

Individuality and Mental Health

With Dr. Nancy McWilliams



A Two-Day Workshop

Nancy McWilliams is a leading global figure in the field of psychoanalytic diagnosis and psychotherapy. Having published two of the most widely respected tomes on the subject (*Psychoanalytic Diagnosis*, 1994; and *Psychoanalytic Psychotherapy*, 2004), she has a nuanced grasp on the most pressing clinical and political questions that are at the heart of psychological diagnosis and case formulation and how they are leveraged for effective treatment. McWilliams has cultivated a sophisticated alternative to the hard-edged DSM approach and her humanity and empathic presence are inspirational to thousands of therapists who have encountered her highly accessible teaching style around the globe.

Workshop outline

In the first day of the workshop, McWilliams examines the essential task of understanding individual differences between clients and how these impact on the therapist's approach. In addition, she factors in the individuality of the therapist and how this in turn impacts on the dynamics between therapist and client. Factors discussed include:

- Attachment style;
- Clinical patterns;
- Defensive organization;
- Implicit cognitions;
- Affective patterns;
- Motivational systems;
- Core conflicts and relational themes;
- The severity of the presenting client's functioning.

Day 2 of the workshop focuses on the concept of psychological and emotional wellness, what that means and how we propose to nurture it as psychotherapists. A special focus on borderline-range pathology and paranoid and schizoid personality styles considers the approaches that appear to be most effective in light of the first day's work and the material is illustrated with a case study video.

As a growing body of research is demonstrating, a therapeutic approach that is mindful of the individuality of the therapist and client enhances the therapeutic alliance, manages potential resistance to therapeutic gains and ups the likelihood of favorable outcomes for both therapist and client.

This two-day workshop will be presented at two different venues:

Cape Town

When: 20-21 February, 2016

Time: 08h30 – 17h00

Where: The River Club, Liesbeek Parkway, Observatory, Cape Town

Johannesburg

When: 27-28 February, 2016

Time: 08h30 – 17h00

Where: Sunnyside Park Hotel, Parktown

Who should attend?

Clinical, counselling and educational psychologists and those with an interest in using an understanding of personality to guide mental health treatment. This workshop is CPD accredited for Clinical, Counselling and Educational Psychologists and Registered Counsellors.

Cost

Bookings made before February 12, 2016:

R3,480

CPD Accreditation

This workshop is accredited for 11 Continuing Professional Development points.

New Therapist CPD accreditation number: UP0935.

DAY ONE – Saturday	
09:00 - 10:30:	The critical importance to the outcome of psychotherapy of appreciating individuality, in both therapist and client.
10:30 - 10:45:	Break
10:45 - 12:30:	Individuality in terms of temperament, attachment style, clinical patterns, defensive organization, implicit cognitions about self and others. Implications for therapy.
12:30 - 13:30:	Lunch Break
13:30 - 15:00	Individuality in terms of affective patterns, motivational systems, self-definition vs. self-in-representation, core conflicts and relational themes. Implications for therapy.
15:00 - 15:15:	Break
15:15 - 16:30:	Individuality in terms of organizing developmental issue, or the "severity dimension." Healthy, neurotic, borderline and psychotic ranges of functioning, as conceptualized in the forthcoming Psychodynamic Diagnostic Manual, 2 nd Edition. Implications for therapists.

DAY TWO – Sunday	
09:00 - 10:30:	Psychological and emotional wellness: What overall capacities are we trying to help our clients to develop? What do we mean by mental health? Sixteen elements of wellness.
10:30 - 10:45:	Break
10:45 - 12:30:	Psychologies in the borderline range, including the DSM-5's BPD. Overview of major writers, with emphasis on what they agree on about effective treatment.
12:30 - 13:30:	Lunch Break
13:30 - 15:00	Schizoid and paranoid psychologies and their implications for psychotherapy.
15:00 - 15:15:	Break
15:15 - 16:30:	Video of Dr. McWilliams with a client with schizoid dynamics. Discussion.

Registration guidelines

To register online, visit:

<http://www.newtherapist.com/conferences.html>

and follow the link to our online shop, alternatively complete and return the registration form attached.

Registration form	
<i>Kindly complete all fields marked with an asterisk *</i>	
Workshop venue:	<i>Tick appropriate box</i>
Cape Town (Feb 20-21, 2016)	<input type="checkbox"/>
Johannesburg (Feb 27-28, 2016)	<input type="checkbox"/>
* Full name:	
* Email:	
* Mobile phone:	
HPCSA Registration Number (for inclusion on your CPD certificate):	
<input type="checkbox"/> Payment via EFT.	
Bank details:	
Bank: Standard Bank	
Branch: Pietermaritzburg (057525)	
Account name: New Therapist	
Account type: Current/Cheque	
Account number: 052143376	
<input type="checkbox"/> Cheque enclosed (made out to New Therapist and sent to 27 Kitchener Rd, Clarendon, 3201, South Africa)	
<input type="checkbox"/> PayPal: Please send payment to datepalm@newtherapist.com and include full name as note to seller.	
Signature:	

Complete and return form to New Therapist via email: conferences@newtherapist.com, fax: (033) 342 7644 or post it to: 27 Kitchener Rd, Clarendon, Pietermaritzburg, 3201.

The closing dates for registrations are final and non-negotiable. Registrations will not be confirmed until full payment is received. A receipt will be mailed to you once payment has been received. Please bring your receipt to the workshop for proof of registration. An administration fee of R800 applies to all cancellations made before 21/01/2016. Registration, once paid, cannot be cancelled after 21/01/2016, regardless of personal circumstances. Registration may be transferred to another delegate. One-day registrations are available at R1,800 per day. Please contact us by email at conferences@newtherapist.com to inquire about booking for a single day attendance.

About Nancy McWilliams

Nancy McWilliams teaches at Rutgers University's Graduate School of Applied & Professional Psychology and practices in Flemington, New Jersey. She is author of Psychoanalytic Diagnosis (1994, rev. ed. 2011), Psychoanalytic Case Formulation (1999), and Psychoanalytic Psychotherapy (2004). Her books have been translated into 20 languages, and she lectures widely both nationally and internationally. She was associate editor of the Psychodynamic Diagnostic Manual (2006 and 2nd ed. upcoming) and is a former president of Division 39 (Psychoanalysis) of the American Psychological Association and an Honorary Member of the American Psychoanalytic Association.

