



A Contemporary Self Psychological Approach to Couple Therapy: An Overview and Comparison with Gottman and Emotionally Focused Couple Therapy (EFT) Models



Carla Leone, Ph.D.

9:00 am to 4:30 pm, Saturday, March 17, 2018

Shipley Auditorium, Newton Wellesley Hospital, 2014 Washington Street, Newton, MA

This workshop is part of an ongoing series of PCFINE-sponsored programs exploring different models of couple therapy.

Contemporary self psychology offers a wealth of concepts that can be extremely useful when applied to the many challenges of couple therapy – especially work with particularly difficult, stuck, or high-conflict couples. This day-long workshop will begin with a brief overview of basic tenets of self psychology and then highlight their application to couple therapy. A paper by the presenter detailing these tenets and demonstrating their clinical usefulness will be e-mailed to registrants in advance of the program. A case illustration, including an audiotape, will also be used to illustrate key concepts. In the afternoon, the self psychological approach will be contrasted with two popular manualized models of couple treatment, the Gottman Method (e.g., Gottman, 2007), and Emotionally Focused Couple Therapy (EFT) (e.g., Johnson, 2004), with an emphasis on how these models might usefully inform each other. A second case will then be presented in which concepts borrowed from the two manualized models were usefully incorporated into the primarily self psychological treatment of a high-conflict couple. A detailed transcript of a session will be read aloud and discussed.

Carla Leone, Ph.D. is the director of a group private practice and on the faculty of the Institute for Clinical Social Work in Chicago, where she co-teaches a course on Psychoanalytic Couples Therapy. She is an elected member of the governing council of the International Association of Psychoanalytic Self Psychology (IAPSP), chair and co-founder of that organization's Couples Therapy Interest Group, and recently co-chaired the 2017 IAPSP annual conference. She is the author of several published papers on self psychologically informed couples and family therapy, as well as a paper on the transference-countertransference dynamics that can emerge in individual treatment when discussing the patient's "unseen spouse."

PARTICIPANTS:

This program is open to all PCFINE members, other interested mental health professionals and students. It is intended for those with an intermediate or advanced level of knowledge and experience.

EDUCATIONAL OBJECTIVES:

At the conclusion of this program the participants will be able to:

1. List the basic tenets of contemporary self psychology.
2. Describe the major tenets of self psychologically informed couple therapy, including the model’s conceptual understanding of common couples’ complaints, its view of the overall goal of treatment, and several basic treatment principles.
3. List several major tenets of the Gottman Method and Emotionally Focused Couple Therapy (EFT).
4. List several similarities and differences between self psychological couple therapy and the Gottman Method.
5. List several similarities and differences between self psychological couple therapy and Emotionally Focused Couple Therapy (EFT).
6. Explain how the three models of treatment might mutually enhance each other.

REFERENCES:

Gottman, J.M. & Gottman, J.S. (2008). Gottman Method Couples Therapy. In: *Clinical Handbook of Couples Therapy*, 4th ed., A.S. Gurman, Ed. New York, NY: Guilford, pp. 138-164.

Johnson, S. (2004). *The practice of emotionally-focused couple therapy: Creating connection*. 2nd ed., New York: Brunner-Routledge.

Leone, C. (2008). Couples therapy from the perspective of self psychology and intersubjectivity theory. *Psychoanalytic Psychology*, 25(1),79-98.

Livingston, M. (2001). *Vulnerable moments: Deepening the therapeutic process in individual, couples and group therapy*. Jason Aronson.

Shaddock, D. (2000). *Contexts and connections: An intersubjective approach to couples therapy*. New York, NY: Basic Books.

CANCELLATION POLICY:

Full refund if notice of cancellation received by February 28, 2018.

CONTINUING EDUCATION:

PCFINE is approved by the American Psychological Association to sponsor continuing education for psychologists. PCFINE maintains responsibility for the program and its contents. This program fulfills the requirement for 5.5 hours of CE credit. Social Workers and Licensed Mental Health Counselors may call (781) 433-0906 or e-mail pcfine1934@gmail.com for CE information. Applications for professional continuing education (CE) credits from the Massachusetts and Rhode Island Associations for Licensed Marriage & Family Therapy, Inc. (MAMFT) have been submitted.

PCFINE is committed to accessibility and non-discrimination and will conduct all activities in strict conformity with the American Psychological Association’s Ethical Principles for Psychologists. If you believe that a violation of ethics has occurred during this program, or if you have concerns about accessibility for people with disabilities, or any other complaints or questions, please contact Justin Newmark, Ph.D.

There is no commercial support for this program nor are there any relationships between the CE sponsor, presenter, workshop content, research, grants, or other funding that could reasonably be construed as a conflict of interest.

DIRECTIONS AND PARKING:

Directions to Newton Wellesley Hospital can be found at www.nwh.org. Parking is available at the hospital. Woodland T station is about two blocks from the hospital.

For information about PCFINE, and in order to register online or download this form, please visit our website at www.pcfine.org.

PRE-REGISTRATION RECOMMENDED:

Name: _____

Address: _____

Email: _____

Fee enclosed (circle one):

- PCFINE members:** \$120 early bird registration; \$150 after 2/28/18
- Non-members:** \$140 early bird registration; \$170 after 2/28/18
- Grad Students (w/ID):** \$50

In order to download this registration form or to register online, please visit our website at www.pcfine.org.

If mailing in, please send form and check payable to PCFINE to: PCFINE, P.O. Box 920781, Needham, MA 02492

