Relational Psychotherapy XII

Relational Processes in Psychotherapy & Supervision
Instructor: Lawrence E. Hedges, Ph.D., Psy.D., ABPP

Third Mondays 10:30-12:00
Third Tuesdays 10:30-12:00
Third Thursdays 11:00-12:30

8-month Reading and Discussion Seminar—October 2012 through May 2013

Tuition for the year (12 hours of continuing education credit) is $320 to be paid in 3 installments of $100.  Early Bird fee of $275 due by September 1, 2012

Course Description:

A recent task force of Division 29 of the American Psychological Association has summarized thousands of empirical studies and revealed that the single most consistently important factor determining the overall outcome of all psychotherapies is the relationship between therapist and client. It follows that the single most important factor in the supervisee-supervisor experience is the imparting of an appreciation of the power of the therapeutic relationship and how to cultivate it. This course explores the psychodynamic and relational processes involved in psychotherapy and supervision.

We have witnessed a sea-change in the mental health professions over the past two decades attributable to technological advances in neurological and brain studies, infant research, post-modernism, constructionism, and relational psychotherapy as well as to cultural shifts in the direction of diversity, egalitarianism, and social justice. What has become absolutely clear is that we are a relational species, and that our brains and neurological systems actually form in the context of whatever intimate relational opportunities are available to us in early development and throughout our life-spans. This dawning knowledge clarifying our fundamental relational nature has massive implications for all forms of psychotherapy as well as for the relational processes involved in teaching and supervising psychotherapy.

Topics to be Considered:

- The relational nature of all forms of therapy and supervision
- The impact of contemporary neuroscience and infant research 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 dynamics
- Issues in the teach-treat controversy
- The function of the frame in supervision
- The dynamics of the “therapeutic instrument”
- Group supervision
The Supervisory Alliance
Case vignettes that illustrate how psychodynamic and relational processes operate in supervisory triangles

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 balance treatment and teaching needs appropriately in supervision
- To establish an appropriate frame for supervision
- To work with shame as an expectable learner variable
- To initiate supervisory conversations about the supervisee, the supervisor, and the supervisory process
- To work with transference and countertransference in therapy and supervision
- To notice and work with the invisible trends that the therapeutic instrument reveals toward the end of sessions
- To participate as a leader or peer in group supervision

Note: This course satisfies continuing education requirements for supervision. This is an advanced course that presupposes that participants already have a working knowledge of and competency in the situational requirements and limits of their own psychotherapy supervisory settings—be they academic, agency, or government imposed.
Required Reading:

Session 1: Overview of Supervision
Date: October, 2012

Readings:

Session 2; Historical Sketch
Date: November, 2012

Readings:

Session 3: Parallel Processes
Date: December, 2012

Readings:

Session 4: The Treat-Teach Controversy
Date: January , 2013
Readings:

**Session 5: Intersubjective Views**
Date: February, 2013

Readings:

**Session 6: Self Psychological Views**
Date: March, 2013

Readings:

**Session 7: Interpersonal Views**
Date: April, 2013

Readings:

**Session 8: Relational and Group Supervision**
Date: May, 2013

Readings: