

Free Associations

A Newsletter for the PSP Community

...dedicated to excellence in learning, teaching and application of psychoanalytic knowledge

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NOTABLE QUOTE: "No matter how far you have gone on a wrong road, turn back."

-Turkish Proverb

OUTSIDE NEWS & VIEWS

Mothers who enforce discipline over their young teens can prevent their kids from drinking, according to a new Australian study. Study author Rosa Alati of the University of Queensland and colleagues looked at the degree of maternal parental control and relationship changes as related to teen alcohol use. They found that problem drinking risk was doubled among teens whose mothers exerted low control and changed relationship partners twice or more. "Maintaining attentive oversight of a child is important in the context of frequent changes in relationship status," Alati said. The study was published in the journal *Addiction*.

THE THERAPIST'S THESAURUS

Tangentiality. Oblique, degressive, or even irrelevant manner of speech in which the central idea is not communicated

Abstract thinking. Thinking characterized by the ability to grasp the essentials of a whole, to break a whole into its parts, and to discern common properties. To think symbolically.

Ritual. (in psych) Formalized activity practiced by a person to reduce anxiety, as in OCD.

STANDARDS FOR ACCREDITATION: Standard 1-4

The institution has a governing board, a president and other officers needed to carry out its functions.

PSP has an elected Board of Directors who meet regularly to discuss current issues affecting the institute and school and also plan for future changes in order to keep our organization viable. You can access the members of the board at our website: www.psptraining.com.

**Next semester starts the week of
September 11th**

CLINICAL CLINIC

Sympathy

In a previous newsletter, we discussed the concept of *empathy*. A related concept to empathy but a barrier to effective listening is being overly *sympathetic*. Feeling sorry for the patient can reinforce self-pity, does not help problem-solving, and can weaken the patient because the therapist is not emphasizing strengths. One patient

reported fleeing treatment from a therapist because she experienced the former therapist as "too kind." If the therapist feels too sympathetic toward the patient, it is most likely about the therapist's feelings, not the patient's. For example, one student began therapy with a young woman about her own age who had just lost her father. The student's own father had died after a protracted illness several years earlier. Unable to hide her sadness, the student began to cry and was less than effective in being present and objective for her patient.

TECHNIQUE OF THE WEEK – The Group Leader as Technical Expert

The group leader should use his or her assigned role as technical expert to convince the group members to interact with each other rather than direct their energies toward interacting with the leader. One way to do this is by complimenting members in the group who volunteer

comments to other group members. Just a simple comment such as "good feedback" gives the other group members a clear message that interaction and feedback between group members is a norm in the group that is actively encouraged. A group leader can also wonder aloud why

comments are being directed only toward him or her and ask the group in a general way why they refuse to speak to each other.

A FEW WORDS ON THE CONTEMPORARY VIEW OF COUNTERTRANSFERENCE

Empirical and clinical studies on countertransference have found five interrelated factors that are important for management of countertransference: (1) therapist qualities of self-insight (aware of one's own feelings), (2) self-integration (ability to set boundaries and manage internal reactions), (3) empathy, (4) therapist's ability to admit a mistake, and (5) conceptualizing ability (i.e., the therapist understands the patient's dynamics theoretically). Therapists who possess these characteristics are seen as excellent by peers and can control countertransference acting out, and it is thought that these qualities are positively related to treatment outcome.

Case Presentation Workshop Returns!

Instructor:
Khary Atif, MSS, MLSP, LCSW

Teaching Assistant:
Timothy Legg, PhD, PsyD

***Participants have the opportunity to complete 2 case presentations during the semester
which counts towards certification!**

Saturdays . 10:45am-12:15 pm EST
beginning Sept. 9th, 2023

On ZOOM!

Visit: psptraining.com
or email: info@psptraining.com

NBCC
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