



Jeremy D. Safran, Ph.D. is a full Professor of Psychology at New School University where he was previously Director of Clinical Psychology. He is also Senior Research Scientist at Beth Israel Medical Center. Dr. Safran and his colleagues have conducted research on the topic of therapeutic impasses for the last two decades and he is considered one of the leading experts in the area. Dr. Safran is also known for his pioneering work in collaboration with Dr. Leslie Greenberg on the topic of emotion in psychotherapy, and for his integration of principles from Buddhist psychology into Western psychotherapy.

Dr. Safran's workshops have brought him critical acclaim throughout Canada and internationally. His workshops are renowned for their liveliness, clarity, depth, sophistication and practical nature. He uses a combination of lecture, dialogue, videotape demonstrations, and experiential training to help workshop participants integrate theory and practice in a meaningful fashion.

Dr. Safran completed his psychoanalytic training at the New York University Postdoctoral Program in Psychoanalysis where he is currently a faculty member. He is also on the Board of Directors of the International Association for Relational Psychoanalysis and Psychotherapy. Dr. Safran has published over ninety professional articles and chapters, and several books including: *Emotion in Psychotherapy*, *Negotiating the Therapeutic Alliance: A Relational Treatment Guide*, *Interpersonal Process in Cognitive Therapy*, and *Psychoanalysis and Buddhism: An Unfolding Dialogue*.

Dr. Safran's cutting-edge research synthesizes findings from relational psychoanalysis and other therapeutic modalities. Dr. Safran will provide valuable guidelines to facilitate the use of self-disclosure and therapeutic metacommunication (mindfulness in action). These tools can be instrumental in exploring and working through vicious cycles that are being enacted in the therapeutic relationship.

This workshop provides a systematic framework for negotiating impasses and ruptures in the therapeutic alliance and transforming them into clinical breakthroughs. The therapeutic alliance is reconceptualized from a relational perspective as a process of intersubjective negotiation. Dr. Safran will map out different types of ruptures in the alliance and outline relevant intervention strategies.

Particular attention is devoted to ways that therapists can harness and work constructively with intense, conflictual and often painful feelings during difficult therapeutic moments. Special emphasis will be placed on the cultivation of the type of "inner skills" that therapists require in order to work through difficult therapeutic impasses.

Day 1 is a recommended prerequisite for Day 2

“Jeremy Safran speaks with clarity and authority on this vital topic. After this conference, participants will be able to easily integrate the concepts he presents into their therapeutic relationships. The audience will find that their practice will benefit enormously from his wisdom and knowledge.”

Dr. Brenda Saxe
Clinical Director, Centre for Treatment

Centre for Treatment of Sexual Abuse & Childhood Trauma

presents

NEGOTIATING THE THERAPEUTIC ALLIANCE: *A relational treatment guide*

with

Dr. Jeremy Safran

“A half-century of psychotherapy research has shown that the quality of the therapeutic alliance is the most robust predictor of treatment success.”

Friday & Saturday
April 1st & 2nd, 2005
9:00 a.m. - 4:00 p.m.

at the

Health Sciences Auditorium
General Campus, Ottawa Hospital
451 Smyth Road
Ottawa, ON

CONFERENCE SCHEDULE

April 1, 2005

Day one introduces the concepts of relational psychotherapy, therapeutic alliance, therapeutic impasses, ruptures, confrontations and withdrawals, and the use of metacommunication.

8:30 a.m. Registration

9:00 a.m. Introduction: Therapeutic impasses and alliance ruptures: definition and examples
Therapeutic alliance: A reconceptualization from a relational perspective, therapeutic alliance rupture interventions, and confrontation and withdrawal ruptures

10:30 a.m. Break

10:45 a.m. General features of a relational/constructivist perspective: constructivism versus realism, two versus one-person psychologies

12:00 p.m. Lunch

1:15 p.m. A relational perspective: therapeutic enactments, interventions as relational events, beginner's mind, mindfulness and the inner discipline of the therapist

2:30 p.m. Break

2:45 p.m. Introduction to general principles of therapeutic metacommunication

4:00 p.m. End of day one

Intended Audience: The workshop is intended for psychologists, psychological associates, psychiatrists, social workers, youth workers, and other mental health professionals.

April 2, 2005

Day two outlines the models of change used to negotiate therapeutic ruptures with concrete examples for clinicians.

9:00 a.m. Therapeutic metacommunication continued: specific principles

10:30 a.m. Break

10:45 a.m. Stage process models of change: confrontation ruptures, withdrawal ruptures

12:00 p.m. Lunch

1:15 p.m. Understanding and working through therapeutic impasses: hope versus despair, will versus counterwill, impasses as windows into core organizing principles, restructuring relational schemas, surviving and containing

2:30 p.m. Break

2:45 p.m. Supervision and Training

4:00 p.m. Conclusion of conference

This program has been approved by the Ontario Psychological Association for 6 hours per day of continuing education credits for Psychologists and Psychological Associates. All participants will receive a certificate of attendance.

REGISTRATION FORM - (Please print)

 Last Name, First Name

 Profession

 Affiliation

 Address

 City Province Postal Code

 Tel. (bus.)

 Tel. (home)

 E-Mail Address

FULL CONFERENCE

\$250 Before March 11, 2005
 \$275 After March 11, 2005
 \$140 Full time student rate

ONE DAY ONLY

\$140 April 1, 2005
 \$140 April 2, 2005

**Groups of five or more will pay \$225 per person
 **Cancellations prior to March 11, 2005 will be subject to a \$25.00 administrative fee
 **No refunds will be made after March 11, 2005
 **Registrations may be transferred
 **Receipts will be available at registration

PLEASE DETACH AND MAIL TO:
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 Ottawa, ON K2P 0L4
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