

WORKING WITH “HARD TO HOLD” PATIENTS IN THERAPY

A clinical workshop based on Masterson’s approach to the borderline/narcissistic “disorders of the self”

15 April 2010 (Novotel Hotel - Brisbane) ***Strictly limited to 30 participants*******

20 April 2010 (VIBE Hotel North Sydney) ***Limited seats remain*******

22 April 2010 (Rendezvous Hotel - Melbourne) ***FULLY BOOKED*******

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 12/3/2010)

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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Motivational Interviewing for Managing Resistant Clients and Improving Return-to-Work Outcomes

19 April 2010 (Novotel Hotel - Brisbane)

Motivational Interviewing (MI) is sweeping the world as a highly effective therapeutic approach used to empower people to make healthy behavioural choices. First developed by Professors Bill Miller and Steve Rollnick for use in the treatment of problem drinking, MI now has demonstrated effectiveness in assisting people to change a broad range of health behaviours, including:

- ☒ alcohol, tobacco and other drug use;
- ☒ dietary behaviours;
- ☒ exercise;
- ☒ risky sexual behaviours;
- ☒ public health behaviours; and
- ☒ treatment adherence.

Motivational Interviewing has also been found to enhance the effectiveness of other treatments when used as a prelude to that treatment. With a broad evidence base and a well-defined style for interacting with clients, MI is applicable to clinical, counselling and health psychology practice. This workshop will look at how MI is effectively used in the vocational rehabilitation and return to work environment to achieve better outcomes.

ABOUT THE WORKSHOP

9.00am– 10.40am - SESSION 1

- Introductory exercises - style matters
- Genesis of MI
- A description of the MI theory and approach
- Motivation in a return to work context

10.40am – 11.00am Morning Tea

11.00am– 12.45pm - SESSION 2

- Spirit of MI
- Four general principles
- Change talk, sustain talk and commitment language
- Change talk exercise - recognising and eliciting change talk

12.45pm – 1.00pm Lunch

1.30pm– 3.10pm - SESSION 3

- The Fundamental skills of MI

- Skills exercises - open questions, affirmations and reflections
- Demonstration of MI

3.10pm-3.30pm Afternoon Tea

3.30pm – 5.00pm - SESSION 4

- MI in practice
- Specific use of MI in a return to work context
- Challenges of motivation in return to work
- Responding to resistance

4.50pm/5.00pm Workshop Close

What will participants learn at the workshop?

Participants attending this MI workshop will:

- - Develop an understanding of the fundamental spirit and principles of MI;
- - Gain up to date information regarding the research and evidence of MI;
- - Develop empathic counselling skills, so central to using the technique;
- - Experience the delivery of the MI technique through demonstration and practice and gain confidence to deliver MI in a clinical setting;
- - Learn when and how to use advice and other more directive elements of MI; and
- - Observe, experience and practice elements of MI, including how MI can be used to roll with resistance, resolve ambivalence, encourage change and commitment talk, and help people carry through changes to health behaviours.
- - Learn how MI is effectively used in a RTW context

About your Workshop Leader

Dr Stan Steindl – BA, PGDipPsych, MCLinPsych, PhD

- Member, Australian Psychological Society College of Clinical Psychologists
- Member, International Motivational Interviewing Network of Trainers
- Adjunct Senior Lecturer, School of Psychology, The University of Queensland

Dr Stan Steindl is a clinical psychologist with broad experience spanning over 15 years in both public and private practice settings. His PhD examined motivational interviewing techniques and cognitive-behavioural therapy in the treatment of combat veterans with co-morbid posttraumatic stress disorder and alcohol dependence.

He has maintained a strong interest in motivational interviewing techniques and in 2007 he participated in a 'train-the-trainer' workshop in Chicago, USA, conducted by Professor Bill Miller, co-developer of the motivational interviewing approach, and Dr Terri Moyers. In 2009 he was mentored by highly experienced and innovative MI trainer Steve Berg-Smith in San Francisco.

Stan is an experienced presenter, an adjunct senior lecturer at The University of Queensland, and conducts regular workshops on motivational interviewing and cognitive-behavioural therapy. Most recent workshops have been presented to such organisations as the Australian Psychological Society, Queensland Health, Queensland Cancer Fund, National Heart Foundation, Vietnam Veterans' Counselling Service, and St Andrews Hospital.

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

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