

Psychodynamic Psychotherapy - 1 and 2 day workshops

Don't miss this fantastic opportunity to be trained by psychologists with international reputations in the area of Psychodynamic Psychotherapy

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1 day workshop: Evidence-based Psychodynamic Psychotherapy. Presented by A/Professor Robert Schweitzer

Psychodynamic psychotherapy has been shown to be effective with a range of disorders including more complex disorders. The workshop will define the goals of contemporary psychodynamic psychotherapy with an emphasis upon brief psychodynamic psychotherapy (BPP). The goals of BPP are symptom relief and limited, though significant, character change. The BPP approach identifies a core conflict and utilises a finite number of sessions. The workshop will cover inclusion/exclusion criteria, the therapeutic frame, basic techniques for enhancing self awareness, processes for linking the present with the past through the use of the core conflict relationship theme approach, and the role of enactments and counter transference in the therapeutic process. The methodology to be covered will be demonstrated and practiced by participants with a view to augmenting current practices and understandings. The workshop will be supported by a discussion of the body of research supporting the approach covered within the workshop. The workshop should assist psychologists to locate their own practice frameworks within a broader therapeutic context which values the inner life and context of their clients. The workshop will draw upon the work by Book, H (1998) How to practice brief psychodynamic psychotherapy: The core conflictual relationship theme method. Washington, DC, US: American Psychological Association.

By the end of this workshop, participants will have acquired skills:

- To enable conceptualisation of interpersonal patterns and formulate meaningful interpretations
- To utilise the experience of listening to facilitate a safe and healing relationship
- To be able to assess the patient's capacity to engage in psychodynamic treatment
- To apply an understanding of theoretical concepts such as transference and counter transference to your clinical understanding and interventions
- To assess patient progress in therapy utilising standard measures
- To utilise an appreciation of narrative in the therapeutic process
- To assess the ethical dimensions to be considered when working from a psychodynamic perspective
- To cover the most up-to-date evidence and meta-analyses supporting the use of psychodynamic approaches

The final Brisbane session of this very popular workshop is Friday May 6th at the Brisbane Golf Club.

This workshop is eligible for 7 Continuing Professional Development (CPD) points. Endorsement has been approved by the APS for specialist points for members of the Clinical and Counselling Colleges.

2 Day Workshop: Principles and Practice of Psychodynamic Psychotherapy. Presented by A/Professor Robert Schweitzer and Professor Robert King

This workshop addresses the needs of practitioners who are currently utilising psychodynamic principles or practices in their work. The workshop assumes at least introductory training and basic understanding of core concepts. It is not expected that participants have high levels of expertise in provision of psychodynamic therapy. The workshop aims to build upon basic learning with a view to enhancing current practices. The workshop, comprising two parts and presented over 2 days, will focus upon skills relating to psychodynamic formulation and therapeutic strategies.

Day 1: Setting up the contract and dealing with transference and resistance.

- Recognise indicators for psychodynamic psychotherapy
- Negotiate an ongoing psychodynamic psychotherapy
- Recognise and appropriately respond to client transference
- Identify and, where appropriate, utilised counter transference responses.

Day 2: Key processes in Psychodynamic Psychotherapy: Resistance, Interpretation and Working with Endings

- Identify resistance and work constructively with resistance
- Formulate interpretations and make effective decisions as to when to interpret and not interpret
- Identify potential responses and enactments relating to the termination phase of therapy and to use these responses in the service of self understanding
- Recognise the requirements of appropriate record keeping and correspondence in relation to psychodynamic psychotherapy.

By the end of this workshop, participants will have acquired skills in:

- Negotiating commencement of a psychodynamic psychotherapy
- Managing transference and counter transference in longer term therapy
- Identifying and responding constructively to resistance during therapy
- Formulation and timing of interpretation in psychodynamic psychotherapy
- Negotiation and management of the termination phase of psychodynamic psychotherapy
- Record keeping and formal communication with third parties in psychodynamic psychotherapy

Sessions for this session have been scheduled for:

Townsville: 20 and 21st May 2011

Brisbane: 3 and 4th June 2011

Rockhampton: 5 and 6th August 2011

This workshop is eligible for 14 Continuing Professional Development (CPD) points. Endorsement has been approved by the APS for specialist points for members of the Clinical and Counselling Colleges.

About the speakers:

Associate Professor Robert Schweitzer

BSocSc (Hons), MA (Clinical Psychology), PhD MAPS
Member College of Clinical Psychology
Member College of Counselling Psychology
Registered with Psychology Board of Australia

Robert Schweitzer is an Associate Professor in

Psychology in the School of Psychology and Counselling at Queensland University of



Professor Robert King

BA, Dip Ed, MA (Clinical Psychology), PhD FAPS
Member College of Clinical Psychology
Registered with Psychology Board of Australia

Robert King is a Professor of Psychology in the School of Psychology and Counselling at



Technology. He established the clinical psychology training program at QUT and teaches clinical psychopathology and short term psychodynamic psychotherapy. His recent research and publications includes papers relating to the broad issue of the experience of people entering Australia from refugee backgrounds. He has also undertaken research in the areas of child abuse and the group treatment of generalised anxiety disorders utilising a supportive expressive psychodynamic approach. He currently serves on the Queensland and Northern Territory Sub-committee of the Psychologists Board of Australia and in addition, maintains a small private practice.

Queensland University of Technology. His training and practice in psychotherapy spans 30 years and has included intensive work with both Lacanian and object relations groups in Melbourne. He has had a substantial role in training of psychotherapists including development and coordination of the multidisciplinary psychotherapy training program provided by the School of Medicine at the University of Queensland. He has a strong interest in psychotherapy research and its dissemination and is peer review editor of Psychotherapy in Australia. He maintains a clinical engagement with psychotherapy through clinical practice and supervision.

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