

Course: personality structure and its implications for psychotherapy

Address: <https://asadis.net/en/course/personality-structure-and-psychotherapy/>

Duration: 6h

Type of course: continuing education

Location: online course

Individual price: 110.00€

Overview:

Many of us chose a vocation in psychotherapy because we were fascinated with individual differences. Research findings support this focus: personality and relationship variables consistently show a greater influence on outcome than type of treatment. This workshop will conceptualize personality differences as they are presented in the Psychodynamic Diagnostic Manual, second edition (2017). Dr. McWilliams will describe personality dimensionally, contextually, and inferentially, with attention to subjective experience, repetitive themes, defensive patterns, central conflicts, self-esteem maintenance, and relational patterns rather than observable “traits.” Throughout the day, the focus will be on the practical value of understanding clients’ personalities in depth, whether or not the personality is “disordered”. This focus facilitates adaptation to clients’ individual styles of learning and changing as they address the problems that constitute the central focus of treatment. Although some background in basic psychoanalytic ideas will be helpful, neither an in-depth familiarity with psychoanalysis nor a commitment to psychodynamic approaches is necessary to benefit from the day. The workshop is oriented toward an inclusive, diverse population of therapists of all theoretical orientations who struggle with short or long-term issues rooted in personality in a range of settings. Emphasis will be on the practical applications of the concepts.

Learning objectives:

- To explicate the differences between, and the respective clinical implications of, categorical and dimensional approaches to describing individual differences.
- To enumerate ten evidence-based angles of vision through which personality can be conceptualized.

- To use clinically relevant ways to frame personality organization and disorder, both typologically and in terms of relative degree of mental health.
- To apply the contributions of research on affect and attachment to the understanding and treatment of psychological problems rooted in personality and and to use the Psychodynamic Diagnostic Manual, second edition, as a clinical resource

Learning material:

A theoretical training illustrated with clinical examples. This training is composed of videos of 5 to 15 minutes each. The power-point of the training to download.

Audience: This training is intended for all professionals working in mental health

The expert, Dr. Nancy McWilliams

Nancy McWilliams teaches at Rutgers University, Graduate School of Applied & Professional Psychology and practices in Flemington, New Jersey. She is author of Psychoanalytic Diagnosis (1994, rev. ed. 2011), Psychoanalytic Case Formulation (1999), Psychoanalytic Psychotherapy (2004), and an upcoming book on overall wellness. Her books are available in 20 language. Dr. McWilliams lectures widely both nationally and internationally. She is associate editor of the Psychodynamic Diagnostic Manual, 2nd ed. (2017), a former president of Division 39 (Psychoanalysis) of the APA, and an Honorary Member of the American Psychoanalytic Association. She has been featured in three APA videos of master clinicians, the most recent being "Three Approaches to Psychotherapy."

Summary

Powerpoint

Introduction

Introduction

DSM & PDM

Temperament

Attachment style

Individual patterns & defensive organization

Implicit cognitions

Affective patterns

Drive

Individualistic vs Communal orientation

Internalized object relations

Organizing developmental issue

Conception of the new PDM-2

Structure of the new PDM-2

Borderline and psychotic structures

Main phase theories pt.1

Main phase theories pt.2

Origins of the borderline concept pt.1

Origins of the borderline concept pt.2

Origins of the borderline concept pt.3

Work with borderline patients

Thoughts on the DSM model for personality

Thoughts on brain plasticity

Thoughts on antisocial vs psychotic in the DSM

How to work with psychotic patients

Psychotic range - classic and newer resources

Question - should use normalization with non psychotic patients

Question - how to deal with delusion

Question - how to use normalization without reinforcing patients

Depressed and masochistic personalities

Introduction (en)

Depression vs normal loss

Affect, cognitions and defenses

Transference and counter transference

Masochistic patients - subtypes

Treatment implications for self-defeating patients

Question - how to avoid hiding suggestion behind interpretation

Question - how to deal with the intense counter transference caused by patients who live in much violence

Schizoid personalities

Characteristics, affects, defenses, cognitions

Transference, counter transference and treatment implications

Bibliography