

**Nancy McWilliams**

**Helping Patients to Move Past Unconscious Obstacles to Change**

Participants will be invited to present clinical problems as openly as confidentiality permits. In collaboration with the other attendees, Dr. McWilliams will attempt to understand the patient's psychology, the nature of the relationship between the patient and the therapist, and any obstacles to progress (resistances). Presenters are expected to describe the problem they are having with the person they are trying to help, and then talk for about 20 minutes about the patient's background, apparent assumptions, and ways of relating in treatment (transferences, enactments), as well as about their own responses (countertransferences). Dr. McWilliams will support the therapist by trying to conceptualize the patient's core dilemmas and by suggesting ways to resolve therapeutic impasses. Each presentation will last about 45 minutes.