

## Seminars for Spring 2014

### **Frank Denning: An Introduction To Transference-Focused Psychotherapy A Treatment for Borderline and Other Severe Personality Disorders**

*Friday, 14 March 2014 6.30pm-8.30pm, free to members and £7.50 for non-members*

Transference-Focused Psychotherapy is a modified form of psychodynamic psychotherapy developed by Dr Otto Kernberg and colleagues to treat personality disorders. It is a manualised therapy with an evidence base.

Frank is a Teacher and Supervisor of Transference-Focused Psychotherapy. He is certified by the Personality Disorders Institute of the Weill Cornell Medical College, New York and a Principal Adult Psychotherapist in an NHS Psychotherapy Service in Manchester.

### **Paula Gillespie-Fotheringham: On Self-Care: A Creative Approach**

*Friday 11 April, 6.30pm-8.30pm, free to members, £7.50 to non-members*

As always these seminars are free to members and £7.50 for non-members. We meet at our regular venue the Manchester Institute for Psychotherapy, 454 Barlow Moor Road, Chorlton, Manchester M21 0BQ from 6.30 to 8.30 pm.

## Membership for 2014

If you enjoy our seminars you may want to become a member of the Association. If you would like to join for the calendar year 2014 you can:

- Apply to join using the form on our website at [www.nwrpa.org.uk](http://www.nwrpa.org.uk)
- Pay your membership fee at a monthly meeting
- Send a cheque made out to "NWRPA" to the address at the end of the newsletter
- Pay online. Please email [nwrpa2010@ntlworld.com](mailto:nwrpa2010@ntlworld.com) and I will give you our bank details
- Our membership fee for the calendar year 2014 is £25.00 waged and £20.00 unwaged
- Membership gives you free entrance to all our seminars in 2014

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## Jim Davis on Working with Couples

Friday, 14 February 2014

Thank you to Jim for this illuminating talk and for ably connecting a group discussion. Purely through serendipity this seminar was on Valentines Day.

Freud rarely touched upon marriage. He was very wary of working with couples because of the complexity of multiple transferences. Some of the people attending had an immediate reaction that as individual therapists they were not trained and experienced and could not work in this way.

Jim noted how few couples counsellors there are, how there are few training courses and that most couple counsellors are trained to work short term. He trained with Relate in a psychodynamic model and has also incorporated Gestalt, Transactional Analysis and Rogerian approaches into his way of working. He will work long term with couples and he and his partner have regular couple counselling.

His view is that is that couple therapy is very different and complex. There are two transferences between the couple and the therapist and the couple's relationship is lived out in front of the therapist. Exposure and shame is more of an issue with couple work.

To do this work a therapist needs a clear idea of what an intimate relationship is and what the core issues will be. For Jim this how to be as fully me as possible, to be fully with you as possible; to be fully individualised and fully intimate. This is close to the TA idea of I'm OK, you're OK. This intimacy avoids the troublesome poles of either idealising and overvaluing the other person or falling into narcissism.

Couple relationships are complex. 40% of marriages end in divorce and non-married couples may have a higher rate of separation. Part of this trouble may be that marriage was historically a matter of practicality and convenience. Now it is a matter of romantic love and the satisfaction of the psychological needs of the self and others.

For Jim there is a distinction between romantic love and intimacy. The romance of love songs is about the person who completes me, about the relationship where nothing else is needed. It is a relationship of ecstasy.

He rooted his ideas in the psychoanalysis of Donald Winnicott. The baby's first good experience of being alone is in the presence of the mother. There is a healthy development of the self in relation to the other.

Harville Hendrix has influenced Jim. He has psychodynamic and Jungian roots. His view is that our romantic attractions are to people who embody an unconscious imago. This is an internalised unconscious imago of positive and negative aspects of our parents formed around the age of six to eight. Thus we can seek out romantic partners who represent parental failure and hope they will change. We have a lifelong search for good and bad bits of our parents and for the parental love we lost. We can also search for suppressed parts of ourselves which we can vicariously experience through our partners. In the romantic phase we only focus on the positive parts of our partners. Later we see them more closely. Then there is a power struggle, a war where both people try to get what they unconsciously want. This corresponds to the Jungian idea of the difficult process of trying to finish unfinished business.

Jim gave typical symbiotic and collusive relationships which lead us into difficulties and inhibitions.

- **Babes in the Wood.** Any differences are minimised. There is no expression of difference, conflict or anger.
- **Hostile Dependent.** The couple's connection is through anger, fighting and arguing. It is clear that this is what keeps the couple together and any vulnerable feelings are suppressed and unacknowledged.
- **Co-dependency.** One partner is a carer, the other is cared for
- **Career couple.** The couple collude in having a relationship where they do not spend time together.
- **Net and sword.** One partner clings to and smothers the other who tries to get away but never goes.

Couples will go to therapy at the point at the power struggle stage and/or when there are significant events in their life. Fundamentally the therapist recognises these transference evocations in the couple's relationship, engages their curiosity and models ways of moving out of the collusive relationship

NB Jim will be running an eight day course on couple work and our members will be emailed about this. If you google 'Temenos Jim Davis' you can book for his online event on the 11th of March 2014.

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