

Online LP Course

**The Listening Perspectives Study Center
in Cooperation with
The Orange County Psychological Association, and
The California Association of Marriage and Family Therapists,
Orange County Chapter
Presents**

Listening Perspectives in Psychotherapy: Advanced Techniques and Clinical Cases

A Day with Larry Hedges, March 14, 1998

Course Description:

Exciting and dynamic changes in the theory and practice of psychotherapy have marked the past two decades. This course will provide an overview of the many significant advances witnessed in object relations, self psychology, and "self and other" developmental psychology. A totally new thought paradigm has emerged from recent experiences treating people previously considered "severely disturbed" and "untreatable."

The changing philosophical and scientific underpinnings of dynamic psychotherapy will be reviewed. Four broadly based Listening Perspectives for use with people presenting different developmental experiences will be outlined and case examples provided.

Countertransference will be discussed as a useful tool in working with "lower level" personality issues. How to develop and sustain working therapeutic relationships with people considered "narcissistic," "borderline," and "organizing" or "psychotic" will be specified and illustrated with cases.

The many new ways of thinking have produced new ways of working which necessitate strategic emotional involvement between therapist and client. Greater personal involvement has led to greater risks and perils for both participants. Among those risks are "false accusations" stemming from the most primitive areas of transference formation. A variety of precautions that can be taken to insure the safety of the therapeutic environment in light of our new knowledge and techniques will be discussed.

The relational emphasis in psychotherapy reaches us at a time when there is increased concern in our profession regarding the maintenance of appropriate boundaries, the avoidance of damaging and exploitative dual relationships, and caution with regard to physical contact. How life-long emotional themes repeatedly appear in transference, countertransference, and resistance memories of the psychotherapeutic relationship and how they can be safely and effectively worked with will be the central focus of this course. The course will demonstrate how multicultural and diversity issues need to be explored fully in the relational format.

About the Instructor:



Lawrence E. Hedges, PhD., PsyD., 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 where he is a supervising and training psychoanalyst. He is Assistant Professor at The University of California Irvine Medical School, the Department of Psychiatry. Dr. Hedges is author of numerous papers and books on the practice of psychoanalytic psychotherapy including *Listening Perspectives in Psychotherapy*; *Facing the Challenge of Liability in Psychotherapy: Practicing Defensively*; *Sex in Psychotherapy: Sexuality, Passion, Love, and Desire in the Therapeutic Encounter*; and *Relationship: The Essence of Psychotherapy and Supervision*.

Learning Goals: At the conclusion of the course the learner will be able to:

1. Use developmentally based perspectives for listening to the transference-countertransference exchange.
2. Describe the paradigm shift toward consciousness raising, narrative truth, systematic subjectivity, listening perspectives, and variable responsiveness.
3. Conceptualize why understanding psychotherapy content is less important than understanding the relational processes involved.
4. Differentiate the types of transference and countertransference in neurotic, narcissistic, symbiotic (borderline), and organizing (psychotic) states.
5. Use countertransference experience to interpret role-reversal transferences stemming from the symbiotic (borderline) or characterological level of development.
6. Specify the psychodynamics of transference which can lead to faulty "recovered memories" and/or "false accusations."
7. Learn how to identify and interpret breaks in interpersonal contact as manifestations of the organizing (psychotic) transference which can lead to a negative therapeutic reaction.

Course Outline:

Part I

Why Listening Perspectives? The Paradigm Shift in Psychoanalysis

Four Listening Perspectives

The Origins of Countertransference: Anna O.

The Varieties of Countertransference

Countertransference to the Organizing Experience

Interpreting the Countertransference

The Case of Dora

Part II

The Organizing Experience in Transference and Countertransference

The Path to the Organizing Experience

The Quest for Reliable Connections

The Idiosyncratic Use of Symbols

The Use of Nonhuman Imagery

A Preoccupation with Body Sensations and Parts

The Systematic Avoidance and Rupturing of Connections

Transformation Through Connections

Common Subjective Concerns

A Fear of Breakdown, Emptiness, or Death

A Fear of Being Alone, Unresponded to, or Left to Die

A Fear of Imperfect Connection--The Clamor for more

The Terror of Making Connections

Fight, Flight, and Freeze:

Predefines that Anticipate Internal Trauma

The Delusion: Resistance to Making and Sustaining
Connections

The Case of Darryl

The Case of Sandy: An Organizing Transference
and Countertransference

Part III.

The Case of Paul: Working with an Organizing Transference

Curriculum Content: Listening Perspectives in Psychotherapy

LISTENING PERSPECTIVES AND INTERPRETING THE COUNTERTRANSFERENCE

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 Perspectives

1. The Personality in Organization:
The Search for Relatedness
2. Symbiosis and Separation:
Mutually Dependent Relatedness
3. The Emergent Self:
Unilaterally Dependent Relatedness
4. Self and Other Constancy:
Independent Relatedness

Varieties of Countertransference

1. Inconstancy: Disruptive, Confusing
NON-LINKING
2. Merger: Mother and Infant Scenarios
A ROYAL ROAD
3. Selfobject: Boredom, Drowsiness, Irritation
FACILITATING
4. Constancy: Over stimulating
AN IMPEDIMENT

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?

THEMES OF THE ORGANIZING EXPERIENCE

1. Private Madness is Universal
2. Terror of Contact is Central
3. The Organizing Transference Functions to Prevent Bonding
4. Resistance is to the Emergence of the Psychotic Mother Transference
5. Interpretation is Concrete and Para verbal
6. Countertransference Brings its Own Madness
7. All Organizing States are Transformable
8. The Backdrop is Sustained Contact

ISSUES ON THE ORGANIZING PATH

1. The Quest for Reliable Connection
2. The Experience of the Reflexive World
3. The Idiosyncratic Use of Symbols
4. Nonhuman Imagery
5. Focus on Physical Sensations
6. Orientation in Time and Space
7. Transformation Through Connection
8. Transference Psychosis: The Rupture of Contact
 - Identifying the Contact Moment
 - Predefines: Flight, Freeze, and Fight
 - Breaking Contact: The Negative Therapeutic Reaction
9. The Organizing Personality and the Mimical Self

COUNTERTRANSFERENCE TO THE ORGANIZING EXPERIENCE

1. The belief that the person is somehow so defective that they can only be treated chemically, physically, or supportively.
2. The fear of psychotic energies being directed at the person of the analyst.
3. Organizing transferences stimulate the analyst's own organizing yearnings, traumas, and fears.
4. An analytic listener may break contact out of empathy with the analytic speaker.