

## **Interpretation in Modern Psychoanalytic Treatment- Spring 2024**

**Instructor:** Linda K. Sayers, PhD, LPC, NCPsyA

**Teaching Assistant:** Yeva Ventura, LPC

**Location:** Live Webinar

**Meeting Dates: Thursdays, 6:00 p.m.- 7:30 p.m. (EST):**

**January 18, 25**

**February 1, 8, 22, 29**

**March 7, 14, 21**

**April 4, 11, 18**

**CE's:** 18

**Cost:** \$450

### **Course Description:**

Ever since Freud's earliest contributions to technique, the use of interpretation in treatment has been at the center of psychoanalysis. Interpretation is a powerful tool used to facilitate growth and healing in the process. Most therapists employ interpretations to varying degrees and in different styles. Yet, surprisingly, little agreement has been reached with respect to their place, role, depth, timing or art of interpretation. This course will compare the use of interpretation as used in the classical mode; of psychoanalysis and that used by the modern psychoanalyst along with the viewpoints of several other orientations. We will explore the uses to which interpretations are put by the patient and the particular needs of the therapist in deciding whether to interpret or not to interpret. Interpretation is a powerful tool used to facilitate growth and healing in the psychoanalytic process.

### **Objectives:**

1. Understand the role of interpretation in therapy along with the where and when to provide interpretation. [3.g, 1.k]
2. Develop ways of monitoring the possible effects of interpretation from the patient's point of view. [3.l, 4.d]
3. Identify countertransference issues and the therapist's reluctance to make interpretations. [3.i]
4. Describe the techniques utilized when providing interpretations. [3.g]
5. Explore the use of dream interpretations in therapy. [3.f] 2
6. Review various viewpoints of major theorists' use of interpretation. [2.d, 1.h]

### **About the Instructor:**

Linda K. Sayers, Ph.D. LPC, NCPsyA is a licensed counselor and a certified psychoanalyst in private practice in NJ. Dr. Sayers has been in practice over 40 years serving the general public as well as providing training and supervision for clinicians. Recently, she has been assisting with critical incident stress debriefing for the Brigantine Beach Patrol. Dr. Sayers has been a past member of the Board of Directors, Vice President, Curriculum and Standards Director, faculty member and a Senior Training and Supervising Analyst at the Philadelphia School of Psychoanalysis.

Dr. Sayers has been an educator who has taught a wide range of courses for over 50 years and has presented at numerous conferences. She has recently retired from her last position as an Adjunct Professor of

Psychology at Stockton University. She currently plans to continue teaching at the Philadelphia School of Psychoanalysis. In addition to teaching and clinical work, she has written many professional articles primarily focusing on Object Relations theory and practice.