



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:

Many of us chose a career 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 does 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, regardless of whether 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 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. 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:

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

Dr. Nancy McWilliams 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

Introduction

Introduction

Borderline and psychotic structures

Main phase theories pt.1

Depressed and masochistic personalities

Introduction (en)

Schizoid personalities

Characteristics, affects, defenses, cognitions