

Jonathan Shedler

Pathways to Hope and Torment: Personality Patterns in Psychotherapy and Life

Although the medical model would have us view emotional suffering in terms of encapsulated disorders, expert therapists understand that what we *have* is inseparable from who we *are*. The problems that bring people to therapy are inextricably woven into the fabric of their lives and rooted in personality—that is, characteristic patterns of thinking, feeling, motivation, coping, defending, attaching, and relating to others. Dr. Shedler will discuss personality patterns commonly seen in the therapy room and the world at large, and how they find constructive and destructive expression in individual lives and in society.