

Learning Objectives

By the end of this seminar, participants will be able to:

1. Describe several ways individual therapists might respond to relationship complaints by an individual patient.
2. Discuss the ways therapists' own relationship histories might influence how they respond to patients' relationship complaints, including the decision to refer for couple therapy.
3. Describe the major tenets of a contemporary self psychological approach to couple therapy.
4. Discuss the advantages and disadvantages of contact between concurrent individual and couple therapists.

Planning Committee:
Daniel Perlitz, MBBS, FRCPC,
Director of IASP
Helene Brodziak, MBBS, FRCPC,
Director of IASP

Conference Schedule

- 8:15 Registration
- 9:00 Welcome and Introduction
- 9:15 – 10:30 Presentation Part 1: Individual therapy
- 10:30 – 10:50 Coffee Break
- 10:50 – 12:00 Presentation Part 2: Couple therapy
(*questions taken throughout both parts of the presentation*)
- 12:00 – 1:15 Lunch (included)
- 1:15 – 3:00 – A case presentation, by Dr. Heather MacIntosh, followed by a discussion with Dr. Leone. A video will be shown.
- 3:00 - 3:30 Questions and Discussion
- 3:30 Closing Remarks

The Institute for the Advancement of Self Psychology

IASP is a community for ongoing education and support for clinical psychotherapists in the tradition of relational self-psychology. We focus on human development and therapeutic process based on the empathic understanding of each person as it is manifested within the intersubjective context of the therapeutic relationship.

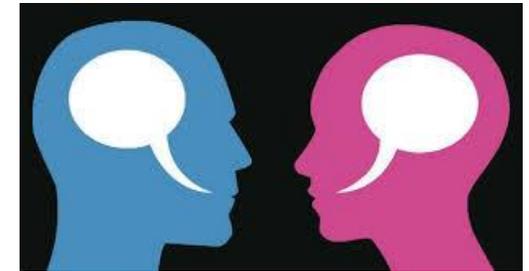
For ongoing education and support we offer the following programs: Monthly Study Group, Quarterly Clinical Dialogues, Annual Conference, Peer Supervision Groups, Educational Seminars, Social Events.

For further information please contact IASP at kathy@iasptoronto.com.

Visit our website at: www.iasptoronto.com

Patients and Their Significant Others:

Helping Patients Improve Their Relating and Relationships Through Individual and Couple Treatment



presented by:

Carla Leone, PhD

**Saturday, April 25, 2020
9:00am – 3:30pm**

**George Ignatieff Theatre
15 Devonshire Place
Toronto, ON M5S 1H8**

Conference Program

Whether we do couple therapy or not, we all work with patients who bring relationship concerns or complaints to their treatments, and for whom healthier relating is a major treatment goal. This workshop will focus on addressing relationship complaints psychoanalytically in both modalities, by considering the following questions:

- How can individual therapists best respond to patients' relationship complaints when they have never met the patient's spouse or significant other, heard that person's side of the story, or watched the partners relate?
- How might our own relationship histories influence how we hear, take up and respond to patients' relationship complaints?
- When and how should individual therapists refer for couple therapy and what conscious and unconscious factors might influence the decision to do so – or not?
- How can couple therapy help? This section will provide an overview of a model of couple therapy influenced by contemporary self psychology.
- Should the therapists of patients in concurrent individual and couple therapies consult with each other? What are the advantages and disadvantages?

Drawing both on her work on the "unseen spouse" of patients in individual treatment (Leone, 2013b), and on the application of contemporary self psychology to couple and family treatment (Leone, 2001, 2006, 2008, 2013a, 2019), Dr. Carla Leone will address these and other questions, illustrate her perspective with clinical examples, and facilitate audience discussion.

About the Presenters:



Carla Leone, Ph.D., is the director of a group private practice just outside of Chicago, on the faculty of Chicago Psychoanalytic Institute and the Institute for Clinical Social Work in Chicago and the director of a one year certificate program in Integrative Psychoanalytic Couple Therapy, which is co-sponsored by both institutions.

She was recently elected Secretary of the International Association for Psychoanalytic Self Psychology (IAPSP), co-chairs its Membership Committee and Online Education Committee, and is a co-founder and former chair of its Couples Therapy Interest Group.

She is the author of several published papers on couple and family therapy and one on the "unseen spouse" of patients in individual therapy, and is currently working on a book, tentatively titled *Rebuilding Connections, Repairing Ruptures: A Self Psychological Couple Therapy Casebook*.

Dr. Leone has taught and presented widely nationally and internationally on these topics and is known as a lively and engaging presenter.

Heather MacIntosh, Ph.D., is Associate Professor and Director of the MScA Couple and Family Therapy Programme at McGill University where she is the recipient of the H. Noel Fieldhouse Award for Distinguished Teaching.

In 2019 she released her book -- *Developmental Couple Therapy for Complex Trauma: A Manual for Therapists* (Routledge Press), which outlines a psychoanalytically informed, evidence based treatment model for working with couples dealing with the impacts of complex trauma.

Dr. MacIntosh has authored numerous articles and chapters that focus on trauma and couple therapy.

Registration

ONLINE REGISTRATION is available through our website at: www.iasptoronto.com.

To register by mail, mail in the completed registration form and a cheque (made payable to IASP) to:

c/o IASP Conference Committee
131 Oshawa Blvd. North
Oshawa, Ontario L1G 5S6

email. kathy@iasptoronto.com

Registration Information

Name

Address

Phone

Email

Professional Affiliation/Degree

Registration Fees:

	Until April 4, 2020	After April 4, 2020
Registrant	\$170	\$190
IASP Member	\$150	\$170
Student	\$120	\$140