

Relational Psychotherapy XV

Relational Freedom and Extraordinary Knowing
Instructor: Lawrence E. Hedges, Ph.D., Psy.D., ABPP

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

8-month Advanced Reading and Discussion Seminar—October 2015 through May 2016

Tuition for the year (12 hours of continuing education credit) is \$375 to be paid in 3 installments of \$125.
Early Bird fee of \$325 due by September 1, 2015

Course Description:

Recent advances in neuroscience, infant research, and psychological theory now make clear that *the relationship* is central to all psychotherapy and that achieving relational freedom is paramount. Donnell Stern, foremost leader of the interpersonal/relational movement, has just published a third remarkable book, *Relational Freedom* – a fitting follow-up to his *Unformulated Experience* and *Partners in Thought*. He reviews the cross-disciplinary research on human relationships, the history of field theories in human interactions, and the mutual dissociation and enactment processes involved in long-term intensive relational psychotherapy.

Following up will be Elizabeth Lloyd Mayer's equally remarkable book--*Extraordinary Knowing*--reporting on recent research that a large group of psychoanalysts are involved in that studies anomalous experiences – concluding that we have extraordinary ways of knowing that go beyond our ordinary knowledge based in the four survival dimensions. She points the psychotherapeutic relationship in the direction of capitalizing on our human capacity for extraordinary knowing.

Learning Objectives: At the end of this course participants will be able to:

- State how current neuroscience contributes to our understanding of the psychotherapy relationship.
- List four contributions of infant research to our understanding of the change processes involved in psychotherapy.
- Define how mutual dissociation and enactments are an important part of any in-depth psychotherapeutic experience.
- State three tenets of the basic proposition that we have extraordinary ways of knowing.
- Discuss how extraordinary ways of knowing can potentially enhance the psychotherapy process.

The Listening Perspectives Study Center is approved to provide Continuing Education Credits for Psychologists, Marriage and Family Therapists, Social Workers, and Nurses. The exact number of credits awarded is equal to the number of contact hours for each event and is specified on the Syllabus.

The Listening Perspective Study Center is approved by the American Psychological Association to sponsor continuing education for psychologists. The Listening Perspectives Study Center maintains responsibility for the program and its content.

The California Board of Behavior Science recognizes Continuing Education Credits awarded by providers approved by the American Psychological Association to Marriage & Family Therapists and Licensed Clinical Social Workers

California Board of Registered Nursing Provider Number: CEP12038

Two Required Texts:

1. Stern, Donnel *Relational Freedom: Emergent Properties of the Interpersonal Field*, New York: Routledge.

Relational Freedom is a clear, authoritative, and impassioned statement of the current state of interpersonal and relational psychoanalytic theory and clinical thinking. It will interest anyone who wants to stay up to date with current developments in American psychoanalysis and relational psychotherapy, and for those newer to the field it will serve as an introduction to many of the important questions in contemporary psychotherapy. Psychoanalysts and psychotherapists of all kinds will profit from the book's thoughtful discussions of clinical problems and quandaries.

2. Mayer, Lloyd Elizabeth *Extraordinary Knowing: Science, Skepticism, and the Inexplicable Powers of the Human Mind*, New York: Bantam Dell.

Extraordinary Knowing is an attempt to break through the silence imposed by fear of speaking about anomalous experiences people have. And to explore what science has to say about countless "inexplicable" phenomena. From Sigmund Freud's writings on telepathy to secret CIA experiments on remote viewing, from leading-edge neuroscience to the strange world of quantum physics, Dr. Mayer reveals a wealth of credible and fascinating research into the realm where the mind seems to trump the laws of nature.

Session 1:

Date: October 2015

Stern-Chapters 1 & 2

Session 2:

Date: November 2015

Stern-Chapters 3 & 4

Session 3:

Date: December 2015

Stern-Chapters 5 & 6

Session 4:

Date: January 2016

Stern-Chapters 7, 8 & 9

Session 5:

Date: February 2016

Mayer-Chapters 1, 2 & 3

Session 6:

Date: March 2016

Mayer-Chapters 4, 5 & 6

Session 7:

Date: April 2016

Mayer-Chapters 7, 8 & 9

Session 8:

Date: May 2016

Mayer-Chapters 10, 11 & 12