

Online ITC Course

## **Interpreting the Countertransference: The New Paradigm of Dynamic Psychotherapy**

Instructor: Lawrence E. Hedges Ph.D., ABPP

### **About the Instructor:**

Lawrence E. Hedges, Ph.D., ABPP is a psychologist-psychoanalyst in private practice in Orange, California, specializing in the training of psychotherapists and psychoanalysts. He is director of the Listening Perspectives Study Center and the founding director of the Newport Psychoanalytic Institute. He is Assistant Professor at the University of California, Irvine, Department of Psychiatry. Dr. Hedges holds Diplomas from The American Board of Professional Psychology and The American Board of Forensic Examiners. He is author of numerous papers and books on the practice of psychoanalytic psychotherapy.

### **Course Description:**

This course organizes the varieties of therapist responsiveness along a developmental axis of human relatedness possibilities. Hedges offers fresh alternatives to long-standing problems of countertransference responsiveness and provides specific ways for the professional listener to begin systematically considering his or her emotional reactions to clients.

Hedges defines a paradigm shift of major proportions that characterizes psychotherapeutic thought in the last two decades. A key idea among the rich offerings this course provides is that intense, persistent, and troubling listener-responsiveness can be considered as originating from a preverbal symbiotic level of relatedness expression that belongs to the client's early life history. Through nonverbal emotional relatedness, the client communicates to his or her listener what Christopher Bollas has called "the unthought known." It is the therapist's task to perceive and to begin the joint process of articulating crucial formative and enduring patterns of experience from the infantile past. In this undertaking the countertransference is shown by Hedges to be a key informer.

Hedges maintains that knowing how to interpret the countertransference is a critical new skill required for understanding all intense emotional relationships, especially those encountered in psychotherapy and psychoanalysis.

### **Learning Objectives:**

- To be able to consider transference and countertransference in four developmental frames of reference or listening perspectives.

- To state the six dimensions of the paradigm shift that is currently occurring in dynamic psychotherapy.
- To discuss the four types of countertransference that correspond to the four developmental levels of transference and resistance remembering.
- To be able to interpret the countertransference.
- To be able to apply the interpretive concepts to new cases through an exercise in defining countertransference feelings.

### **Course Outline:**

#### The Paradigm Shift In Psychotherapy

1. From Healing to Consciousness Raising
2. From Scientific Objectivity to Systematic Subjectivity
3. From Historical Truth to Narrative Truth
4. From Relativity to Quantum Realities
5. From Mythical Beasts to Listening Perspectives
6. From Frame Technique to Variable Responsiveness

#### Listening to Relatedness Issues

1. Organizing Channels
2. Symbiotic Exchanges
3. Selfobject Tensions
4. Oedipal Contingencies

#### Varieties of Countertransference

1. Organizing/Inconstancy: Disruptive, Confusing, Rupturing  
NON-LINKING OR DISCONNECTING
2. Symbiosis/Merger: Mother and Infant Scenarios  
A ROYAL ROAD
3. Selfobject/The Emergent Self: Boredom, Drowsiness, Irritation  
FACILITATING
4. Self and Object Constancy: Over stimulating  
AN IMPEDIMENT OR DETRACTION

#### Interpreting Countertransference

1. Focus: Symbiotic/Character Structure
2. Atmosphere: Free, Thoughtful Exchange
3. Avoid: Ventilation, Discharge, Confession
4. Abort: Any Sense of Blame or Accusation
5. Beware: False Self Conformity
6. Preface: With Anticipated Reaction

- 7. Error: The Feeling is my Own
- 8. Caution: We can Never be Correct
- 9. Timing: Whenever Communication is Possible
- 10. Uncertainty: How Much is our Own?