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: $120.00

Overview:
The influence of individual differences on the psychotherapeutic process is immense. Research shows that personality factors and relational systems have a greater impact on the outcome of psychotherapy than the theoretical model or type of treatment chosen. To enable you to customize psychotherapy to the learning styles and unique characteristics of your clients, Dr. McWilliams provides crucial information for a detailed understanding of personality.

She delves into aspects such as temperament, attachment style, various defensive organizations, motivational systems, different levels of severity, core conflicts, relational patterns, and the maintenance of self-esteem. Additionally, she offers key guidelines for engaging with personalities exhibiting borderline, psychotic, depressive, and schizoid traits, in a sophisticated training that is nonetheless accessible to all psychotherapists.

Although some background in basic psychoanalytic ideas may be helpful, neither an in-depth familiarity with psychoanalysis nor a commitment to psychodynamic approaches is necessary to benefit from this training. 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, with an emphasis on the practical applications of the concepts.
Learning objectives:
1. To explicate the differences between, and the respective clinical implications of, categorical and dimensional approaches to describing individual differences
2. To enumerate ten evidence-based angles of vision through which personality can be conceptualized

3. To use clinically relevant ways to frame personality organization and disorder, both typologically and in terms of relative degree of mental health
4. 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:
This workshop includes theory as well as clinical examples. It includes videos ranging from 5-15 minutes in length. The PowerPoint of the workshop can be downloaded.

Audience: This training is intended for mental health professionals.

The expert
Dr. Nancy McWilliams, psychologist, teaches at the Graduate School of Applied & Professional Psychology of Rutgers University, 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 languages. 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*.

Syllabus
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 ressources

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 personnalities

Introduction

Depression vs normal loss

Affect, cognitions and defenses

Transferance and counter transferance

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 transferance caused by patients who live in much violence

Schizoid personnalities

Characteristics, affects, defenses, cognitions

Transferance, counter transferance and treatment implications

Bibliography

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.

In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*