

Introduction

The powerful and often turbulent feelings that the therapist routinely experiences in the therapeutic relationship are arguably exactly what makes therapy work and, simultaneously, what makes it so challenging.

The source of these feelings is something that has been vigorously debated since they were first described by Freud. The two dominant theories of psychoanalysis have historically placed countertransference in quite different domains - traditional drive theory defining the therapist's feelings as quite separate from the patient/client's process and, in fact, just an expression of their own unresolved conflicts, while more recent relational theories have argued that countertransference is an expression of the relationship which is being conducted between the patient and therapist, seeing it as a co-creation in which the therapist is cast into roles and emotions which provide clues to the patient's developmental past and internal world.

In the past 50 years the relational view has gained increasing acceptance and we no longer usually think of countertransference as part of the therapist's inner world that needs to be banished. But it can still be uncomfortable and unsettling, facing us with a major responsibility: to manage that emotional roller-coaster so that it serves the therapy.

This series of lectures is being brought together to create a forum in which therapists can explore and deepen their understanding of emotional responses to the people they work with. We will look at the theoretical history and some of the controversies surrounding the subject. We will explore the profound impact of countertransference on the therapist's sanity, body and intellect, some ways of understanding this and techniques for staying present through those times so that new relational possibilities can be offered for the patient in the process of doing so.

This programme is an exceptional opportunity to listen to, and participate in a focused discussion on countertransference with some of the country's most rigorous contemporary theoreticians and experienced practitioners.

Jane Ryan

The Speakers

Patrick Casemen is a training and supervising analyst for the British Psycho-Analytical Society, having previously trained with the British Association of Psychotherapists. His main publications are *On Learning from the Patient* and *Further Learning from the Patient*. His third book, *Learning from our Mistakes*, is due out in the autumn.

Carol Holmes is the clinical director of Kids Company. She is a Communicative Psychotherapist, lecturer and supervisor, and a Visiting Professor at the European Psychotherapy Academy in Vienna. The theme of her PhD dealt with the interface between communicative psychotherapy, Existential philosophy and systems theory, and was based on some of her publications in this area. The subject of her book *There is no Such Things as a Therapist* (Karnac, 1998) explored the nuances of the therapeutic interaction from an interpersonal perspective. She is currently writing an innovative text for Macmillan Press, which examines the topic of countertransference across a range of therapeutic approaches (publication date 2003).

Earl Hopper is a Member of the British Psycho-Analytical Society, the British Association of Psychotherapists and the Institute of Group Analysis. He is the past President of the International Association of Group Psychotherapy. His special interests include social and personal trauma.

Susie Orbach work as a psychotherapist and writer is centred on the therapy relationship, the construction of femininity and rethinking the relationship between body and mind. She has published extensively on these themes. She was co-founder of the Women's Therapy Centre (London) and the Women's Therapy

Centre Institute (New York) and is currently Visiting Professor in the Gender Studies Institute at the London School of Economics. Her recent books are *The Impossibility of Sex, Towards Emotional Literacy* (Virago) and *On Eating* (Penguin).

Viqui Rosenberg is a full member of the British Association of Psychotherapists and a psychoanalytic psychotherapist specialist in the NHS. Her paper 'Erotic Transference and its Vicissitudes in the Countertransference' was published in *Psychoanalytic Psychotherapy in the Independent Tradition* (Ed. Johnson and Ruszczynski, 1999, Karnac). She also has a private practice and teaches and lectures in psychoanalysis.

Andrew Samuels is Professor of Analytical Psychology at the University of Essex and a Training Analyst of the Society of Analytical Psychology. His most recent book was *Politics on the Couch: Citizenship and the Internal Life* and he has published extensively on the topic of countertransference

Janet Sayers is Professor of Psychoanalytic Psychology at the University of Kent, an author and psychoanalytic psychotherapist in both private practice and the NHS. She is an Associate Member of the British Association of Psychotherapists. Her books include *Mothering Psychoanalysis* (Penguin, 1992), *Freudian Tales: about imagined men* (Vintage, 1997), and *Boy Crazy: remembering adolescence, therapies and dreams* (Routledge, 1998).

Joseph Schwartz is a psychoanalytic psychotherapist at the Centre for Attachment-based Psychoanalytic Psychotherapy. His books include *Einstein for Beginners*, *The Creative Moment* and *Cassandra's Daughter: A History of Psychoanalysis in Europe and America*.

Julia Segal has been exploring the use of the ideas of Melanie Klein both in the wider community and in various counselling settings since 1968. Her publications include *Phantasy in Everyday Life* (1985 Pelican Books and 1995 Karnac books) and *Melanie Klein* (1992 Sage). She currently works within the NHS as a counsellor for people with multiple sclerosis.

Valerie Sinason is a poet, writer, child psychotherapist and an adult psychoanalyst with the British Psycho-Analytical Society. She is currently Director of the Clinic for Dissociative Studies where she specialises in work with abused/abusing and dissociative patients, including those with a learning disability. She has written over 10 books and 60 papers, and lectures nationally and internationally.



Confer presents

Understanding and Surviving Countertransference

anxiety, anticipation, dread, desire, hope, disinterest, detachment, bodily pain, numbness
anger, rage, powerlessness, despair, boredom, irritation, impatience, despondency, headach
itching, tingling, impotence, hurrying, sadness, shame, searching, loss
amusement, fury, withholding

**A season
of lectures**

April - July 2002
London

Booking Form

Please read the booking conditions (see information panel)

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I would like to register for the following events:

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| Andrew Samuels | 20 May | <input type="checkbox"/> |
| Janet Sayers | 27 May | <input type="checkbox"/> |
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Information

Venue Conference Hall, Institute for Arts,
Britannia Row, Islington, London N1

Dates 15 April to 1 July 2002

Times 8.00 - 9.45pm

Registration 7.30 - 8.00pm

Structure of Each Evening

- | | |
|-------------|---|
| 8.00 - 8.55 | Presentation/lecture |
| 8.55 - 9.10 | 8.55-9.10 Discussion in pairs |
| 9.10 - 9.45 | Questions to the speaker and large group discussion |

Fees

If funded All 10 events£170
by yourself: A selection of 5 events£115

If funded by an organisation: All 10 events£210
A selection of 5 events£125
A minimum of 5 events can be booked in advance.

Drop in Ticket A single ticket can be bought on the night for £25

Parking Tube Free parking at venue
Angel Tube (Northern Line) 10 mins. walk
Highbury and Islington Tube (Victoria Line) 15 minutes walk

Buses Buses: 38, 73 and 56

Parking Some street parking available after 6.30pm

To Book Please complete the attached booking form and return it with payment to **Confer, 36a Mildmay Road, London N1 4NG**

Cheques are made payable to CONFER
A receipt will be sent to you to confirm your place.

Booking Conditions The place is for your own use only. Confer reserves the right to alter this programme if a speaker is unable to attend.

Cancellation A 50% refund will be given if notice of cancellation is given in writing before 2 April 2002

Further Information Telephone Confer on 020 7254 2323
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visit www.confercpd.com

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Advisor to Confer: Brett Kahr



Programme

Countertransference and its Vicissitudes

Joseph Schwartz

Countertransference in its history has moved from being an intrusive unwanted clinical event to become over the last 10 years a new royal road to therapeutic insight. Understanding the historical dynamics that lie behind this shift from nuisance to ally can shed light on current clinical problems associated with countertransference. I will discuss in some detail the recent developments in neuroscience that show the neurophysiological correlates of countertransference as an intuitive communication system. And I will discuss further why we might feel we need the support of so-called hard science to support us in our clinical experience. .

15 April

Countertransference: Whose feelings?

Viqui Rosenberg

Is there a distinction to be made between the therapist's transference to the patient and countertransference proper? This lecture will outline the unconscious dynamics of the therapeutic relationship with a special focus on the therapist's emotional response to the patient, considering the potential to transform enactment into insight.

22 April

How are we to make sense of projective identification?

Julia Segal

Projective Identification is a mechanism by which emotions are denied in one person and evoked in another, not only in the relationship between client and therapist but also within the family and across generations. Julia Segal will discuss the use she makes of the concept in her work as a counsellor for couples as well as individuals, with particular reference to illness in the family.

29 April

Bank Holiday

6 May

Receptiveness without Loss of Self: the challenge of countertransference

Valerie Sinason

How are we to maintain equilibrium while absorbing the patient's experience? What makes it possible to remain related and yet individuated? Valerie Sinason will talk about how she balances receptiveness to the emotional depth of the patient's internal world while remaining true to her own reality when working with people suffering from severe dissociation.

13 May

Is there a real relationship or merely a transference-countertransference dynamic

Andrew Samuels

Why do therapists and clients have to get so involved with each other with states of love (and hate) often predominating? How is it that healing is fostered by both the so-called 'real' and the so-called 'symbolic' dimensions of such passions? In order to explore these questions, Samuels will re-visit and re-work Jung's famous 'alchemical metaphor' for the therapy process - but in contemporary terms directly relevant to clinical practice today by psychotherapists of all schools.

20 May

The difficulty for the therapist in bearing 'uncertainties, mysteries, doubts' in the countertransference and the rewards of doing so.

Janet Sayers

Freud recommended analysts to maintain an attitude of "evenly-suspended attention" in therapy. Some liken this to "negative capability", described by Keats as "being in uncertainties, mysteries, doubts, without any irritable reaching after fact and reason". In this session we will discuss examples of defenses against this counter-transference stance and means of resolving them in therapy.

27 May

Half-Term

3 June

Self-disclosure: Is it ever helpful or appropriate to disclose one's countertransference feelings to the patient?

Patrick Casement

I wish to consider the complementary aspects of countertransference: that which is personal to the therapist and that which may be diagnostic with regard to the analytic process. In considering whether it is safe, helpful or appropriate to disclose one's feelings to a patient, I wish to keep in mind what is the aim of analysis: whether it is to promote a freedom within which the patient may become more fully him/herself, or whether it is to change the patient's thinking. This touches on issues related to analytic space and the therapist's position in relation to this. We need to bear in mind that self-disclosure can be either intentional or unintentional. Self-disclosure, under some circumstances, may enable. Under others it can become intrusive, seductive, manipulative. I aim to give some examples to illustrate the difference.

10 June

What can we learn from the therapist's bodily countertransferences?

Susie Orbach

Susie Orbach will discuss a range of bodily countertransference experiences and how they can help us better understand the difficulties of the individual we are working with. She suggests that we should not regard them as purely psychosomatic but as an expression of the history of that body. She will also discuss ways of working with bodily countertransferences.

17 June

Countertransference and Therapist Madness

Carol Holmes

The focus of the presentation will centre around some of the difficulties and disagreements associated with both the definition of the concept of countertransference and the influence that this has had on how it is employed by the therapist in the consulting room. Dr Holmes will review the major turning points in the history of the notion of countertransference to show how it has developed into a convoluted, confusing and sophisticated theoretical idea, which can be utilised by the therapist in a defensive way. The evening will also explore how this dilemma may be addressed in a more egalitarian and reciprocal way between client and therapist.

24 June