

Jonathan Shedler

Supervisory Session:

Resolving Therapeutic Impasses: Using Transference and Countertransference

For clinical practitioners

Participants will be invited to present clinical dilemmas for discussion and supervision in a confidential and supportive environment. We will begin with the recognition that patients recreate and relive problematic relationship patterns. Because psychotherapy is a relationship, these problematic patterns necessarily appear in the therapy relationship as well. Therapists' *unavoidable* participation in problematic relational patterns necessarily stirs up difficult feelings in the therapist. It is not a question of *if* we experience difficult feelings, but whether or not we can use them constructively. The patterns that play out between therapist and patient are both the sources of therapeutic impasses, and the key to our deepest and most effective therapeutic work. Dr. Shedler will help to conceptualize the relational patterns between patient and therapist (transference, countertransference, and enactments), and how to work with them effectively in treatment.