

WORKING WITH "HARD TO HOLD" PATIENTS IN THERAPY

A clinical workshop based on Masterson's approach to the borderline/narcissistic "disorders of the self"

10 February 2010 – Crowne Plaza Hotel (CANBERRA)

Limited seats remain

9 March 2010 – Sebel Playford Hotel (ADELAIDE) ** Limited seats remain**

(A Perth date will be considered if sufficient interest)

People who seek help for engrained problems in self esteem, such as drug or alcohol abuse, eating disorders, perfectionism or involvement in abusive relationships present many challenges for the psychotherapist who wishes to help them. According to Masterson's body of work, not only do they suffer an "impaired real self" – buried under layers of defence – but such patients have also constructed "false" selves whose aims are to keep from conscious awareness the affects of an underlying "abandonment" depression.

ABOUT THE WORKSHOP

Professor James Masterson MD was Founder of the American Society for Adolescent Psychiatry and is Founder and Director of the Masterson Society for the Treatment of Personality Disorders in New York City. He is Adjunct Professor of Psychiatry at the Cornell University Medical School and has long been regarded in the USA and Europe as a pioneer in the research and treatment of the "disorders of the self". He is the author of over sixteen clinical texts on the borderline and narcissistic disorders of the self, and the Masterson Society has a nationwide three-year training program in the USA teaching this approach.

His body of work draws from the basic tenets of Object Relations theory, Self theory and developmental theory; however, his unique contribution to psychoanalytic psychotherapy lies in his rigorous clinical approach to the treatment of the preoedipal "disorders of the self". This approach is now part of the curriculum of the Psychiatric Training Program at Columbia University, the Albert Einstein College of Medicine, the Graduate Training Program in Psychology at the Albert Einstein School of Medicine, the New York University

Post Doctoral Psychology Program, the Smith School of Social Work Doctoral Program and the Object Relations Institute in New York City.

Morning Session (9.00am – 12.45pm)

8.30am – 9.00am Registration and morning coffee

9.00am – 10.40am Session 1

- The Framework
- Real Self and Real Self Activation
- The "Disorders of the Self" Triad
- Intrapsychic structure; the hidden key

10.40am – 11.00am Morning Tea

11.00am – 12.45pm Session 2

- Differential diagnosis between borderline,
- Narcissistic and schizoid disorders of the self
- The Closet narcissistic disorder vs exhibitionistic
- Abandonment depression vs reactive, melancholic, dysthymia

12.45pm – 1.00pm Lunch

Afternoon Session (12.45 pm – 5.00pm)

1.30pm – 3.10pm Session 3

- Clinical practice: through case examples, themes of Mastersons approach to the disorders of the self will be illustrated and discussed.

Case studies will elucidate:

- The stance and role of the therapist as guardian of patient's 'real self'
- Diagnosis and treatment of the narcissistic patient – the "mirroring interpretation of narcissistic vulnerability"

3.30pm – 5.00pm Session 4

- Clinical practice: through case examples, themes of Mastersons approach to the disorders of the self will be illustrated and discussed.

Case studies will elucidate:

- Diagnosis and treatment of the borderline patient
- Trial by fire – the "working through of an abandonment depression"

5.00pm Workshop Close

About your Workshop Leader

Caroline Andrew is a registered psychologist working in private practice in Sydney. She is an Associate Member of the New South Wales Institute of Psychoanalytic Psychotherapy (NSWIPP) and has a long involvement with Masterson's work having trained with him in his approach and having applied its insights in over twenty years of clinical practice.

Caroline completed a postgraduate degree in psychology in San Francisco in 1988 and became interested in Masterson's approach to the narcissistic/borderline disorders of the self, which was then being taught to psychotherapists on the West Coast from the Masterson Institute in New York.

She returned to Australia in 1988 and commenced supervision with the Clinical Director of the Masterson Institute, Professor Ralph Klein, Adjunct Professor of Psychiatry at Columbia University, who is still her primary supervisor. She is the only Australian to have had the privilege of supervision with Professor Masterson for two years. She has lectured on this approach through conferences held by the APS, the RANZCP, the Inaugural conference of the Australian Society for Adolescent Psychiatry, the Masters Program in Psychotherapy through Westmead, the Masters Program through UNSW, and was invited to New Zealand twice by NZAP to run workshops on this approach.

**** The Australian Psychological Society has endorsed this event for 7 Specialist points for members of the Counselling College. Members of other APS Colleges and non-College members may claim the equivalent generalist points****

REGISTRATION PRICES

Early Bird Rate \$499 (Prior to 23/12/09)

Post Early Bird \$599

Interstate Flat Fee \$399

Not for Profit Flat Fee \$369

Full Time Student Fee \$249

****All prices include GST***

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Psychopharmacology Workshop

For Non-Medical Mental Health Professionals

16 February 2010 - CAIRNS (Novotel Hotel)

This workshop is designed to help non-medical mental health providers develop a better understanding of psychopharmacology so they can be a more informed member of the mental health care team. As the number of individuals being prescribed psychiatric medications grows, it becomes increasingly important for professionals to understand the positive and negative potentials of these drugs. Workshop participants will learn about the various classes of psychiatric medications, their influence on brain function and the effect of the medication on a client's wellbeing. The effects of recreational drugs and drugs of abuse (e.g. cannabis, ecstasy, methamphetamine, alcohol and nicotine) will also be considered.

PROGRAM OVERVIEW

- **9.00am – 10.30am - What drugs are doing to the brain: an overview**
 - * History of psychopharmacology
 - * How the brain works
 - * What happens when you take a drug: where does it go?
 - * Australia's favourite drugs: licit and illicit
 - * Why some drugs are more addictive than others
 - * Co-morbidity of substance abuse and depression/anxiety disorders

10.30am-11.00am - Morning Tea

11.00am–12.45pm - The major classes of prescribed drugs in Australia: Therapeutic and side effects

- *Anxiolytic and sedatives
- *Antidepressants
- *Antipsychotics
- *Drugs for bipolar disorder
- *Drugs for ADHD
- *Drugs to treat addictive disorders

12.45pm-1.30pm - Lunch

- **1.30pm-3.00pm - Critical issues in prescribing psychotropic drugs**
 - * How drugs are prescribed: GPs versus psychiatrists
 - * Polypharmacy, misdiagnosis and other questionable practices
 - * Drugs for small people: pediatric psychopharmacology
 - * First line, second line and third line approaches for depression, anxiety and bipolar disorder

- *Combining pharmacotherapy and psychotherapy
- *Prescribing rights for clinical psychologists: a good idea?

3.00pm-3.20pm - Afternoon Tea

3.20pm-4.50pm - Case studies and knowledge self-test

- *Psychopharmacology quiz: name that drug and what it does
- *Depression, anxiety disorder, psychosis and addiction-related case studies
- *Open discussion

4.50pm - Close of Workshop

About your Workshop Leader

Iain S. McGregor M.A. (Oxon) Ph.D. (Sydney) is Professor of Psychopharmacology and director of the Psychopharmacology Laboratory in the School of Psychology at the University of Sydney. Iain completed his undergraduate degree in Experimental Psychology at the University of Oxford and his PhD in Psychology at the University of Sydney. Iain is one of Australia's foremost researchers in the fields of psychopharmacology and neuroscience. His research is currently funded by the Australian Research Council and the National Health and Medical Research Council and focuses on the effects of drugs such as ecstasy, cannabis, methamphetamine and antidepressants on brain and behaviour. This research encompasses studies in both human subjects and laboratory animals and spans behavioural, genetic and neural levels of analysis.

Iain is a much sought after speaker and has given numerous invited keynote addresses and presentations around the world. He also lectures extensively to psychology undergraduates and trainee clinical psychologists. He was a member of the recent working party of the Australian Psychological Society investigating the issue of prescribing rights for clinical psychologists. Iain has made numerous appearances in the national media talking about psychopharmacology and is frequently consulted as an expert witness in legal cases involving drug-related issues.

REGISTRATION PRICES

Early Bird Rate \$499 (Prior to 23/12/09)

Interstate Flat Fee \$399

Not for Profit Flat Fee \$369

Full Time Student Fee \$249

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***** The Australian Psychological Society has approved this workshop for 6.5 Specialist Professional Development points for members of the following APS Colleges: Clinical & Counselling. Members of other APS Colleges and non-College members may claim the equivalent generalist points *****

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Developing Resilience to Psychological Injury through the Development of Emotional Intelligence

23 February 2010 – MELBOURNE (Rendezvous Hotel)

Swinburne University are developing new methods to improve resilience and psychological health in Australian schools and organisations. One new method is in the area of emotional intelligence (EI).

Their research indicates that EI (the way that we understand, use and manage emotions) is related to stress, coping strategies and well-being indicators. Typically, people who report having higher levels of EI also report suffering from less stress, engage in more adaptive coping strategies and report fewer symptoms of psychological ill health such as anxiety and depression. They have also found that employees who have higher levels of EI are more satisfied with their job and more committed to their organisation and students with high EI are more likely to achieve their academic potential.

From these exploratory studies they have developed a psycho educational training program to teach individuals to enhance their resilience through the development of EI. Empirical evaluation

of the training program suggested that teaching people to better use EI results in a reduction in stress, improved psychological health and increased feelings of satisfaction.

This 1-day professional development workshop describes the content and structure of Swinburne's EI development program and provides suggestions for how to apply this knowledge in organizations or to clients in a clinical setting. The program includes information about: the Swinburne EI Research Unit, the EI training program (structure, content, aims, development, evaluation); stress and resilience (theory and practical exercises); the history of EI; the Swinburne Model of EI; the seven EI factors; the Swinburne University Emotional Intelligence Test (SUEIT) assessments and reports; interpreting self-report EI profiles; running group and individual EI feedback sessions; linking the EI facets to resilience and psychological health; developing EI; and implementing the EI development program in organisations.

PROGRAM OVERVIEW

8.30am	Registration and morning coffee
9:00 am	Commence
9:05 am	Introduction and overview of workshop content
9:15 am	About the EI development program (structure, content, aims, development, evaluation); introduction to stress and resilience (theory and practical exercises); introduction and brief history of EI; about the Swinburne Model of EI
10:30 am	Morning Tea
10:45 am	The seven EI factors; about the SUEIT assessments and reports; interpreting self-report profiles; linking the EI facets to resilience and psychological health.
12:30 pm	Lunch
1:15 pm	Developing emotional self-awareness and effective emotional expression; developing the ability to understanding others' emotions; developing emotional reasoning skills
2:30 pm	Developing emotional management strategies; developing emotional control; running a feedback session (group and individual); moving forward –developing personal action plans; applications of the program
3.00 pm	Afternoon Tea
3.15pm	2.30pm session continued
5:00 pm	Finish

About your Workshop Leader

Dr Karen Hansen is a Postdoctoral Research Fellow at the Brain Sciences Institute (BSI). Dr Hansen completed her PhD in the area of clinical psychology. Her thesis was an investigation of cognitive dysfunction and personality traits in patients with anxiety disorders. Dr Hansen currently works in the Emotional Intelligence (EI) Research unit at the BSI. She is involved in a number of ongoing studies with Australian organisations, National and International Secondary Schools, and psychiatric clinics. These studies are evaluating EI in the workplace, adolescents and psychiatric populations, and investigating the efficacy of different EI development programs to improve EI. Dr. Hansen currently has a number of manuscripts published or in press in the areas of stress and memory; adolescent EI and academic achievement, problem behaviour and coping skills; EI and clinical depression; and EI and occupational stress. She also currently supervises numerous students investigating the application of EI in clinical populations, adolescents, the school system and the workplace.

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Interstate Flat Fee \$399

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Full Time Student Fee \$249

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***** An application for PD points has been made to The Australian Psychological Society. This application is currently under review*****

Emotional intelligence: To request a registration page please fill out your details below and fax back to 02 6628 2902 or email your request to susanna@ppleducation.com.au

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Science of Optimal Functioning: Putting Positive Psychology into Practice

25 February 2010 – Novotel Hotel (BRISBANE)

This workshop is designed to give participants an understanding of the principles of positive psychology and equip them with the skills to put their knowledge into practice. Positive psychology is a new branch of psychology that effectively enables people to cope with adversities, build on their strengths and get the most out of their everyday lives. This interactive workshop will provide participants with many practical strategies that can be weaved into everyday routines in work places or individual therapy to help people achieve optimal wellbeing. It will also challenge participants to consider ways that they can work towards achieving their own optimal wellbeing.

PROGRAM OVERVIEW

8.30am – 9.00am Registration and Morning Coffee

9.00am – 10.40am

- What is Positive Psychology and is positive psychology a fad?
- Where did Positive Psychology come from?
- The 7 principles of Positive Psychology

10.40am – 11.00am Morning Tea

11.00am – 12.45pm

- Recognising the “language” of positive psychology
- The role of character strengths

12.45pm – 1.30pm Lunch

1.30pm – 3.00pm

- Putting it all together – strategies for putting positive psychology into practice

3.00pm – 3.20pm Afternoon Tea

3.20pm – 5.00pm

- Helping clients maintain wellness
- Questions and discussion

5.00pm Workshop Close

About your Workshop Leader

Jane Sleeman is a Registered Psychologist in a Private Practice that specialises in depression, anxiety and chronic illness. She is a co-founder of Hollyhox Positive Resources and Director of Inside Out Psychology. Jane has also worked as a Facilitator for the Black Dog Institute. She has a wealth of experience working with people and their families, having formerly worked as a teacher and school counsellor. In 2008 she was awarded the Anika Foundation Scholarship to study youth depression in North America. Jane has been a serving board member of Mental Illness Education Australia and is currently involved in setting up a number of wellness programs in work places. Jane has presented extensively in Australia and overseas on issues pertaining to a number of topics but has recently found herself drawn more to the 'wellness' side of psychology. Jane is presently writing a book on 'positive psychology in practice'.

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