

Austin Society for Psychoanalytic Psychology

Fall 2014 NEWSLETTER

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Shame and Vulnerability



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Thoughts from the President

Our program theme for 2014-2015 is **Shame and Vulnerability**. During monthly meetings, we'll examine shame from neurobiological, cultural, and theoretical perspectives. We'll also explore shame in personal memoirs and film characters, as well as patients in treatment. Our first clinical conference of the year is September 27th, when Peter Shabad, PhD will focus on the origins and dynamics of shame. We'll have a three-hour diversity conference on November 22nd, with Dianne Elise, PhD exploring the topic of women, shame, sex, and underachievement. Jon Allen, PhD will present a three-hour ethics conference on March 7th. On March 28th, Efrain Bleiberg, MD will present a three-hour workshop on psychotherapy supervision. We're offering classes on shame as depicted in the bestselling book, *Far From the Tree*, and in Jane Austen's classic novels. We're also planning a film screening of *Philomena* and a community arts presentation.

Please note that ASPP has a **new time and location for monthly meetings** this year. We'll be meeting in the auditorium in the Austin Energy Building at 721 Barton Springs Road, across the street from the Long Center. Our first meeting of the year will be September 17th from 7:15 to 9:00 p.m. Thereafter, we'll meet on the first Wednesday of the month from October through May. Monthly meetings offer great opportunities to meet and network with like-minded professionals. We and the rest of the ASPP board members hope to see you there and at our other events. Also note that ASPP has a **new telephone number and address**. We look forward to hearing from you, and welcome your ideas and participation!

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ASPP Mission Statement

The Austin Society for Psychoanalytic Psychology (ASPP) was founded in 1988 as a local chapter of the Division of Psychoanalysis (Division 39) of the American Psychological Association. ASPP offers monthly programs, classes, and conferences related to psychoanalytic theory, practice, and research. These educational opportunities are open to all licensed mental health professionals and graduate students who are currently enrolled in academic mental health programs. ASPP members come from a number of mental health fields and include psychoanalysts, psychologists, licensed professional counselors, social workers, psychiatrists, and graduate students. ASPP's monthly speakers, class facilitators, and conference presenters are composed of experienced clinicians in the Austin community as well as nationally and internationally recognized contributors to psychoanalysis and psychoanalytic psychotherapy.

Watch your email for information about our upcoming film and arts event!

2014-2015 Monthly Meetings

Monthly meetings are held on Wednesday evenings from 7:15 to 9:00 p.m. (registration and socializing starting at 7:15, followed by announcements and presentation starting at 7:30). **The meetings are located in the auditorium in the Austin Energy Building at 721 Barton Springs Road, across the street from the Long Center.** Free parking is available in the parking garage behind the building. Lectures range from introductory to advanced-level, intended for clinicians and graduate students in mental health disciplines. Attendance and CE/CME certificates are a free benefit for members. Non-member clinicians are welcome to attend, but must pay \$10 to get a CE/CME certificate.

2014-15 Monthly Meetings

Sep. 17, 2014 **Shame, Relevant Neurobiology, and Treatment Implications**

Arlene Montgomery, PhD, LCSW 1.5 CE/CMEs (Clinical)

Oct. 1, 2014 **Dirty Rotten Shame**

Michael Uebel, PhD, LCSW 1.5 CE/CMEs (Ethics)

Nov. 5, 2014 **Paradise Lost: Shame, Differentiation and Oedipal Defeat**

Marianna Adler, PhD 1.5 CE/CMEs (Clinical)

Dec. 3, 2014 **ANNUAL BUSINESS MEETING**

Jan. 7, 2015 **The Therapist's Use of Self-Disclosure in the Face of Client Vulnerability**

Elayne Lansford, PhD 1.5 CE/CMEs (Clinical)

Feb. 4, 2015 **The Metamorphosis of Walter White in *Breaking Bad*: A Case Study of the Psychodynamics of Shame**

Richard Michael, PhD 1.5 CE/CMEs (Applied Clinical)

Mar. 4, 2015 **The Story of the Hero From WWII to "The Lego Movie": Defensive Construction Against Shame and Vulnerability or Path to Growth**

Marsha D. McCary, PhD 1.5 CE/CMEs (Applied Clinical)

Apr. 1, 2015 **Art as a Healing Transitional Space**

Zane Dodd, PhD 1.5 CE/CMEs (Cultural Diversity)

May 6, 2015 **Hunger: A Psychological Response to Shame**

Mary B. Burke, LCSW 1.5 CE/CMEs (Clinical)

Sep. 17, 2014 **Shame, Relevant Neurobiology, and Treatment Implications**

Arlene Montgomery, PhD, LCSW

1.5 CE/CMEs (Clinical)

The neurophysiological distinctions between shame and guilt are described as they relate to explicit and implicit memory in the brain. Discussed are the arousal dimensions of a person's internal state as the brain copes with the shame experience in both normative socialization processes and unrepaired shame which may lead to compromised and unconscious affect regulation strategies. Relational trauma resulting from unrepaired shame experiences may emerge via projective identification in the transference-countertransference enactment(s) within the therapeutic alliance. Selected mental conditions' particular vulnerability to shame experiences are described, such as addiction, and two disordered personality organizations, narcissistic and borderline. Dialogues from published works are utilized as examples throughout the paper.

Arlene Montgomery, Ph.D., LCSW has taught clinical courses since 1993 at The University of Texas at Austin and Smith College School for Social Work. She has made numerous presentations on various clinical topics; supervision issues regarding counter-transference; keeping therapeutic alliance in short-term therapy; and neurobiological findings relevant to the therapeutic alliance, treatment considerations and ethical considerations. She also has a private practice with a focus on clients affected by trauma and is a clinical supervisor for Licensed Masters Social Workers fulfilling their requirements for the Licensed Clinical Social Worker licensure. She has been the Director of Social Services at Child and Family Service, the Settlement Club Home, and Meridell Achievement Center. In 2013, she authored *Neurobiology Essentials for Clinicians: What Every Therapist Needs to Know*.

Learning Objectives: At the end of the presentation, participants will be able to:

- Clarify differences between shame and guilt with selected clinical implications
- Identify predictable neurophysiological arousal manifest in the shame experience as previous traumatic shaming experiences are expressed in the treatment relationship

References

- Aledort, S.L. (2014). Excitement in shame: The price we pay. *International Journal of Group Psychotherapy*, 64 (1), 91-104.
- Baldwin, E.N. (2014). Recognizing guilt and shame: Therapeutic ruptures with parents of children in psychotherapy. *Psychoanalytic Social Work*, 21, (1-2), 2-28.
- Brown, B. (2012). *Daring greatly*. New York: Gotham books.
- Herman, J. (2007, March 10) *Shattered shame states and their repair*. Lecture for The John Bowlby Memorial Lecture at Harvard Medical School, Department of Psychiatry, Victims of Violence Program, Somerville, MA 02143.
- Meehan, M. A., et al. (1996). Guilt, shame, and depression in clients in recovery from addiction. *Journal of Psychoactive Drugs*. 28(2), 125-134.
- Montgomery, A. (2013). *Neurobiology essentials for clinicians: What every therapist needs to know*. New York: WW Norton, Inc.
- Rusch, N. et al. (2007). Shame and implicit self-concept in women with borderline personality disorder. *American Journal of Psychiatry*, 164(3) 500-508.
- Schore, A.N. (2003). *Affect dysregulation and disorders of the self*. New York: WW Norton.
- _____ (2012) *The science of the art of psychotherapy*. New York: WW Norton.

Oct. 1, 2014 **Dirty Rotten Shame**

Michael Uebel, PhD, LCSW

1.5 CE/CMEs (Ethics)

Approaching the human condition of shame from a largely ethical point of view, this paper traces the problems involving the relationship between shame and the ego, and between shame and the Other. There can be no question that shame is located in the most private and secret regions of the subject, since the private arena resides at the very heart of a subject's identity. Any critical or clinical approach to shame depends upon attending to its ethical nature, to, for example, the private vicissitudes of narcissism and masochism that appear to be intimately bound up with the shame experience. Our goal will be the exploration of moral and philosophical theories of shame underpinning our psychoanalytic appreciation and treatment of this most basic human experience, one that, as we shall see, has both positive and negative valences.

Michael Uebel, PhD, LCSW is a psychotherapist at the Veterans Health Administration clinic in Austin, and also has a private practice. In addition, he is a Lecturer and Research Associate at the School of Social Work at the University of Texas at Austin. He also is Director of Contemplative Studies at the Austin branch of the Interdependence Project, which he co-founded. (IDP-A is a branch of the New York city-based nonprofit organization dedicated to fostering the intersection of the arts, activism, and contemplative traditions.) Dr. Uebel has been a candidate and instructor at the Austin Center for Relational Psychoanalysis and Psychotherapy. Prior to becoming a psychotherapist, he taught literature and critical theory at several universities. As the author and/or editor of three books and the author of over 40 journal essays and encyclopedia articles, he has applied psychological insights to the historical intersections of social, personal, and imaginative phenomena. Finally, he lectures nationally and internationally on issues concerning social history, mental health, and the challenges of humanism.

Learning Objectives: At the end of the presentation, participants will be able to:

- Summarize the conceptual ground upon which shame theory in psychoanalysis is built
- Discuss the ethical frames of reference for understanding shame in relation to self and other

References

- Lewis, H. B. (1971). *Shame and guilt in neurosis*. New York: International Universities Press.
- Miller, S. (1996). *Shame in context*. Hillsdale, NJ: Analytic Press.
- Nathanson, D. (Ed.) (1987). *The many faces of shame*. New York: Guilford Press.
- Scheler, M. (1987). Shame and feelings of modesty. In M. S. Frings (Ed. & Trans.), *Person and Self-value: Three Essays* (pp. 3-85). Dordrecht: Martinus: Nihoff Publishers. (Original work published 1957).
- Wurmser, L. (1981). *The mask of shame*. Baltimore, MD: Johns Hopkins University Press.

Nov. 5, 2014 **Paradise Lost: Shame, Differentiation and Oedipal Defeat**

Marianna Adler, PhD

1.5 CE/CMEs (Clinical)

The first part of this presentation introduces the topic of shame as discussed in the clinical literature. Dr. Adler asserts that the Biblical story of Genesis, as portrayed by John Milton in *Paradise Lost*, locates the experience of shame as intrinsic to the process of separation and individuation that inaugurates human history. The process is repeated in the socialization of the child into the human community through the internalization of shared values and ideals. Bearable shame, or non-traumatic shame normally experienced in the process of socialization, is differentiated from shame that threatens humiliation and abandonment by the Other. This latter sort of shame gives rise to a state of inner torment which Milton portrays with such power. The second part of the presentation looks at clinical material with attention to unconscious shame and the defenses that are deployed to keep the experience of shame out of awareness.

Marianna Adler, PhD is a psychologist and psychoanalyst in private practice in Austin. She is a Supervising and Training analyst with the Center for Psychoanalytic Studies. On the faculty since 2004, she taught psychotherapy students and analytic candidates in Houston and currently teaches in the CFPS Fellowship training program here in Austin. Dr. Adler served as President of ASPP in 2005 and was Chair of Education and Training for ASPP in 2004. She has previously presented papers at ASPP as well as at the Houston Psychoanalytic Society on such subjects as the work of Lacan and French psychoanalysis, mourning and termination, creative inhibitions and the work of Bion. Her paper, "The Blank Page: Creative Imagination and its Inhibitions," was published in the *Canadian Journal of Psychoanalysis* in 2008. Another of her papers, "Bion and the Analytic Mind" appeared as the lead article in the Round Robin newsletter of Section I (Psychologist-Psychoanalyst Practitioners), Division 39, in 2010. Dr. Adler sees patients for psychoanalysis and psychotherapy and is available for supervision and consultation.

Learning Objectives: At the end of the presentation, participants will be able to:

- Identify defenses commonly used to avoid shame
- Identify developmental experiences that can lead to shame states in adult patients

References

- Auchincloss, E. & Samberg, E. (Eds, 2012). *Psychoanalytic Terms and Concepts*. Yale University Press: New Haven and London.
- Jaffe, S. (2009). Sex and shame: Clinical dilemmas. *Journal of the American Psychoanalytic Association*, 57:1197-1207.
- Kilborne, B. (1999). Wrestling with Proteus: The many forms of shame. *Psychoanalytic Inquiry*, 19:362-372.
- Reenkola, E.M. (2005). Female shame as an unconscious inner conflict. *Scandinavian Psychoanalytic Review*, 28:101-109.
- Rizzuto, A. (1991). Shame in psychoanalysis: The function of unconscious fantasies. *International Journal of Psychoanalysis*, 72:297-312.
- Warren, K. (1983). A theoretical context for shame. *International Journal of Psychoanalysis*, 64:213-226.

Jan. 7, 2015 **The Therapist's Use of Self-Disclosure in the Face of Client Vulnerability**

Elayne Lansford, PhD

1.5 CE/CMEs (Clinical)

Historically, in psychoanalytic thought, there has been a tendency to see therapist self-disclosure as problematic, crossing boundaries and/or destroying neutrality. However, there are some situations in which therapist self-disclosure is a very powerful tool in healing, especially when a client is in a state of vulnerability or shame. This presentation will address the issue of therapist self-disclosure, looking at the theoretical and research literature on what works and does not work, in the hope that all of us will ultimately have more clarity on how to use self-disclosure in a therapeutic manner. The use of self-disclosure in the treatment of chronic illness will be addressed in many of the case examples.

Elayne Lansford, PhD is a clinical psychologist in private practice in Austin. She received her PhD from the University of Michigan at Ann Arbor in 1982. She did two years of postdoctoral work at the University of Texas Health Science Center in San Antonio. She was an adjunct professor there and at Trinity University in San Antonio. Upon coming to Austin in 1984, she worked for eight years at Austin Regional Clinic, a multi-specialty medical clinic. She has been an adjunct professor at UT-Austin for 29 years, teaching and supervising clinical psychology students, and has been in private practice in Austin for 21 years. She has been a longtime member of the San Francisco Psychotherapy Research Group, and is a regular teacher and presenter at their international conferences. She is a generalist in psychology, working with many types of persons, especially those with depression and bipolar disorders, trauma, marital and interpersonal issues, and chronic illness.

Learning Objectives: At the end of the presentation, participants will be able to:

- State two reasons why therapist self-disclosure can be helpful when clients are in an emotionally vulnerable state
- Identify a type of situation where therapist self-disclosure would not be helpful to a client

References

- Bloomgarden, A. & Mennuti, R. (Eds., 2009). *Psychotherapist revealed*. Routledge.
- Farber, B. (2006). *Self-disclosure in psychotherapy*. Guilford Press.
- Fossum, M. & Mason, M. (1986). *Facing shame*. Norton.
- Katz, R. & Johnson, T. (Eds., 2006). *When professionals weep*. Routledge.
- Sperry, L. (2006). *Psychological treatment of chronic illness*. APA.
- Stricker, G. & Fisher, M. (Eds., 1990). *Self-disclosure in the therapeutic relationship*. Plenum.
- Wachtel, P. (1993). *Therapeutic communication*. Guilford.

Feb. 4, 2015 **The Metamorphosis of Walter White in *Breaking Bad*: A Case Study of the Psychodynamics of Shame**

Richard Michael, PhD

1.5 CE/CMEs (Applied Clinical)

The popular TV series *Breaking Bad* chronicles the character of Walter White as he transitions from mild-mannered high school teacher into a ruthless kingpin of the methamphetamine trade. Most popular analyses depict the devolution of his behavior over the course of the series as a perplexing descent into psychopathy or as a troubling study in the corruptive lure of power and the ultimate triumph of evil. This presentation will view the development of Walt's character from the perspective of a psychoanalytic understanding of the operation and vicissitudes of shame as a central feature of his personality structure. Vignettes will be used to illustrate the clinical operation of shame dynamics, and a theoretical context will be provided to support this formulation.

Richard Michael, PhD is a Training and Supervising Psychoanalyst at the Center for Psychoanalytic Studies-Houston/Austin, where he is also Chair of the Curriculum Committee. He began his psychoanalytic training at the Boston Psychoanalytic Institute and graduated from the Houston-Galveston Psychoanalytic Institute. In the Boston area, he held clinical, administrative, and supervisory positions at a number of public and private inpatient and outpatient facilities. Before moving to Austin, he had a private practice in Newton, Massachusetts and for years consulted to the staffs of several residential programs for chronically mentally ill patients. Dr. Michael currently maintains a private practice in Austin, providing psychoanalysis; individual, group, and couple psychotherapy; and clinical supervision. He has presented or chaired professional programs for local and national psychoanalytic organizations.

Learning Objectives: At the end of the presentation, participants will be able to:

- Identify the psychodynamic operation of shame (as distinct from that of guilt) as it presents clinically
- Apply a theoretical formulation of the operation of shame dynamics in understanding the behavior of a fictional character (Walt) as a case example

References

- Broucek, F. (1982). Shame and its relationship to early narcissistic developments. *International Journal of Psycho-Analysis*, 63, 369-378.
- Kinston, W. (1983). A theoretical context for shame. *International Journal of Psycho-Analysis*, 64, 213- 226.
- Lewis, H. (1971). *Shame and Guilt in Neurosis*. New York: International Universities Press.
- Lansky, M. (1994). Shame: Contemporary psychoanalytic perspectives. *Journal of Contemporary Psychoanalytic Perspectives*, 22, 433-441.
- _____ (1999). Shame and the idea of a central affect. *Psychoanalytic Inquiry*, 19, 347-361.

Mar. 4, 2015 **The Story of the Hero From WWII to “The Lego Movie”:** Defensive Construction Against Shame and Vulnerability or Path to Growth

Marsha D. McCary, PhD

1.5 CE/CMEs (Applied Clinical)

The story of the hero affects our cultural and psychological development. Dr. McCary will use material from World War II, Vietnam, Texas culture, and current movies to enhance our understanding of the uses of the heroic. She will illustrate multiple uses of the hero narrative. One use can lead to a defensive, hypermanic construction that needs an enemy to maintain an identity and avoid feelings of shame or vulnerability. Another use leads to a more complex identity formation, which fosters integrative growth. Kleinian concepts of the paranoid-schizoid position and depressive position help to foster understanding of the dynamics, along with Bion's concept of group dynamics.

Marsha D. McCary, PhD is a psychoanalytically-oriented clinical psychologist who has a private practice working with adults in individual and couples therapy and providing clinical consultation and supervision. She was trained in British Object Relations, Couples and Family Track, at the Washington, DC School of Psychiatry. Her previous positions include Adjunct Assistant Professor, Department of Psychology, University of Texas at Austin, 1988-2002; Consulting Psychologist, Faulkner Center Substance Abuse Treatment Center, 1988-1993; and psychologist member of the Austin-Travis County Mental Health Policy Advisory Committee, 1988-1991. Dr. McCary is a past president of the Capital Area Psychological Association and a founding member and past president of the Austin Society for Psychoanalytic Psychology. She is a past treasurer of Division 39 (Division of Psychoanalysis) of the American Psychological Association, and still serves on the Division's Board of Directors. She currently represents Division 39 on the Council of Representatives of the American Psychological Association. In April 2014, she received the Division 39 Leadership Award.

Learning Objectives: At the end of the presentation, participants will be able to:

- Identify defensive constructions based on the identifications of the hero and the enemy
- Identify growth-promoting identifications with the hero and the enemy
- Illustrate possible individual and group dynamics that foster healthier evolution at both the individual and group level

References:

- Grand, S. (2011). *The hero in the mirror: From fear to fortitude*. Relational Perspectives Books Series.
- McCary, M. (2012). The Long Awaited Homecoming: The Effects of Heroic Identifications and Dissociated Affects on the Family Path. Unpublished paper presented as part of a panel, The Intergenerational Transmission of World War II: The Effects of Our Parents Stories. Presented at the Division 39 Spring Meeting, Boston, 2012.
- Ogden, T. (2011). *The matrix of the mind: Object relations and the psychoanalytic dialogue*. Maresfield Library.
- Symington, J. & Symington, N. (1996). *The clinical thinking of Wilfred Bion*. USA and Canada: Routledge.
- Volkan, V. (2004). *Blind trust, large groups and their leaders in times of crisis and terror*. USA: Pitchstone Publishing.
- Weigert, E. (1970). *Courage to love: Selected papers by Edith Weigert*. New Haven: Yale University Press.

Apr. 1, 2015 Art as a Healing Transitional Space

Zane Dodd, PhD

1.5 CE/CME/CEUs (Clinical)

This presentation will examine the use of art and creativity to allow a more complete experience and expression of traumatic shame. Various pieces of art over the course of a 3 year treatment will be used to demonstrate the increasing capacity for representation and tolerance of shame states. The increased ability to be aware of these shame states should lead to greater acceptance and integration of the self. The tension between the desire to be seen and not seen as experienced in therapy and expressed in art will be explored. The presentation will consist of lecture (not read from a paper) and slide show.

Zane Dodd, PhD is a licensed psychologist who has a private practice in Southlake, Texas. He received his doctoral degree in counseling psychology from the University of North Texas after completing his predoctoral internship at the Institute for Living in Hartford, Connecticut. He became involved with the Dallas Society for Psychoanalytic Psychology (DSPP) as secretary upon his return and is currently the president of DSPP. His interest in psychoanalytic theory began while working with patients who had experienced significant relational/developmental trauma. Psychoanalytic theory provided the most comprehensive understanding of the complex ways in which such trauma impacted the development of character structure and related symptoms. Dr. Dodd has worked in inpatient hospitals, intensive outpatient hospitals, community clinics, university counseling centers, and now private practice.

Learning Objectives: At the end of the presentation, participants will be able to:

- Discuss the relationship between shame and dissociative self-states.
- Describe how creative work by patients has the ability to provide a transitional and play space that allows for greater access to shame states.

References:

Aron, L. & Starr, K. (2013). *A psychotherapy for the people*. New York, NY: Routledge.

Bromberg, P.M. (2011). *The shadow of the tsunami*. New York, NY: Routledge.

Charles, M. (In press). Remembering, repeating, and working through: piecing together the fragments of traumatic memory. In: L. DellaPietra (ed.), *Perspectives on Creativity*, Volume II, (pp.145- 175). Newcastle upon Tyne: Cambridge Scholars Publishing.

Richman, S. (2014). *Mended by the muse*. Routledge: New York.

Winnicott, D.W. (1971). *Playing and reality*. New York: Basic Books.

May 6, 2015 **Hunger: A Psychological Response to Shame**

Mary B. Burke, LCSW

1.5 CE/CMEs (Clinical)

This presentation will explore the nature of shame, focusing on its archetypal character in human experience. The emergence of “hunger” (in literal and psychological senses) is considered as a response to that experience. We will look at the inner state that provokes the response, the various forms that hunger takes, and the impact of dealing consciously and unconsciously with hungry demands.

Mary B. Burke, LCSW, is a Diplomate Jungian Analyst and has been in private practice for 15 years here in Austin. She is active in the training program for the Inter-Regional Society of Jungian Analysts as a teacher and Training Coordinator for Texas, and as a member of the Admissions and Review Committees having oversight of trainees. Ms. Burke also worked for several years at the University of Texas Mental Health and Counseling Center prior to opening her private practice. She has lectured on general topics and has lectured and led workshops based on her thesis entitled *Greed: Hunger and Individuation*.

Learning Objectives: At the end of the presentation, participants will be able to:

- Describe Jung’s theory of archetypes and the collective unconscious (objective psyche), particularly focused on shame
- Describe how psychological hunger arises as a human response to the experience of shame

References

- Hollis, J. (1996). *Swamplands of the soul: New life in dismal places*. Toronto, Canada: Inner City Books.
- Jacoby, M. (1994, 1996). *Shame and the origins of self-esteem*. New York, NY: Routledge.
- Jung, C. G. (1969). *Collected works, Vol. 9i: The archetypes and the collective unconscious*. Princeton, NJ: Princeton University Press.
- McClaren, E. G. (2006). *The shame complex: An exploration of shame and the complex theory of Carl Jung* (Unpublished thesis). International Association of Analytical Psychology, Inter-Regional Society of Jungian Analysts, USA.
- Schwartz-Salant, N. (Ed., 1987). *Archetypal processes in psychotherapy*. Wilmette, IL: Chiron Publications.

CME/CE CREDITS: 1.5 per meeting

CME: These activities have been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the American Psychoanalytic Association and the Center for Psychoanalytic Studies. APsaA is accredited by the ACCME to provide continuing medical education for physicians. APsaA designates these live activities for a maximum of 12 AMA PRA Category I credits. Physicians should claim only the credit commensurate with the extent of their participation in the activity. **IMPORTANT DISCLOSURE:** None of the planners or the presenter of this CME program have any relevant financial relationships or conflicts of interest to disclose.

CEs: This program, when attended in its entirety is available for 1.5 continuing education credits per session. Division 39 is approved by the American Psychological Association to sponsor continuing education for psychologists. Division 39 maintains responsibility for this program and its content. Participants must attend 100% of the program in order to receive a Certificate of Attendance. Division 39 is committed to accessibility and non-discrimination in its continuing education activities. Division 39 is also committed to conducting all activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. If participants have special needs, we will attempt to accommodate them. Please address questions, concerns and any complaints to JoAnn Ponder at (512) 496-8244. There is no commercial support for this program nor are there any relationships between the CE Sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest. During the program, the presenter will discuss the validity and utility of the content and associated materials, the basis of such statements about validity/utility, and the limitations of and risks (severe and most common) associated with the content, if any.

ASPP is approved by (1) the Texas State Board of Examiners of Professional Counselors (Provider # 1138) to provide continuing education for licensed professional counselors in Texas and (2) the Texas State Board of Social Workers Examiners (Provider # 5501) to provide continuing education for social workers.

Austin Society for Psychoanalytic Psychology (a local chapter of APA Division 39) & the Center for Psychoanalytic Studies (affiliated with the American Psychoanalytic Association)

PSYCHOANALYTIC STUDY GROUP & SALONS

#1 The Vulnerability of Women to Shame Related to Issues of Social Class, Gender and Family as Represented in the Novels of Jane Austen: A Discussion Group

This is an intermediate-level study group for clinicians interested in psychoanalysis, literature, and social class and gender issues. Jane Austen's novels explore psychological vulnerability related to social class issues, gender issues, entangled family of origin issues, slavery issues and especially economic/financial issues. Readers should have familiarity with Jane Austen's novels and come prepared to discuss how cultural, familial, and interpersonal norms relate to the shame felt by the characters. We will examine these issues through a psychoanalytic lens. It is hoped that this will lead to increased understanding of theory, shame, and diversity issues related to class and gender, that in turn, might be applied to the understanding of patients. Goals for each session are (1) to identify the prevalent shame and diversity theme in each work and (2) to identify the relevant dynamics using a psychoanalytic theory.

CME/CE credits: 1.5 per session

Facilitator:

R. Richard Campbell, PhD is a founding member and former president of ASPP who has a private practice in Austin. He is a frequent teacher and presenter for ASPP about various topics. Richard has an undergraduate degree in English literature from UNC. In addition he has taken continuing education courses in Shakespeare and Jane Austen at Kellogg College, Oxford University. His study of Jane Austen included a 2013 course entitled 'Jane Austen and the Rise of the Woman Novelist' led by Oxford tutor Emma Plaskitt, DPhil.

Location: Richard Campbell's home, 4405 Rosedale in central Austin Ofc. Tele.: (512) 458-5682

Dates/Time: **Mondays**, Nov. 3, Nov. 17, Dec. 1, Dec. 15, Jan. 5, Jan 19, Feb 2, 7:00 – 8:30 p.m.

Required Readings:

Nov. 3

Austen, Jane. *Northanger abbey*. Champaign, Ill.: Project Gutenberg, 199. Print.

Nov. 17

Austen, Jane. *Sense and sensibility*. Champaign, Ill.: Project Gutenberg, 199. Print.

Dec. 1

Austen, Jane. *Pride and prejudice*. Champaign, Ill.: Project Gutenberg, 199. Print.

Dec. 15

Austen, Jane. *Mansfield park*. Champaign, Ill.: Project Gutenberg, 199. Print.

Jan. 5

Austen, Jane. *Emma*. Champaign, Ill.: Project Gutenberg, 199. Print.

Jan. 19

Austen, Jane. *Persuasion*. Champaign, Ill.: Project Gutenberg, 199. Print.

Feb. 2

Conclusions

Suggested Readings:

Byrne, Paula. *The real Jane Austen: a life in small things*. New York: Harper, 2013. Print.

Byrne, Paula. *Belle: the slave daughter and the Lord Chief Justice*. New York: Harper Perennial, 2014. Print.

Deresiewicz, William. *A Jane Austen education: how six novels taught me about love, friendship, and the things that really matter*. New York: Penguin Press, 2011. Print.

Mullan, John. *What matters in Jane Austen?: twenty crucial puzzles solved*. New York, NY: Bloomsbury Press, 2013. Print.

#2_ The Effects of Shame on Identity Development: An Exploration of Shame in Andrew Solomon's' *Far From the Tree*

This is an intermediate-level salon for clinicians and graduate students in mental health.

In Andrew Solomon's *Far From the Tree*, he examines the varied ways that parents address the emotional, physical, and social needs of exceptional children who fall far from familiar family characteristics. Shame and how the parents and children experience shame play a key role in the child's development of a sense of self as either whole and integrated or distant from others and unconnected. We will discuss the definitions and clinical implications of shame from different psychoanalytic perspectives. Goals are to (1) to identify the prevalent shame and diversity theme in the chapters discussed and (2) to identify the relevant dynamics using a psychoanalytic theory. **CME/CE credits: 1.5 per session**

Facilitators:

Joellen Peters, PhD is Education Chair for ASPP and has a private practice in Austin. She studied self psychology during her postdoctoral supervision. She presented a paper on adoption at national and local psychoanalytic conferences.

Patty Olwell, LPC is a psychotherapist in private practice in Austin. She works with individuals, couples and groups. She is a Level 2 AEDP therapist, Level 2 Gottman Couples therapist, and is receiving extensive training in group therapy. She is a founding and current board member of Austin IN Connection.

Location: Patty Olwell's office, 2306 Lake Austin Blvd, Austin, TX 78703 Tele.: (512) 296-9039

Dates/Times: **Thurs., Oct. 9, 2014, Nov. 13, 2014, Dec. 11, 2014, Jan. 8, 2015**, 7:00- 8:30 p.m.

Readings:

Morrison, A.P. "Working with shame in psychoanalytic treatment." *Journal of the American Psychoanalytic Association* 32(3) 1984: 479-505. Print.

"The power of vulnerability." *Brene Brown*. N.p., n.d. Web. 21 July 2014.
<http://www.ted.com/talks/brene_brown_on_vulnerability>.

Austin Society for Psychoanalytic Psychology (ASPP, a local chapter of APA Division 39) &
Center for Psychoanalytic Studies (CFPS, affiliated with the American Psychoanalytic Association)

CONFERENCES FOR 2014-2015

Saturday, September 27, 2014, 8:30 a.m. – 3:30 p.m.

Divided Against Oneself: The Origin and Dynamics of Shame

A Clinical Conference Presented by

Peter Shabad, PhD

With Case Material Presented by Lisa Madsen, MD

3 CE/CMEs for the morning session

2 CE/CMEs for the afternoon session

Saturday, November 22, 2014, 8:30 a.m. – 12:15 p.m.

Failure to Thrive: Shame, Inhibition, and Masochistic Submission in Women

A Clinical and Cultural Diversity Conference Presented by

Dianne Elise, PhD

3 CE/CMEs in the topic of cultural diversity

Saturday, March 7, 2015, 8:30 a.m. – 12:15 p.m.

Ethics in Psychotherapy: Implications of Ethical-Moral Thinking for the Content and Conduct of Psychotherapy

An Ethics Workshop Presented by

Jon G. Allen, PhD

3 CE/CMEs in the topic of ethics

Saturday, April 11, 2015 , 8:30 a.m. – 12:15 p.m.

Attachment, Mentalizing, Trust and
the Teaching and Learning of Psychotherapy:
What Works in Therapy and Supervision

A Psychotherapy Supervision Workshop Presented by

Efrain Bleiberg, MD

3 CE/CMEs in the topic of psychotherapy supervision

Austin Society for Psychoanalytic Psychology (ASPP)
A local chapter of the Division of Psychoanalysis (Division 39) of the American Psychological Association (APA)
&
Center for Psychoanalytic Studies (CFPS)
An institute affiliated with the American Psychoanalytic Association (APsaA)

Divided Against Oneself: The Origin and Dynamics of Shame

A Clinical Conference Presented by

Peter Shabad, PhD

With Case Material Presented by Lisa Madsen, MD

Saturday, September 27, 2014

8:30 a.m. – 3:30 p.m.

3 CE/CMEs for the morning session

2 CE/CMEs for the afternoon session

Wyndham Garden Hotel, 3401 S. IH-35, Austin, Texas

This conference will explore the origin and character dynamics of shame. Specifically, we will examine how the sense of exposure deriving from ruptures in human relationships leads to the need to cover up self-consciously. We will devote special attention to how individuals transform traumas and disillusionments outside of their control after they have occurred into a sense of shameful failure in which they “blame the victim” in themselves. We will then turn our focus to how the second-guessing tendencies of shame and self-consciousness have an inhibiting effect on psychological growth. We will discuss the interrelated dynamics of characterological passivity such as shame, self-pity, resentment, envy, and spite. The morning session will then conclude with a clinical discussion of the need to mourn the original disillusionments that led to the shame in the first place. During the afternoon session, Dr. Shabad will discuss a case presented by local clinician, Lisa Madsen, MD.

The morning session is intermediate-level, intended for clinicians and graduate students in mental health disciplines. The afternoon is an advanced case discussion for licensed clinicians.

Peter Shabad, PhD is an Associate Professor of Clinical Psychology at Northwestern University Medical School. He is also on the Faculty of the Institute for Psychoanalysis and the Teaching and Supervisory Faculty of the Chicago Center for Psychoanalysis. Dr. Shabad is co-editor of *The Problem of Loss and Mourning: Psychoanalytic Perspectives* (IUP, 1989) and is the author of *Despair and the Return of Hope: Echoes of Mourning in Psychotherapy* (Rowman & Littlefield/Aronson in 2001). He is the author of numerous papers and book chapters on diverse topics such as loss and mourning, shame, resentment regret, and the memorializing function of symptoms. He is currently writing a new book

entitled *Passion, Shame, and Generosity* that will be published by Routledge. Dr. Shabad has a private practice in psychoanalysis and psychoanalytic therapy in Chicago.

Lisa Madsen, MD is a psychiatrist in private practice in Georgetown, Texas who provides psychodynamic psychotherapy and medication management for adults. She is currently in the second year of the Fellowship in Adult Psychodynamic Psychotherapy at the Center for Psychoanalytic Studies and also serves as treasurer on the ASPP board.

Learning Objectives

After attending the sessions, participants will be able to:

- describe how shame and self-consciousness emerge in the aftermath of disrupted human relationships.
- describe how shame inhibits passion and self-assertiveness, thereby leading to passivity.
- describe the interrelationships between shame, resentment, self-pity, envy, and spite.
- distinguish how the dynamics of guilt differ from the dynamics of shame.
- describe how the process of mourning, loss, and traumatic experiences help to alleviate shame.
- identify these dynamics and describe appropriate interventions in a clinical case

Conference Schedule

8:30 a.m.-9:00 a.m.	Registration for morning session, with coffee and pastries
9:00 a.m.-9:15 a.m.	Welcome and introductions
9:15 a.m.-10:45 a.m.	Exposed Vulnerability and the Origins of Shame
10:45 a.m.-11:00 a.m.	Break
11:00 a.m.-12:15 p.m.	Shame Dynamics, Passivity, and Mourning
12:15 p.m.-1:30 p.m.	Lunch (on your own)
1:15 p.m.-1:30 p.m.	Registration for afternoon session
1:30 p.m.-3:30 p.m.	Case Presentation and Discussion, with beverages and snacks

References

- Sartre J.P. (1956). *Being and nothingness*. New York: Washington Square.
- Shabad, P. (2001). *Despair and the return of hope*. Aronson: Northvale, N.J.
- Shabad, P. (2006). To expose or to cover up: Human vulnerability in the shadow of death. *Contemporary Psychoanalysis*, 42(3), pp. 413-436.
- Winnicott, D.W. (1949). Mind and its relation to the psyche-soma. In *Through paediatrics to psychoanalysis*. pp. 243-254.
- Wurmser, L. (1998). *The mask of shame*. Baltimore: The Johns Hopkins Press.

Conference Location

Wyndham Garden Hotel
3401 S. IH-35, Austin, Texas 78741
(512) 448-2444

The hotel is located on the frontage road of IH-35 at Woodward Street. The parking is free. There is a special block of hotel rooms at the discounted rate of \$99 per night, which will be available for conference attendees until September 5th. Call 1-800-WYNDHAM and ask for the Austin Society for Psychoanalytic Psychology Room Block or go to www.wyndhamaustin.com and use group code 09246702AU.

Continuing Education

5 CE / CME credits if the conference is attended in its entirety (or 3 CE/CME credits for the morning session and 2 CE/CME credits for the afternoon session)

CME: 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 sponsorship of the American Psychoanalytic Association and the Center for Psychoanalytic Studies. APsaA is accredited by the ACCME to provide continuing medical education for physicians. APsaA designates this live activity for a maximum of 5 AMA PRA Category I credits. Physicians should claim only the credit commensurate with the extent of their participation in the activity. **IMPORTANT DISCLOSURE:** None of the planners or the presenter of this CME program have any relevant financial relationships or conflicts of interest to disclose.

CEs: This program, when attended in its entirety is available for 5 continuing education credits (or 3 CE credits for the morning session and 2 for the afternoon session). Division 39 is approved by the American Psychological Association to sponsor continuing education for psychologists. Division 39 maintains responsibility for this program and its content. Participants must attend 100% of the program in order to receive a Certificate of Attendance. Division 39 is committed to accessibility and non-discrimination in its continuing education activities. Division 39 is also committed to conducting all activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. If participants have special needs, we will attempt to accommodate them. Please address questions, concerns and any complaints to JoAnn Ponder at (512) 496-8244. There is no commercial support for this program nor are there any relationships between the CE Sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest. During the program, the presenter will discuss the validity and utility of the content and associated materials, the basis of such statements about validity/utility, and the limitations of and risks (severe and most common) associated with the content, if any.

ASPP is approved by the Texas State Board of Examiners of Professional Counselors (Provider # 1138) to provide continuing education for licensed professional counselors in Texas. ASPP is approved by the Texas State Board of Social Workers Examiners (Provider # 5501) to provide continuing education activities for social workers.

Conference Coordinator: JoAnn Ponder, Ph.D., Acting President of ASPP

Contact Dr. Ponder at joannponder@aim.com or (512) 496-8244 with questions or concerns about the program content. Contact the ASPP Administrator, Heidi Connealy, at asppaustin@gmail.com or (512) 481-2484 with questions about payment.

Registration for Clinical Conference on Shame

Please pay online through the ASPP website, www.asppaustin.org, or mail this form and payment to ASPP, P.O. Box 162082, Austin, TX 78716

Name & Title: _____

Street Address: _____

City, State, Zip Code: _____

Email: _____ Telephone: _____

Conference Fees (Coffee & snacks included)

Circle applicable fees:

	ASPP Members	Non-Members of ASPP	Institute Candidates/ ECPs*	Full-Time Graduate Students
Morning Session				
By 09/13/14	\$80	\$95	\$55	\$30
On or After 09/14/14	\$95	\$110	\$70	\$45
Afternoon Session				
By 09/13/14	\$45	\$55	\$30	NA
On or After 09/14/14	\$55	\$65	\$40	NA

* Early career professionals within 3 years of graduation

Payment Total: \$ _____

____ Check enclosed (payable to ASPP)

Please Charge: ____ Master Card ____ Visa ____ Discover

Credit Card #: _____

Expiration Date (Yr./Mo.): _____

Security Code: _____

Authorized Signature: _____

Refund Policy: Full refund, minus \$25 administrative fee, is available with written notice of cancellation received by 09/20/14. No refund available on or after 09/21/14.

Austin Society for Psychoanalytic Psychology (ASPP)

A local chapter of the Division of Psychoanalysis (Division 39) of the American Psychological Association (APA)

&

Center for Psychoanalytic Studies (CFPS)

An institute affiliated with the American Psychoanalytic Association (APsaA)

FAILURE TO THRIVE: SHAME, INHIBITION, AND MASOCHISTIC SUBMISSION IN WOMEN

A Clinical and Cultural Diversity Conference Presented by

Dianne Elise, PhD

Saturday, November 22, 2014

8:30 a.m. – 12:15 p.m.

3 CE/CMEs in the topic of cultural diversity

St. David's Foundation Community Meeting Room

Ronald McDonald House Charities of Central Texas

1315 Barbara Jordan Blvd., Austin, Texas

This presentation will approach shame, inhibition, and masochistic submission in women-- a "failure to thrive"--from the perspective of undermined female desire. Masochism can be viewed as a disorder of desire. Masochistic submission is conceptualized as a relinquishment of one's own desire, motivated by a fear of object loss. Shame and a depleted sense of self-worth lead to inhibiting one's own desire, trying instead to fulfill the desire of the other, and typically failing to do so.

Masochistic submission in females, as the expression of a felt need to secure relational bonds, is directly linked to elements of the girl's oedipal experience that may heighten insecurity regarding the capacity to obtain and retain one's erotic object. Shame as a female leads to women becoming not only invested in, but often wedded to, self-destruction rather than "self-construction."

This is an intermediate to advanced-level conference, intended for clinicians and graduate students in mental health disciplines.

Dianne Elise, Ph.D. is a Personal and Supervising Analyst and Faculty member of the Psychoanalytic Institute of Northern California, a Training Analyst member of the International Psychoanalytic Association, and a member of the Center for Advanced Psychoanalytic Studies, Princeton. She is an Associate Editor of *Studies in Gender and Sexuality*, and has served on the Editorial Board of the *Journal of the American Psychoanalytic Association*. Dr. Elise is nationally recognized for her innovative contributions to the psychoanalytic literature on gender and sexuality, in which she has consistently challenged

conventional accounts of development. Her private practice is in Oakland, California.

Learning Objectives

After attending the sessions, participants will be able to:

- identify the relationship between shame and masochism in female development.
- apply the concepts of shame and inhibited desire to clinical work with women.
- address clinically the relationship between masochistic submission and narcissistic dynamics in couples.
- develop a greater ability to work with shame in the transference.

Conference Schedule

8:30 a.m.-9:00 a.m. Registration for morning session, with coffee and pastries

9:00 a.m.-9:15 a.m. Welcome and introductions

9:15 a.m.-10:45 a.m. Presentation

10:45 a.m.-11:00 a.m. Break

11:00 a.m.-12:15 p.m. Presentation

References

- Elise, D. (2000). Woman and desire: Why women may not want to want. *Studies in Gender & Sexuality* 1:125-145.
- Elise, D. (2008). Sex and shame: The inhibition of female desires. *Journal of the American psychoanalytic Association* 56:73-98.
- Elise, D. (2012). Failure to thrive: Shame, inhibition and masochistic submission in women. In *The clinical problem of masochism*, Holtzman, D. and Kulish, N. (Eds.), Jason Aronson: New York.
- Morrison, A. (1989). *Shame: The Underside of Narcissism*. Hillsdale, New Jersey: The Analytic Press.
- Steyn, L. (2009). Is feminine masochism a concept worth reviving? *International Journal of Psychoanalysis* 90: 867-882.

Conference Location

Double Tree Hotel

1617 IH-35 North, Austin, Texas

Continuing Education

3 CE / CME credits in cultural diversity if the conference is attended in its entirety

CME: 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 sponsorship of the American Psychoanalytic Association and the Center for Psychoanalytic Studies. APsA is accredited by the ACCME to provide continuing medical education for physicians. APsA designates this live activity for a maximum of 3 AMA PRA Category I credits. Physicians should claim only the credit commensurate with the extent of their participation in the activity. **IMPORTANT DISCLOSURE:** None of the planners or the presenter of this CME program have any relevant financial relationships or

conflicts of interest to disclose.

CEs: This program, when attended in its entirety is available for 3 continuing education credits. Division 39 is approved by the American Psychological Association to sponsor continuing education for psychologists. Division 39 maintains responsibility for this program and its content. Participants must attend 100% of the program in order to receive a Certificate of Attendance. Division 39 is committed to accessibility and non-discrimination in its continuing education activities. Division 39 is also committed to conducting all activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. If participants have special needs, we will attempt to accommodate them. Please address questions, concerns and any complaints to JoAnn Ponder at (512) 496-8244. There is no commercial support for this program nor are there any relationships between the CE Sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest. During the program, the presenter will discuss the validity and utility of the content and associated materials, the basis of such statements about validity/utility, and the limitations of and risks (severe and most common) associated with the content, if any.

ASPP is approved by the Texas State Board of Examiners of Professional Counselors (Provider # 1138) to provide continuing education for licensed professional counselors in Texas. ASPP is approved by the Texas State Board of Social Workers Examiners (Provider # 5501) to provide continuing education activities for social workers.

Conference Coordinator: JoAnn Ponder, Ph.D., Acting President of ASPP

Contact Dr. Ponder at joannponder@aim.com or (512) 496-8244 with questions or concerns about the program content. Contact the ASPP Administrator, Heidi Connealy, at asppaustin@gmail.com or (512) 481-2484 with questions about payment.

Registration for Clinical and Cultural Diversity Conference on Women and Shame

Please pay online through the ASPP website, www.asppaustin.org, or mail this form and payment to ASPP, P.O. Box 162082, Austin, TX 78716

Name & Title: _____

Street Address: _____

City, State, Zip Code: _____

Email: _____ Telephone: _____

Conference Fees (Coffee & snacks included)

Circle applicable fee:

	ASPP Members	Non-Members of ASPP	Institute Candidates/ ECPs*	Full-Time Graduate Students
By 11/08/14	\$80	\$95	\$60	\$30
On or After 11/09/14	\$95	\$110	\$75	\$40

* Early career professionals within 3 years of graduation

Payment

___ Check enclosed (payable to ASPP)

Please Charge: ___ Master Card ___ Visa ___ Discover

Credit Card #: _____

Expiration Date (Yr./Mo.): _____ Security Code: _____

Authorized Signature: _____

Refund Policy: Full refund, minus \$25 administrative fee, is available with written notice of cancellation received by 11/15/14. No refund available on or after 11/16/14.

Join Division 39!

Please consider joining ASPP's parent organization, Division 39. ASPP is a local chapter affiliated with Division 39 (Division of Psychoanalysis) of the American Psychological Association (APA). Division 39 is one of the largest divisions of APA. However, you do not need to be a member of APA to join Division 39. Membership is open to psychologists, other mental health professionals, and graduate students who are interested in psychoanalysis, psychoanalytic psychotherapy, research, and/or applied psychoanalysis. There are various sections and committees of Division 39 to address special interests in infants, children, women and gender, gays and lesbians, couples, health, multicultural issues, social responsibility, and research.

Membership benefits include the highly regarded journal, *Psychoanalytic Psychology*; an online newsletter and magazine; informative listserves and conference announcements; reduced registration fees for the annual Spring Meeting; and opportunities for book, scholarship, and dissertation awards. For a modest additional fee, Division 39 members can subscribe to the PEP web online library, which includes Freud's *Standard Edition*, most major psychoanalytic journals, and classic psychoanalytic books. Best of all, the division offers opportunities to become acquainted and network with likeminded colleagues from across the nation. Moreover, division membership can make a difference. The division helped to win an antitrust lawsuit that enabled non-psychiatrists to be admitted to the American Psychoanalytic Association's institutes for training. More recently, the division helped to initiate changes in the APA ethical code to prohibit psychologists' participation in torture.

PSYCHOANALYTIC EVENTS SPONSORED BY OTHER ORGANIZATIONS

- | | |
|---------------------------------|---|
| Oct. 10, 2014
1:00 - 4:00 pm | University of Texas at Austin School of Social Work, Utopia Theater
Sue Fairbanks Endowed Lecture on psychoanalysis in social work
"In Case of Emergency, Sit Still, Do Nothing, and Listen:
Psychoanalysis and Urgent Demand"
Presented by Gilbert Cole, PhD, LMSW |
| Oct. 10-11, 2014 | International Psychoanalytical Association's Committee on Women
and Psychoanalysis (COWAP) Conference, New York, NY
"Myths of the Mighty Woman: What Makes a Woman?" |
| Oct. 21-25, 2014 | International Association for Psychoanalytic Self Psychology
37 th International Conference on the Psychology of the Self, Jerusalem, Israel
"Where Do We Feel at Home? Self Psychological Perspectives
on Belonging and Not Belonging" |

- Oct. 23-26, 2014 International Psychoanalytical Association
8th International Bion Conference, Los Angeles, CA
“psych’O’analysis: explorations in truth”
- Jan. 14-18, 2015 American Psychoanalytic Association
2015 National Meeting, New York, NY
- Mar. 12-15, 2015 American Association for Psychoanalysis in Clinical Social Work
Conference 2015, Durham, NC
“The Art of Listening: Psychoanalytic Transformations”
- Apr. 22-26, 2015 American Psychological Association’s Division of Psychoanalysis
(Division 39) 35th Annual Spring Meeting, San Francisco, CA
“Life in Psychoanalysis in Life”
- June 5-7, 2015 American Psychoanalytic Association
104th Annual Meeting, San Francisco, CA
- July 22-25, 2015 International Psychoanalytical Association
IPA 49th Congress, Boston, MA
“Changing World: The Shape and Use of Psychoanalytic Tools Today”

Ethics in Psychotherapy:

Implications of Ethical-Moral Thinking for the Content and Conduct of Psychotherapy

Presented by

Jon G. Allen, PhD

in Austin, Texas

Saturday, March 7, 2015

9:00 a.m. – 12:30 p.m. (Sign in starts at 8:30)

Wyndham Garden Hotel

3401 S. IH-35, Austin, Texas

Division 39 is approved by the American Psychological Association to sponsor continuing education for psychologists.
Division 39 maintains responsibility for this program and its content.

Conference Sponsors

Austin Society for Psychoanalytic Psychology (ASPP)

A local chapter of the Division of Psychoanalysis (Division 39)
of the American Psychological Association (APA)

Center for Psychoanalytic Studies (CFPS)

An institute affiliated with the American Psychoanalytic Association (APsaA)

Specific ethical challenges occur routinely in psychotherapy—boundary violations, confidentiality, dual roles, duty to warn or protect, and the like. Yet, consider that the domain of ethics includes how to live well; its cousin, morals, concerns how to live with each other. From this perspective, ethics and morals pervade the content and conduct of psychotherapy. In the press to provide evidence-based treatments, science has pushed ethics into the background of our thinking about psychotherapy. Redressing the balance, this workshop clarifies the role of ethical thinking in psychotherapy, buttressed by contemporary research on the psychology of morals—research that applies equally to therapists and their clients. The workshop also highlights the pertinence to psychotherapy of philosophical literature on ethics, and it addresses the value of addressing clients’ religious and spiritual concerns as an ethical practice. Clinical examples illustrate key themes throughout.

The conference, which is introductory through intermediate in level, is intended for clinicians and graduate students in mental health disciplines.

Conference Presenter

Jon G. Allen, PhD, is a Senior Staff Psychologist and holds the Helen Palley Chair in Mental Health Research at The Menninger Clinic. He is also Professor of Psychiatry in the Menninger Department of Psychiatry and Behavioral Sciences at the Baylor College of Medicine. He is an adjunct faculty member of the Center for Psychoanalytic Studies in Houston and the Institute for Spirituality in the Texas Medical Center. He teaches and supervises fellows and residents, and he conducts psychotherapy, diagnostic consultations, psychoeducational programs, and research on clinical outcomes. He is on the editorial boards of the *Bulletin of the Menninger Clinic*, *Journal of Trauma and Dissociation*, *Psychiatry*, and *Psychological Trauma*. His books include *Coping with Trauma: From Self-Understanding to Hope*, *Coping with Depression: From Catch-22 to Hope*, *Mentalizing in Clinical Practice*, *Restoring Mentalizing in Attachment Relationships: Treating Trauma with Plain Old Therapy*, and *Mentalizing in the Development and Treatment of Attachment Trauma*.

Conference Schedule

- 8:30 a.m. Registration and coffee
- 9:00 a.m. Welcome and introductions
- 9:15 a.m. Presentation
- 10:45 a.m. Break
- 11:00 a.m. Presentation
- 12:30 p.m. Closing

Learning Objectives

After attending the session(s), participants will be able to:

- Broadly define ethics in the practice of psychotherapy, identifying the pervasive role of ethical and moral thinking in their clinical work
- To identify the ethical nature of a common core of diverse psychotherapies: mentalizing in attachment relationships
- describe the bearing of contemporary research on morality to their practice of psychotherapy
- identify scholarly resources in the philosophical literature that are relevant to the practice of psychotherapy from an ethical perspective
- identify a strategy for working with clients' relationships with God in a therapeutic way
- provide a scientific justification for viewing psychotherapy as—in part—an ethical endeavor

References

- Allen, J.G. (2013). Psychotherapy is an ethical endeavor: Balancing humanism and science in clinical practice. *Bulletin of the Menninger Clinic*, 77, 103-131.
- Allen, J.G. (2013). *Restoring mentalizing in attachment relationships: Treating trauma with plain old therapy*. Arlington, VA: American Psychiatric Publishing.
- Haidt, J. (2007). The new synthesis in moral psychology. *Science*, 316, 998-1002.
- Greene, J. (2013). *Moral tribes: Emotion, reason, and the gap between us and them*. New York: Random House.
- Tauber, A.I. (2010). *Freud: The reluctant philosopher*. Princeton, NJ: Princeton University Press.

Continuing Education

3 CME/ CE credits attending the program in entirety

CME: 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 sponsorship of the American Psychoanalytic Association and the Center for Psychoanalytic Studies. APsaA is accredited by the ACCME to provide continuing medical

education for physicians. APsaA designates this live activity for a maximum of 6 AMA PRA Category I credits for the full conference. Physicians should claim only the credit commensurate with the extent of their participation in the activity. **IMPORTANT DISCLOSURE:** None of the planners or the presenter of this CME program have any relevant financial relationships or conflicts of interest to disclose.

CEs: This program, when attended in its entirety is available for 3 continuing education credits for attending the program in entirety. Division 39 is approved by the American Psychological Association to sponsor continuing education for psychologists. Division 39 maintains responsibility for this program and its content. Participants must attend 100% of the program in order to receive a Certificate of Attendance. Division 39 is committed to accessibility and non-discrimination in its continuing education activities. Division 39 is also committed to conducting all activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. If participants have special needs, we will attempt to accommodate them. Please address questions, concerns and any complaints to Joellen Peters at (512) 627-1308. There is no commercial support for this program nor are there any relationships between the CE Sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest. During the program, the presenter will discuss the validity and utility of the content and associated materials, the basis of such statements about validity/utility, and the limitations of and risks (severe and most common) associated with the content, if any.

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Conference Location

Wyndham Garden Hotel
Lady Bird Lake Room
3401 S. IH-35, Austin, Texas

Conference Coordinator: Joellen Peters, Ph.D., Education Chair of ASPP

Contact Dr. Peters at joellen@joellenpeters.com or (512) 627-1308 with questions or concerns.

Registration for Ethics Conference

Please pay online through the ASPP website, www.asppaustin.org, or mail this form and payment to ASPP, P.O. Box 162082 Austin, TX 78716

Name & Title: _____

Street Address: _____

City, State, Zip Code: _____

Email: _____ Telephone: _____

Conference Fees (includes coffee/pastries in the morning)

Circle One:

	ASPP Members	Non-Members	ECPs* or Institute Candidates	Full-Time Graduate Students
By 3/14/15	\$80	\$95	\$65	\$25
After 3/14/15	\$100	\$110	\$80	\$35

*** Early career professionals within three years of graduation**

Payment

___ Check enclosed (payable to ASPP)

Please Charge: ___ Master Card ___ Visa ___ Discover

Credit Card #: _____

Expiration Date (Yr./Mo.): _____ Security Code: _____

Authorized Signature: _____

Austin Society for Psychoanalytic Psychology (ASPP)

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&

Center for Psychoanalytic Studies (CFPS)

An institute affiliated with the American Psychoanalytic Association (APsaA)

Attachment, Mentalizing, Trust and the Teaching and Learning of Psychotherapy: What Works in Therapy and Supervision

A Psychotherapy Supervision Workshop Presented by

Efrain Bleiberg, MD

Saturday, April 11, 2015 8:30 a.m. – 12:15 p.m.

3 CE/CME/CEUs in the topic of psychotherapy supervision

DoubleTree Hotel

1617 IH-35 North, Austin, Texas

Division 39 is approved by the American Psychological Association to sponsor continuing education for psychologists. Division 39 maintains responsibility for this program and its content.

This workshop reviews developmental, clinical and neuroscientific research that points to a basic mechanism underlying resilience and good outcomes in psychotherapy: epistemic trust. Epistemic trust is a biologically-prepared disposition, conserved by evolution that is epigenetically activated by the experience of being mentalized, in an attachment relationship. The activation of epistemic trust involves: (1) the inhibition of defensiveness and vigilance in the face of stress and “not knowing” and (2) the readiness to trust, pay attention, and acquire social cultural knowledge from a specific human being. This knowledge is experienced as trustworthy, vitally relevant to the self, universally shared within one’s social context, and generalizable to other social contexts. The enabling of social learning in and beyond the therapeutic relationship appears to be the key therapeutic ingredient leading to good outcomes in psychotherapy and other learning interactions and is the crucial developmental acquisition that sustains resilience and effective adaptation in the face of adversity and vulnerability.

In this workshop participants will learn to apply a systematic focus on promoting epistemic trust in the therapist-patient and the supervisor-supervisee relationship, particularly in the contexts of distress and vulnerability that disrupt mentalizing and increase vigilance and mistrust. This is an advanced-level workshop, intended for clinicians in mental health disciplines.

Efrain Bleiberg, MD is a graduate from the Karl Menninger School of Psychiatry and Mental Health Sciences, where he completed his residencies in General Psychiatry and Child and Adolescent Psychiatry. He completed training in Adult and Child Psychoanalysis at the Topeka Institute for Psychoanalysis. Currently, Dr. Bleiberg is Professor and Vice Chair of the Menninger Department of Psychiatry and Behavioral Sciences; Director of Child and Adolescent Psychiatry at Baylor College of Medicine; and Section Chief of Psychiatry at Texas Children's Hospital. He is also a Training and Supervising Psychoanalyst at the Houston Center for Psychoanalytic Studies. He has written and presented extensively, both nationally and internationally, on personality disorders, attachment and mentalization, and developmental psychopathology.

Learning Objectives: After attending the sessions, participants will be able to:

- Describe the developmental process in which epistemic trust is generated in attachment relationships
- State the evolutionary and developmental functions of epistemic trust and its implications for psychotherapy and the teaching of psychotherapy
- Identify indicators of epistemic mistrust and mentalizing breakdown
- Practice a pedagogic-mentalizing stance to promote epistemic trust in psychotherapy and supervision

References

Allen, J. (2013). *Restoring mentalizing in attachment relationships*. Washington, DC: APPI Press.

Csibra, G. & Gergely, G. (2009). Natural pedagogy. *Trends in Cognitive Sciences*, 13:148-153.

Csibra, G. & Gergely, G. (2011). Natural pedagogy as evolutionary adaptation. *Philosophical Transactions of the Royal Society of London. Series B. Biological Science*, 366: 1149-1157.

Fonagy, P. & Luyten, P. (2014). A multilevel perspective on the development of borderline personality disorder. In D. Cicchetti (Ed.), *Development and psychopathology*, (3rd Ed.). New York; Wiley.

Conference Schedule

8:30 a.m.-9:00 a.m. Registration for morning session, with coffee and pastries

9:00 a.m.-9:15 a.m. Welcome and introductions

9:15 a.m.-10:45 a.m. Presentation

10:45 a.m.-11:00 a.m. Break

11:00 a.m.-12:15 p.m. Presentation

Conference Location

DoubleTree Hotel
1617 IH-35 North., Austin, Texas
(512) 479-4000

Continuing Education

3 CE/CME/CEU credits in psychotherapy supervision if the workshop is attended in its entirety

CME: 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 sponsorship of the American Psychoanalytic Association and the Center for Psychoanalytic Studies. APsaA is accredited by the ACCME to provide continuing medical education for physicians. APsaA designates this live activity for a maximum of 3 AMA PRA Category I credits. Physicians should claim only the credit commensurate with the extent of their participation in the activity. **IMPORTANT DISCLOSURE:** None of the planners or the presenter of this CME program have any relevant financial relationships or conflicts of interest to disclose.

CEs: This program, when attended in its entirety is available for 3 continuing education credits. Division 39 is approved by the American Psychological Association to sponsor continuing education for psychologists. Division 39 maintains responsibility for this program and its content. Participants must attend 100% of the program in order to receive a Certificate of Attendance. Division 39 is committed to accessibility and non-discrimination in its continuing education activities. Division 39 is also committed to conducting all activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. If participants have special needs, we will attempt to accommodate them. Please address questions, concerns and any complaints to JoAnn Ponder at (512) 496-8244. There is no commercial support for this program nor are there any relationships between the CE Sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest. During the program, the presenter will discuss the validity and utility of the content and associated materials, the basis of such statements about validity/utility, and the limitations of and risks (severe and most common) associated with the content, if any.

ASPP is approved by the Texas State Board of Examiners of Professional Counselors (Provider # 1138) to provide continuing education for licensed professional counselors in Texas. ASPP is approved by the Texas State Board of Social Workers Examiners (Provider # 5501) to provide continuing education activities for social workers.

Conference Coordinator: JoAnn Ponder, Ph.D., Acting President of ASPP

Contact Dr. Ponder at joannponder@aim.com or (512) 496-8244 with questions or concerns about the program content. Contact the ASPP Administrator, Heidi Connealy, at aspauptin@gmail.com or (512) 481-2484 with questions about payment.

Registration for Psychotherapy Supervision Workshop

Please pay online through the ASPP website, www.asppaustin.org, or mail this form and payment to ASPP, P.O. Box 162082, Austin, TX 78716

Name & Title: _____

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Conference Fees (Coffee & snacks included)

Circle applicable fee:

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By 03/28/15	\$95	\$110	\$75
On or After 03/29/15	\$115	\$130	\$95

* Early career professionals within 3 years of graduation

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Please Charge: ___ Master Card ___ Visa ___ Discover

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Refund Policy: Full refund, minus \$25 administrative fee, is available with written notice of cancellation received by 04/04/15. No refund available on or after 04/05/15.

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