

Relationship: The Essence of Psychotherapy and Supervision

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Course Description:

Successful psychotherapy is based upon *a working relationship* between therapist and client that cannot be simply taught but can be learned through an effective relational supervisory process. This course surveys the research and clinical findings regarding how to co-create and maintain a supervisory relationship that is both effective and mutually enhancing. This course presupposes that participants are already familiar with the rules and regulations of their own supervisory settings.

Topics to be Considered:

- Background constraints of the psychotherapy and supervisory settings
- Issues in the teach-treat controversy
- The relational nature of all forms of therapy and supervision
- The impact of contemporary science on our understanding of dynamic and relational processes
- Multicultural and diversity concerns in the supervisory triangle
- “Parallel processes” that explain and that fail to explain supervisory and supervision group dynamics
- Documentation and consultation that enhance the safety of supervision
- Case vignettes that illustrate how psychodynamic and relational processes operate in the supervisory triangles/ and in group supervision

Learning Goals:

At the conclusion of the course the participant will be able:

- To identify and work with parallel processes in therapy and supervision
- To work with relational transference and countertransference in psychotherapy and supervision
- To tailor-make supervisory processes that fit different levels of supervisee professional development
- To accommodate the demands and limitations of the realities of supervisory settings
- To develop specific ways of building safety into the supervisory triangle
- To establish and appreciate the teach-treat balance for each supervisee
- To build greater multicultural and diversity sensitivity into supervision



Outline:

I. Introduction: Retreating from contact; plan for workshop

II. The Backdrop:

Listening Perspectives as Clinical Frames of Reference
Ways a Theory Fails to Serve and Leads Us Astray
The Ethic of Relating

III. Four Developmental Metaphors for Listening Perspectives: The Organizing Experience, The Symbiotic Experience; The Self-Other Experience; and The Independent Experience

IV. Terrifying Transferences and False Accusations Against Therapists

V. The Paradigm Shift in Psychoanalytic Psychotherapy: The Shift From Healing to Consciousness-Raising; From Scientific Objectivity to Systematic Subjectivity; From Historical Truth to Narrative Truth; From Relativity to Quantum Realities; From Mythical Beasts to Listening Perspectives; and From Frame Technique to Variable Responsiveness.

VI. Four Features of the Listening Perspective Approach

VII. Themes of the Organizing Experience:

1. Private Madness is Universal
2. Terror of Contact is Central
3. 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. All Organizing States are Transformable
7. The Backdrop of Sustained Contact

VIII. Identifying the Organizing Transference and Three Case Illustrations

IX. Elements of the Organizing Experience

1. The Search for and the Avoidance of Connection
2. Defensive Clamor and Contact Rupture
3. Idiosyncratic Use of Symbols
4. Nonhuman Imagery
5. Preoccupations with Physical Sensations
6. Disorientation in Time and Space
7. Transformation Through Encouraging and Maintaining Connections
8. Connection as Interpretation

X. Varieties of Countertransference Experience

XI. Case Study of Paul: Working the Organizing Transference and Countertransference

XII. Workshop Experience: *Working the Organizing Experience*

References

Organizing Experience Worksheets