The Lawrence E. Lifson, MD, Psychotherapy Conference:

Psychodynamic Psychotherapy 2018

Friday and Saturday, March 23–24, 2018
The Fairmont Copley Plaza Hotel, Boston, MA

Pre-Conference Institute: Thursday, March 22, 2018

The Strategic Use of Internal Family Systems Techniques by Psychodynamic Psychotherapists to Facilitate Access to the Unconscious

Richard Schwartz, PhD
Adam Rosen, PhD, JD

Main Conference: Friday, March 23, 2018 – Saturday, March 24, 2018

Psychodynamic Psychotherapy 2018

- The therapeutic action of psychodynamic psychotherapy
- Current concepts of cure
- Integration of theory into practice
- Contributions of time-honored constructs
- Deepening the psychodynamic process
- Widening its scope of applicability

Register by January 31, 2018, for discounted pricing

Co-Sponsored by:
Massachusetts Institute for Psychoanalysis (MIP) • PINE Psychoanalytic Center
C.G. Jung Institute, Boston • Three Ripley Street

Register at: www.psychotherapyupdate.org
About the Conference Co-Directors

Lawrence E. Lifson, MD, Co-Director
Dr. Lifson is a Lecturer on Psychiatry, Harvard Medical School; Director, Continuing Education Program at Beth Israel Deaconess Medical Center; Co-Chair, Continuing Education, Boston Psychoanalytic Society & Institute; Faculty, Boston Psychoanalytic Society & Institute; Distinguished Life Fellow, American Psychiatric Association; Recipient, Massachusetts Psychiatric Society’s, 2012 Outstanding Psychiatrist in Education Award; 2016 Recipient, Tufts Medical Alumni Association Dean’s Award; 2018 recipient American Psychoanalytic Association Edith Sabshin Teaching Award; Editor, Understanding Therapeutic Action: Current Concepts of Cure and The Mental Health Practitioner and the Law; and Psychology of Investing.

Martha Stark, MD, Co-Director
Dr. Stark is a Lecturer on Psychiatry, Harvard Medical School, Beth Israel Deaconess Medical Center; Co-Director/Faculty, Center for Psychoanalytic Studies, William James College; Faculty, Psychiatry Redefined; Adjunct Faculty, Smith College School for Social Work; Former Faculty, Boston Psychoanalytic Society & Institute and Massachusetts Institute for Psychoanalysis; Author, Working with Resistance, A Primer on Working with Resistance, Modes of Therapeutic Action, The Transformative Power of Optimal Stress, Psychotherapeutic Moments, How Does Psychotherapy Work? and Relentless Hope.

Accreditation

Physicians: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Psychoanalytic Association and the Boston Psychoanalytic Society and Institute. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians.

The American Psychoanalytic Association designates this Live Activity for a maximum of 19 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

• The Pre-Conference Institute: A maximum of 6 AMA PRA Category 1 Credit(s)™
• Psychodynamic Psychotherapy 2017: A maximum of 13 AMA PRA Category 1 Credit(s)™

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert AMA PRA Category 1 Credit™ to an equivalent number of European CME Credits® (ECMECs®). Information on the process of converting AMA PRA Category 1 Credits™ to ECMECs® can be found at: www.eaccme.eu.

IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS: None of the planners and presenters of this CME program have any relevant financial relationships to disclose.

Psychologists: William James College is approved by the American Psychological Association to sponsor continuing education for psychologists. William James College maintains responsibility for these programs and their content.

Social Workers: Application for social work continuing education credits has been submitted. Please contact William James College at 617-244-1682 or by email at ce@williamjames.edu for the status of social work CE accreditation.

State of New York Social Workers: The Continuing Education Program at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School is recognized by the New York State Education Department's State Board for Social Work as an Approved Provider of continuing education for licensed social workers. The Pre-Conference Institute is approved for a 6 CE hours and Psychodynamic Psychotherapy 2017 is approved for 13 CE Hours.

Nurses: These programs meet the specifications of the Board of Registration in Nursing (244 CMR).

Mental Health Counselors: William James College is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEPTM solely is responsible for all aspects of the program. This program meet the criteria for 19 clock hours.

Educators: William James College is approved by the Commonwealth of Massachusetts to offer Professional Development Points (PDPs). (Provider Number 5-0416-999).

Licensed Marriage and Family Therapists: These activities have been certified by FDA/CE Certifications and the Massachusetts Association for Marriage & Family Therapy Inc. for professional continuing education.
The Strategic Use of Internal Family Systems Techniques by Psychodynamic Psychotherapists to Facilitate Access to the Unconscious

Pre-Conference Institute: Thursday, March 22, 2018

Richard Schwartz, PhD
Founding Developer, Internal Family Systems (IFS)

Adam Rosen, PhD, JD
Psychodynamic and IFS Practitioner

Both IFS and Psychodynamic Psychotherapy focus on the internal registering within the child’s developing psyche of early-on traumatic experiences. Both treatment approaches deeply appreciate the dysfunctional impact these inner schemas will then have on how subsequent experiences are organized and interpreted. Both schools contend that individuals who have suffered at the hands of their parents will continue to re-enact their unresolved childhood dramas throughout their lives unless they have an opportunity to process and integrate the unmastered experiences. And both are “depth models” of the mind that offer the opportunity for this belated mastery.

But their “methods” diverge slightly. Whereas Psychodynamic Psychotherapy focuses on the gradual and spontaneous emergence of insight into the unconscious conflicts that have been interfering with actualization of the patient’s potential, IFS accesses the hidden conflicts by way of a “technical modification” specifically designed to decrease the patient’s repression so that unconscious material (including “exiled” parts of the Self) can be expeditiously brought to the fore.

Ultimately, IFS aims to promote development of a more harmonious relationship between these dissociated and conflictual “parts” of the Self – the ultimate goal being the promotion of integration, healing, and empowerment. When Psychodynamic Psychotherapists become acquainted with, and develop some expertise with, the more directive and focused techniques advocated by IFS Practitioners, they will be surprised to discover how quickly the patient’s inner resistances can be disarmed and immediate access gained to the patient’s unconscious.

Educational Objectives: Upon completion of this Pre-Conference institute, participants will be able to:

• Explain some of the similarities between IFS and Psychodynamic Psychotherapy;
• Describe some of the differences between IFS and Psychodynamic Psychotherapy;
• Speak to the way in which IFS facilitates access to the patient’s internal psychodynamics; and
• Elaborate upon how IFS promotes transformation and psychic health.

Richard Schwartz, PhD received his doctorate in Marriage and Family Therapy from Purdue University and was associated with the Institute for Juvenile Research at the University of Illinois at Chicago and The Family Institute at Northwestern University, where he became an Associate Professor. Grounded in systems thinking, Dr. Schwartz developed the Internal Family Systems model in response to patients’ descriptions of various parts within themselves. In 2000, he founded The Center for Self Leadership (CSL) in Oak Park, IL. Dr. Schwartz has either authored or co-authored a number of well-known books, including Family Therapy: Concepts and Methods, the most widely used family therapy text in the United States and Internal Family Systems Therapy and Introduction to the Internal Family Systems Model and You Are The One You’ve Been Waiting For, and over fifty articles about IFS. He serves on the editorial board of four professional journals.

Adam Rosen, PhD, JD is a Lecturer on Psychiatry, Harvard Medical School, Cambridge Hospital and Past President, Boston Institute for Psychotherapy. He is collaborating on a book (IFS Session Intensives: Strategy and Self in the IFS Process) with Dr. Schwartz on illustrating the IFS therapist’s moment to moment technical and strategic choices.

Registration Note: You may register for this Pre-Conference workshop by itself or as part of a discounted package that includes the main conference on Friday and Saturday.
Psychodynamic Psychotherapy 2018

2-day Conference: Friday and Saturday, March 23–24, 2018

This extraordinary 14th annual conference features renowned faculty in the field of psychodynamic psychotherapy offering their innovative and evolving reflections on the integration of theoretical constructs into clinical practice, as well as case presentations and discussions by master clinicians.

Our overriding goal will be to widen the scope of applicability of psychodynamic psychotherapy to a broader range of clinical situations and to deepen understanding of the curative process, with special attention to the contributions of both patient and therapist in the unfolding of the “cure.”

Objectives

Upon completion of this 2-day conference, participants will be able to:

- Elucidate the therapeutic action of psychodynamic psychotherapy;
- Define the contributions of different paradigms to therapeutic change;
- Integrate current theories into actual practice;
- Expand the scope of applicability of psychodynamic constructs to a variety of clinical situations.

Continuing this Year

- Four thought-provoking presentations (two on Friday and two on Saturday) featuring preeminent leaders in the field of psychodynamic psychotherapy.
- Four compelling case presentations (two on Friday and two on Saturday), each followed by two discussions demonstrating the integration of theory and practice.
- The presentations will represent a variety of treatment approaches that will widen the scope of applicability of psychodynamic psychotherapy.
- The case discussants will represent different clinical perspectives that will deepen understanding of therapeutic action.

Who Should Attend

- Psychiatrists
- Psychologists
- Social Workers
- Psychoanalysts
- Marriage and Family Therapists
- Mental Health Counselors
- Psychiatric Nurses
- Students in Mental Health Fields*

* Students are encouraged to attend, and discounted student rates are available. See the registration form.

Early Registration Discount Available Through 1/31/18
## 2-Day Psychodynamic Psychotherapy Agenda

### Friday, March 23, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenter(s)</th>
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</thead>
<tbody>
<tr>
<td>7:45am</td>
<td>Registration</td>
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<tr>
<td>8:15am</td>
<td>Welcoming Remarks</td>
<td>Nicholas Covino, PsyD</td>
</tr>
<tr>
<td>8:30am</td>
<td>Overview</td>
<td>Libby Shapiro, PhD</td>
</tr>
<tr>
<td>8:45am</td>
<td>Case Presentation: The Music of What Happened and the Music of What Happens; Psychotherapy and Its Relationship to the Past</td>
<td>James Herzog, MD</td>
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<tr>
<td>9:30am</td>
<td>Case Discussants</td>
<td>Jack Foehl, PhD</td>
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<td></td>
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<td>Axel Hoffer, MD</td>
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<tr>
<td>10:15am</td>
<td>Coffee Break</td>
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<tr>
<td>10:45am</td>
<td>Playing in the Darkness: Destroying, Creating, and Using the Object</td>
<td>Steven Cooper, PhD</td>
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<tr>
<td>11:30am</td>
<td>Panel and Audience Discussion of Morning Presentations</td>
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<tr>
<td></td>
<td></td>
<td>Steven Cooper, PhD, Jack Foehl, PhD, James Herzog, MD, Axel Hoffer, MD</td>
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<tr>
<td>12:15-1:45pm</td>
<td>Lunch (on your own)</td>
<td></td>
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<tr>
<td>1:45pm</td>
<td>Case Presentation: Working Towards Clinical Collaboration: Obstacles and Opportunities</td>
<td>Rafael Ornstein, MD</td>
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<tr>
<td>2:30pm</td>
<td>Case Discussants</td>
<td>Anton Kris, MD</td>
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<td></td>
<td></td>
<td>Jenai Wu Steinkeller, PhD</td>
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<tr>
<td>3:15pm</td>
<td>Coffee Break</td>
<td></td>
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<tr>
<td>3:30pm</td>
<td>From Relation to the Field</td>
<td>Andrea Celenza, PhD</td>
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<tr>
<td>4:15pm</td>
<td>Panel and Audience Discussion of Afternoon Presentations</td>
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<tr>
<td></td>
<td></td>
<td>Andrea Celenza, PhD, Rafael Ornstein, MD, Anton Kris, MD, Jenai Wu Steinkeller, PhD</td>
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<tr>
<td>5:00pm</td>
<td>Adjourn</td>
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### Saturday, March 24, 2018

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:15am</td>
<td>Overview</td>
<td>James Frosch, MD</td>
</tr>
<tr>
<td>8:30am</td>
<td>Case Presentation: I’m Not Leaving; I Dare You To Come Try To Throw Me Out</td>
<td>Richard Geist, EdD</td>
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<tr>
<td>9:15am</td>
<td>Case Discussants</td>
<td>Robert Fox, LICSW</td>
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<td>Anna Ornstein, MD</td>
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<td>Martha Stark, MD</td>
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<tr>
<td>10:00am</td>
<td>Coffee Break</td>
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<tr>
<td>10:30am</td>
<td>Relentless Despair and The Impenetrable Self</td>
<td>Martha Stark, MD</td>
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<tr>
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<td>Panel and Audience Discussion of Morning Presentations</td>
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<td></td>
<td></td>
<td>Robert Fox, LICSW, Richard Geist, EdD, Anna Ornstein, MD, Martha Stark, MD</td>
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<tr>
<td>12:00-1:30pm</td>
<td>Lunch (on your own)</td>
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<tr>
<td>1:30pm</td>
<td>Case Presentation: Transforming Pathological Mourning into Acute Grief</td>
<td>Patricia Coughlin, PhD</td>
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<tr>
<td>2:15pm</td>
<td>Case Discussants</td>
<td>Carolyn Stack, PsyD</td>
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<td></td>
<td>Robert Waldinger, MD</td>
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<tr>
<td>3:00pm</td>
<td>Coffee Break</td>
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<tr>
<td>3:15pm</td>
<td>A Psychodynamic Approach to the So-Called “Treatment Resistant&quot; Patient</td>
<td>Eric Plakun, MD</td>
</tr>
<tr>
<td>4:00pm</td>
<td>Panel and Audience Discussion of Afternoon Presentations</td>
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<td></td>
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<td>Patricia Coughlin, PhD, Eric Plakun, MD, Carolyn Stack, PsyD, Robert Waldinger, MD</td>
</tr>
<tr>
<td>5:00pm</td>
<td>Adjourn</td>
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Register at: [wwwpsychotherapyupdate.org](http://www.psychotherapyupdate.org)
Distinguished Faculty

Andrea Celenza, PhD, Assistant Professor of Psychology in the Department of Psychiatry (part-time), Harvard Medical School; Training and Supervising Analyst, Boston Psychoanalytic Society & Institute; Faculty, Massachusetts Institute for Psychoanalysis; Co-Director/Faculty, Center for Psychoanalytic Studies, William James College; recipient of several awards; Author, Erotic Revelations: Clinical Applications and Perverse Scenarios, and Sexual Boundary Violations: Supervisory, and Academic Contexts.

Steven Cooper, PhD, Associate Professor of Psychology in Psychiatry (part-time), Harvard Medical School; Training and Supervising Analyst, Boston Psychoanalytic Society & Institute; Supervising Analyst and Faculty, Massachusetts Institute for Psychoanalysis; Author, A Disturbance in the Field: Essays in Transference-Countertransference Engagement; Objects of Hope: Exploring Possibility and Limit and The Analyst's Experience of the Depressive Position: The Melancholic Errand of Psychoanalysis; Chief Editor Emeritus, Psychoanalytic Dialogues.

Patricia Coughlin, PhD, Clinical Faculty, University of New Mexico School of Medicine; past faculty, Northwestern University Medical School, Albany Medical College, and the Thomas Jefferson School of Medicine; Author, Intensive Short-term Dynamic Psychotherapy: Theory and Technique, Lives Transformed (with Dr. David Malan), and Maximizing Effectiveness in Dynamic Psychotherapy.

Nicholas Covino, PsyD, President, William James College.

Robert Fox, LICSW, Adjunct Faculty, Lesley University Division of Counseling and Psychology; Founder and Director, Institute for Existential-Psychoanalytic Therapy; Co-Founder and Steering Committee, New England Center for Existential Therapy.

James P. Frosch, MD, Training and Supervising Analyst, Faculty, Boston Psychoanalytic Society & Institute.

Richard Geist, EdD, Founder, Teaching and Supervising Analyst, Massachusetts Institute for Psychoanalysis; Executive Board, International Association for Psychoanalytic Self Psychology; Author, Investor Therapy; Co-Editor, Psychology of Investing, Associate Editor, International Journal of Psychoanalytic Self Psychology.

James Herzog, MD, Training and Supervising Analyst, Faculty, Boston Psychoanalytic Society & Institute; Supervisory Analyst, Sigmund Freud Institute, Zurich, Switzerland; Author, Father Hunger.

Axel Hoffer, MD, Former Associate Professor of Psychiatry (part-time) Harvard Medical School; Training and Supervising Analyst, Boston Psychoanalytic Society and Institute; Editor, Freud and the Buddha: the Couch and the Cushion.

Anton O. Kris, MD, Professor of Psychiatry, (part-time), Harvard Medical School, Beth Israel Deaconess Medical Center; Training and Supervising Analyst, Faculty, Boston Psychoanalytic Society & Institute; Author, Free Association: Method and Process.

Anna Ornstein, MD, Teaching Associate in Psychiatry, Harvard Medical School; Supervising Analyst, Boston Psychoanalytic Society & Institute and Massachusetts Institute for Psychoanalysis; Professor Emerita of Child Psychiatry, University of Cincinnati; Co-Director, International Center for the Study of Psychoanalytic Self-Psychology; Author, My Mother’s Eyes, Holocaust Memoirs of a Young Girl, Co-Author, Empathy and the Therapeutic Dialogue.

Rafael Ornstein, MD, Instructor in Psychiatry, Harvard Medical School; Faculty, Boston Psychoanalytic Society & Institute; Supervisor, Psychiatry Residency, Massachusetts General Hospital.

Eric Plakun, MD, Associate Medical Director, Director of Biopsychosocial Advocacy, Austen Riggs Center; Distinguished Life Fellow, American Psychiatric Association, Recipient, Massachusetts Psychiatric Society 2003 Outstanding Psychiatrist Award in Clinical Psychiatry; Editor, New Perspectives on Narcissism and Treatment Resistance and Patient Authority: The Austen Riggs Reader.

Elizabeth (Libby) Shapiro, PhD, Assistant Professor of Psychology in Psychiatry (part-time), Harvard Medical School; Supervisor and Teaching Faculty, Cambridge Health Alliance.

Carolyn Stack, PsyD, Faculty and Supervising Analyst, Massachusetts Institute for Psychoanalysis; Co-Editor, Bringing the Plague: Toward a Postmodern Psychoanalysis.

Robert Waldinger, MD, Professor of Psychiatry (part-time), Harvard Medical School; Director, Study of Adult Development and the Center for Psychodynamic Therapy and Research, Massachusetts General Hospital; Senior Dharma Teacher, Boundless Way Zen Community; Author, Psychiatry for Medical Students and Effective Psychotherapy with Borderline Patients: Case Studies.

Julie Watts, LICSW, President, Boston Psychoanalytic Society and Institute; Faculty, Boston Psychoanalytic Society and Institute.

Jenai Wu Steinkeller, PhD, Former Assistant Clinical Professor of Psychology, Harvard Medical School; Former Lecturer in Psychiatry, Tufts University School of Medicine.

Early Registration Discount Available Through 1/31/18
Registration Form

1. Complete the following information:

Last Name _____________________ First Name _____________________ MI _____
Street Address __________________________________________________
City______________________________ State __________ Zip____________
Phone _____________________ Email _______________________________
Occupation _______________________ License No.___________________

2. Select your registration option from the table below:

<table>
<thead>
<tr>
<th>Psychodynamic Psychotherapy 2018</th>
<th>Regular Registration After 1/31/18</th>
<th>Early Registration Through 1/31/18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Conference (March 22-24) IFS6 &amp; PP18</td>
<td>$550</td>
<td>$495</td>
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<tr>
<td>Pre-Conference only (March 22) IFS6</td>
<td>$225</td>
<td>$195</td>
</tr>
<tr>
<td>Main conference only (March 23-24) PP18</td>
<td>$395</td>
<td>$350</td>
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</table>

NOTE: Students, interns and fellows may register at the following discounted rates:
- Full course: $275,
- Pre-Conference only: $125,
- Main conference only: $195

3. Select your payment method

- Payment Enclosed: Check #____________ Amount $_________________
  (Make check or money order payable to Williams James College/CE. Do not send cash.)
- Bill my institution: P.O.# ________________________________

Please charge my: AMEX Visa MasterCard
Name on card ________________________________ Expires___________
Card # ____________________________ SIC Code_________

Venue

The Fairmont Copley Plaza Hotel
138 St. James Ave.
Boston, MA 02116
1-800-441-1414 • Boston@fairmont.com

IMPORTANT NOTE: A limited number of guest rooms have been reserved at a special discounted rate and will be allotted on a first-come, first-served basis until March 1, 2018. Please register and reserve your hotel rooms as early as possible, using the discount code below.

DISCOUNT CODE: Psychotherapy 2018

Refund Policy: A handling fee of $60 is deducted for cancellation. Refund requests must be received by mail or fax (617-244-1072) one week prior to the conference. No refunds will be made thereafter.

For More Information, Contact: Continuing Professional Education Office, William James College, One Wells Avenue, Newton MA 02459
617-244-1682 or 888-244-6843 (Toll-Free)
email ce@williamjames.edu

To Register by Mail:
Complete the fields to the left, include payment, and mail to:
Williams James College/CE,
One Wells Avenue,
Newton, MA 02459

To Register Online:
Visit www.psychotherapyyupdate.org

Register at: www.psychotherapyyupdate.org

The Fairmont Copley Plaza recently celebrated its 100th anniversary with a major renovation of its meeting facilities and guest rooms. This landmark hotel is centrally located in Boston’s historic Back Bay, steps away from the Boston Public Library, Beacon Hill, and the Freedom Trail, and within easy walking distance of the Copley Place Mall and the famous boutiques of Newbury Street.