and discuss the role of play in *second-order change*.
3. Describe how cultivating play in the therapeutic field leads to greater experiences of personal and relational freedom.

Presenter Bios:

Philip Ringstrom, PhD, PsyD is a Senior Training and Supervising Analyst and Faculty Member at the Institute of Contemporary Psychoanalysis, in Los Angeles, California. He is a founding member of the Board of Directors of IARPP, and a member of the *International Council of Self-Psychologists*. He is on the editorial boards of *Psychoanalytic Dialogues*, *Psychoanalytic Perspectives*, and *Psychoanalysis: Self and Context*. He has published over 60 articles, chapters, and reviews and has presented at conferences all over the world. His book *A Relational Psychoanalytic Approach to Conjoint Therapy* (Routledge 2014) won the Goethe Award in psychoanalysis for 2014. He is currently writing a new book titled: *Psychoanalytic Play: Dramatization, Narration, and Improvisation in Field Theory and Metapsychology*.

References:

Ringstrom, P. (2018). Relational Metapsychology in a Three-Dimensional Field Theory of Change: Reply to Gabbard, Gadot and Fosshage. *Psychoanalytic Dialogues*, 28(4), 422-431.

Ringstrom, P. (2020). Discussion of Improvisation-Therapist's Subjective Experience During Improvisational Moments in the Clinical Encounter. *Psychoanalytic Dialogues* 29(3), 311-320.

Ringstrom, P.A. (2022). *The transitional medium of the not yet spoken* [Conference presentation]. International Association for Relational Psychoanalysis and Psychotherapy 18th Annual Conference, Los Angeles, CA, United States. June, 2022.

Ringstrom, P.A. (2022). Psychedelics and psychoanalysis: A conversation long overdue. *Psychoanalytic Dialogues*, 32(5), 444-451.

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Pre-Conference H : The Creative Edge between Gottman Method Couple Therapy and Couple Therapy Informed by Self Psychology

Presenters: Carla Leone, PhD and Michael McNulty, PhD

Thursday, October 19, 1:00 – 4:00pm

Abstract:

This course will present an overview and summary of two major models of couple therapy – the Gottman Method and couple therapy informed by contemporary self psychology – and compare and contrast them, with an eye toward how the two approaches might creatively inform each other. Detailed clinical material including a recording or handout of a transcript of a session will be provided and discussed by both presenters in light of the concepts just presented. Audience participation will be encouraged and facilitated throughout the presentation.

Learning Objectives:

At the conclusion of our workshop participants will be able to:

1. Explain the basic tenets of The Gottman Method of couple therapy.
2. Explain the basic tenets of couple therapy informed by contemporary self psychology.
3. List three similarities and three differences between the two models.
4. List ways the two approaches might be enhanced by incorporating concepts from the other.

Presenter Bios:

Carla Leone, PhD, is the Director of the certificate program in Integrative Psychoanalytic Couple Therapy, which is co-sponsored by the Chicago Psychoanalytic Institute and the Institute for Clinical Social Work in Chicago. She is the founder and director of a group private practice in the Chicago suburbs, an adjunct faculty member at the Chicago Psychoanalytic Institute, and on the faculty of the Institute for Clinical Social Work. She is co-chair of the Membership Committee of the International Association for Psychoanalytic Self Psychology (IAPSP), co-founder and former chair of IAPSP's Couples Therapy Interest Group, and formerly served on the organization's International Council and its Executive Board. She is the author of several published papers on the application of self psychology to couple and family therapy and one on the "unseen spouse" of patients in individual therapy, has presented nationally and internationally on these topics, and is currently working on a book on self psychology-informed couple therapy.

Mike McNulty, PhD is a psychotherapist, consultant, master trainer, and teacher with over 30 years of experience.

He became a certified Gottman Relationship Therapist in 2005. Since that time, he has led all 3 levels of Gottman trainings at The University of Chicago's School of Social Service Administration's Professional Development Program. He has also presented Chicago area Gottman Art and Science of Love Workshops, at least twice per year, since 2007. Mike founded The Chicago Relationship Center in 2014, which offers Gottman trainings and workshops, and has produced workshops led by Dan Wile, PhD.

Mike has taught at the doctorate level for over 10 years. He was an affiliate professor at The Chicago School of Professional Psychology and a visiting instructor at The Institute for Clinical Social Work. He currently

teaches a course on The Gottman Method at Concordia Irvine. The Courses he has taught include couple therapy, psychopathology, international intervention, and trauma and attachment disorders. His other areas of clinical expertise include the emotional aspects of attention deficit disorder and learning disabilities.

Mike's international training efforts have focused on Sri Lanka. Since the tsunami of 2004, he has traveled to Sri Lanka twice per year (22 times to date) to teach Sinhalese and Tamil lay counselors courses on basic counseling skills. He received 5 Fulbright Specialist grants for his work in 2010, 2014, and 2015. He was one of the first Gottman therapists to lead Gottman training in a foreign country, and made presentations on his international training efforts at Gottman Conferences.

His publications include "Dyslexia and the Life Course", a feature article summarizing his research in the Journal of Learning Disabilities, and a text book chapter with Drs. John and Julie Gottman on affair recovery. In addition to see clients on a weekly basis, he also regularly provides intensive or marathon therapy.

References:

Gottman, J. M, Driver, J, & Tabares, A. (2015). Repair during marital conflict in newlyweds: How couples move from attack-defend to collaboration. *Journal of Family Psychotherapy*, 26(2), 85-108.

Gottman, J. M. & Gottman, J. (2017). The natural principles of love. *Journal of Family Theory & Review*, 9(1), 7–26.

Leone, C. (2018). Response to MacIntosh's review and discussion of the psychoanalytic couple therapy journal literature: A self psychological, intersubjective perspective. *Psychoanalytic Inquiry*, 38 (5), 387–398.

Leone, C. (2021) The application of contemporary self psychology to couple psychotherapy. *Couple and Family Psychoanalysis*, 11(2), 170–186.

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October 19-22, 2023



Pre-Conference I: Art, Psychoanalysis and Survival

Presenters: David Shaddock PhD, MFT, John R. Paddock PhD, ABPP, Karen Schwartz, PhD, Heather Ferguson, LCSW, Jeffrey Stern, PhD.

Thursday, October 19, 1:00 – 4:00pm

Abstract:

During the three years of the Covid Pandemic the line between healer and sufferer has only further blurred. *How are we to live now?* flashes from our patient's eyes. *I don't know*, our eyes answer. Rarely have therapists felt such a strong need for support and guidance. The arts: painting, music, poetry, can offer us both support and clinical guidance in these difficult times. In this workshop four therapists—lovers of art and practicing artists—open up their studios and their lives to discuss how art helped them survive both clinically and personally.

This workshop continues a discussion that began as a special section of *Psychoanalysis, Self and Context*. Heather Ferguson writes about being a drummer, how her sense of rhythm and musicianship helped her penetrate the two dimensional wall of Zoom. John Paddock writes of sitting in a room of transcendent Rothko's, then thinking about the artist's suicide. His wife Karen Schwartz writes of going to her studio to make "large gestural markings," until "I can anticipate feeling solidly held." Jeffrey Stern recalls how Hamlet first informed his Self Psychology practice. David Shaddock, author of *Poetry and Psychoanalysis*, will moderate and offer insights from his own work as a poet.

Learning Objectives:

At the conclusion of this workshop, participants will be able to:

1. Describe how attentiveness to and recognition of a patient's nascent creative strivings may enrich the therapeutic attachment and process.
2. Describe how the creative process of painting or other artistic activity may be conceived of as an intersubjective process.
3. Describe how a more coherent and vitalized sense of self, across development levels, cultures, and environmental circumstances can be restored and maintained by an embodied and physical, nonverbal experience of artistic creation.
4. Describe how both visual art music and poetry can help one explore and restore a (more) coherent sense of self, especially in circumstances of uncertainty and emotional overwhelm

Presenter Bios:

David Shaddock PhD, MFT is an associate editor of *Psychoanalysis, Self and Context*, the leader of the IAPSP Couples Therapy Interest Group, and a member of the IAPSP International Council. He is the author of *Poetry and Psychoanalysis: The Opening of the Field*, *From Impasse to Intimacy*, and *Contexts and Connections: An Intersubjective Systems Approach to Couples Therapy*. He is also the author of four books of poetry, most recently *The Book of Splendor: New and Selected Poems on Spiritual Themes*. He is a clinical supervisor at the Wright Institute, analytic supervisor at the Minnesota Institute for Contemporary Psychoanalysis and Psychotherapy, and adjunct faculty the Chicago Institute for Clinical Social Work. He maintains a private practice in Berkeley.

John Paddock, PhD, ABBP, is a clinical psychologist, Fellow and Past-President of the Georgia Psychological Association. He received his BA *cum laude* with Highest Honors in Psychology from Williams College (1977), and his M.A. (1981) and PhD (1982) in Clinical Psychology from Emory University. Currently, he is Adjunct Professor of Psychology at Emory, Clinical Professor of Psychiatry & Behavioral Sciences in Emory's School of Medicine., and Adjunct Professor at Emory's Goizueta Business School. Dr. Paddock received his certification in psychoanalysis from the Institute of Contemporary Psychotherapy + Psychoanalysis (ICP+P). He teaches courses on the "Analyst's Use of Self" and "Contemporary Conceptualizations of Personality Psychopathology" in the Emory University Psychoanalytic Institute (EUPI). Currently, he serves on EUPI's Executive Committee, and is Co-Director of their Fellowship Program.

Heather Ferguson, LCSW, is faculty and supervisor at the Institute for the Psychoanalytic Study of Subjectivity, the National Institute for the Psychotherapies, and faculty at the Manhattan Institute for Psychanalysis Trauma Program, all in NYC. She has written about eating disorder treatment, the role of intergenerational transmission of trauma, and the use of embodied techniques to deepen psychotherapeutic engagement. She is a member of the Music Industry Therapist Collective (MITC). She is Co-Book Review Editor for *Psychoanalysis, Self, and Context*.

Jeffrey Stern, PhD is a research and clinical graduate of the Chicago Psychoanalytic Institute where he is a supervising analyst and faculty member and past President of the Chicago Psychoanalytic Society. Dr. Stern received his PhD at the University of Chicago in English Literature, where his dissertation on Shakespeare's late romances won the Humanities Prize. He has been a lecturer in Psychiatry at Rush University and the University of Chicago's Pritzker School of Medicine, where he won the teaching award. He has also lectured at the University of Chicago in the Committee on General Studies in the Humanities. Dr. Stern is in addition Visiting Professor of Psychoanalysis at Wuhan University in Wuhan China. In 2017 he was the keynote speaker at the annual meeting of the International Association for Psychoanalytic Self Psychology. Dr. Stern writes on clinical psychoanalysis, literature and film and is the associate editor of *The Annual of Psychoanalysis*. His work including papers on clinical cases, Shakespeare's *King Lear*, *The Wizard of Oz* and Alomodovar's *Women on the Verge of a Nervous Breakdown* has appeared in *Shakespeare Quarterly*, *The Journal of the American Psychoanalytic Association*, *Psychoanalysis, Self and Context*, and *The Annual of Psychoanalysis*, among others. A volume of his papers from Routledge is scheduled for publication next year. He maintains a private practice in Chicago and throughout the world on line.

Karen Schwartz, PhD is a clinical psychologist and Fellow of the Georgia Psychological Association. She received her B.S. *summa cum laude* in Psychology from Tufts University (1975), and her M.A. (1978) and PhD (1980) in Clinical Psychology from Emory University. Currently, she is Adjunct Professor of Psychology at Emory, and Clinical Associate Professor of Psychiatry & Behavioral Sciences in the Emory University School of Medicine. Dr. Schwartz completed psychoanalytic psychotherapy training at the Institute of Contemporary Psychotherapy + Psychoanalysis (ICP+P). Currently, as a faculty member of the Emory University Psychoanalytic Institute (EUPI), she teaches courses on "Self Psychology", "Intersubjectivity", and "Relational Perspectives in Self Psychology".

References:

Nebbiosi, G. (2016). The smell of paper: On the usefulness of musical thought in psychoanalytic practice. *Psychoanalytic Dialogues*, 26(1), 1-9.

Schwartz, K. M. (2018). Making unformulated experience real through painting: Painting and psychoanalytic psychotherapy as two ways of making sense. *Journal of Clinical Psychology*, 74(2), 239-248.

Stern, J. (2021). Writing and Righting and Selling the Cow for Beans: The Case of Tad. *Psychoanalysis, Self and Context*, 16(2), 171-180.