



The Art and Science of Psychodynamic Psychotherapy

Ronald Teague, PhD, ABPP
20-21th & 23-24th January 2018



Dates: 20-21 January 2018 (Saturday-Sunday) and 23-24 January 2018 (Tuesday -Wednesday)
Time: 9:30 to 17:00 (Registration begins at 09:15)
Venue: Room 301, Multi-purpose Room, 3/F, Li Ka Shing Medical Science Building, Prince of Wales Hospital, Shatin, N.T.

Ever since its creation Psychodynamic psychotherapy has been controversial. Over the years many objections to the theory and practice of these treatment methods have been raised by social scientists and mental health professionals. It has been asserted that there has been no real proof advanced to support the claims of psychodynamic practitioners that psychodynamic psychotherapy is indeed effective. Psychodynamic psychotherapy thus has been criticized for not being an evidence based treatment.

This course will show that there is ample empirical evidence that indeed psychodynamic psychotherapy is effective and useful for the treatment of many mental disorders. The course will be divided into two sections: 1. The Science of Psychodynamic Psychotherapy and 2. The Art of Psychodynamic Psychotherapy. Although both sections are meant to be taken together, students can profitably elect to take one or the other alone.

Part I: The Science of Psychodynamic Psychotherapy 20-21 January 2018

Course outline:

1. History of criticisms of Psychodynamic Psychotherapy
2. Methodological flaws in early research of Psychodynamic Psychotherapy
3. Development of empirical methods of establishing the existence of Unconscious mental processes
4. Development of empirical methods for clinically accessing troubling Unconscious mental processes
5. Creation of operational methods for establishment of methodologically sound clinical studies
6. Meta analysis studies which show the effectiveness of Psychodynamic Psychotherapy
7. Neurobiological studies which show the effectiveness of Psychodynamic Psychotherapy
8. Using projective techniques to diagnose pathological ideation and affective patterns in patients
9. The use of operationalism in creating effective treatment strategies
10. Using operational measures to evaluate the course of Psychodynamic Psychotherapy with individual patients
11. Using operationalism in the training of Psychodynamic Psychotherapists
12. Creating a multi-axial treatment method to address, socio-economic, cultural and situational differences in clinical cases



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Class Goals:

Students who take this section will be able to:

1. Understand the main criticisms of Psychodynamic Psychotherapy
2. Evaluate the methodological flaws in Psychodynamic Psychotherapy research
3. Understand the difficulties of evaluating Unconscious mental processes
4. Know how to effectively access Unconscious mental processes in patients
5. Understand the importance of using operationalism in establishing effective treatment plans
6. Make use of the current outcome studies in the effectiveness of Psychodynamic Psychotherapy
7. Use the neurobiological studies to fine tune Psychological and Psychiatric treatment of patients
8. Use rudimentary projective techniques to diagnose psychopathology
9. Create an operational treatment plan
10. Create an on going operational method for continuous evaluation of a clinical case
11. Create an operational education method for supervising training therapists
12. Create a multi-axial treatment plan for patients

Part II: The Art and Science of Psychodynamic Psychotherapy 23-24 January 2018

Course outline:

1. What does it mean to be a mentally healthy person
2. Mechanistic vs. Humanistic elements in Psychodynamic Psychotherapy
3. The dangers of over reliance on empirical measures in Psychodynamic Psychotherapy
4. The limits of operationalism in Psychodynamic Psychotherapy
5. Establishing a human relationship with patients within the constraints of Psychodynamic Psychotherapy
6. Janet's idea of 'Rapport'
7. Janet's methods for establishing 'Rapport'
8. Using 'Rapport' to make interventions more effective
9. The idea of the 'Lived World' of patients
10. Entering in the phenomenal world of patients using imagery
11. Integrating Jung's Thinking and Feeling functions in the psychotherapist
12. Blending affective and cognitive understanding in creation of useful treatment methods



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Class Goals:

Students who take this section will be able to:

1. Understand Psychodynamic Psychotherapy's ideas about healthy mental functioning
2. Evaluate the pathological elements of a patient within the context of his or her overall human functioning
3. Evaluate when operational thinking is damaging clinical effectiveness
4. Know how to adjust operational observations and conclusions to enhance a patient's human functioning
5. Create a clinically appropriate human relationship with patients
6. Understand what Janet meant by 'Rapport'
7. Mimic Janet's methods for creation of 'Rapport' in the clinical setting
8. Use these methods in a dynamic way to further a patient's progress in psychotherapy
9. Understand how evaluate a patient's 'Lived World'
10. Use 'Rapport' and imagery to enter a patient's phenomenal world
11. Move between Jung's Thinking and Feeling function in an integrated way
12. Develop a Scientific as well as Humanistic treatment style

Moderators: Dr Miranda Wai-tuen Chan, Department of Psychiatry, United Christian Hospital
Dr Cheri Kit-wa Wong, Department of Psychiatry, Tai Po Hospital

CME/CPD:

Psychiatrists - 5 CME points per day, 18 CME points for whole function under PP/CP (List A)
MCHK CME, CE and CPD are pending

Programme:

Times	Outline
09:15 – 09:30	Registration
09:30 – 10:45	Class
10:45 – 11:15	Break
11:15 – 12:30	Class
12:30 – 14:00	Lunch
14:00 – 15:15	Class
15:15 – 15:45	Break
15:45 – 17:00	Case discussion



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About the speaker

Ronald W. Teague, PhD, ABPP

Founding Professor

California School of Professional Psychology of Alliant International University

Specialties and Interests:

- Analytic Psychology (Jungian)
- Phenomenology and the Human Sciences
- Psycho-history and Psycho-Philosophical Dialogues

He taught at the Sacramento and Hong Kong Campuses where he was the director of the Analytic Psychology Emphasis. He teaches courses in

- Psycho-dynamic Psychotherapy,
- Analytic Psychology,
- The Clinical Use of Dreams,
- The Philosophical Underpinnings of Clinical Psychology,
- The Ethical and Legal Practice of Clinical Psychology,
- Human Science and Phenomenological Research Methods,
- Psycho-History,
- Psycho-Anthropology.

Professor Teague has taught at the California School of Professional Psychology for over 40 years. He is a Licensed Psychologist in the State of California, and Certified by the American Board of Psychoanalysis in Psychology. Professor Teague is a Fellow of both the American Academy of Clinical Psychology and the American Academy of Psychoanalysis in Psychology. He has been an Oral Examiner for the California Board of Psychology and the Founder of the San Joaquin Psychological Association. He has been sought by several Mental Health Institutions and professional groups. He has an active private practice in California.

Target participants:

Psychiatrists and psychologists who want to learn psychodynamic psychotherapy to help their clinical work and are motivated to seek further training through on-going clinical supervision will be most encouraged to join us. Other clinicians with adequate clinical experience are also welcome.



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Registration fees:

Early Bird (on or before 20 Dec 2017)

Workshop	Fee
4-day Workshop	\$4400
2-day Workshop (Part I or Part II)	\$2400

Normal Rate (after 20 Dec 2017)

Workshop	Fee
4-day Workshop	\$5000
2-day Workshop (Part I or Part II)	\$2800

Deadline of Registration: 16 January 2018

Case discussion

Case sharing is most welcome. Prof. Teague will work on cases together with the students and the class to help arrive at psychodynamic formulations and treatment plans. If you are interested to discuss a case, please kindly send a brief case summary to Dr. Miranda Chan (miranda.chanwt@gmail.com) at least 2 weeks prior to the workshop.

Organizers:

Clinical Division of Psychotherapy, the Hong Kong College of Psychiatrists

Department of Psychiatry, Faculty of Medicine, the Chinese University of Hong Kong





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Registration Form

Name (To be written on the certificate of attendance in English): _____

Title (Prof/Dr/Mr/Ms): _____ Tel: (Mobile) _____ Email: _____

Occupation: _____ Organization: _____

Corresponding address: _____

Payment (Please V as appropriate) (*Deadline for early bird: 20 Dec 2017*)

4-day Workshop (20-21 and 23 -24 January 2018)	<input type="checkbox"/> HK\$4400 (Early bird) <input type="checkbox"/> HK\$5000 (Normal rate)
2-day Workshop (20-21 January 2018)	<input type="checkbox"/> HK\$2400 (Early bird) <input type="checkbox"/> HK\$2800 (Normal rate)
2-day Workshop (23 -24 January 2018)	<input type="checkbox"/> HK\$2400 (Early bird) <input type="checkbox"/> HK\$2800 (Normal rate)

Cheque payable to The Hong Kong College of Psychiatrists Limited by post to: Ms. Janice Ng, Room 906, 9/F, Hong Kong Academy of Medicine Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, H.K.

Signature: _____ Date: _____

Remarks:

1. Seats are limited and would be given on a first-come-first-serve basis (*member of Clinical Division of Psychotherapy of HK College of Psychiatrists will be given priority for registration*)
2. The organizer reserves the right to modify the programme and reject a registration at any point of time.
3. Registration will be confirmed only when full payment has been received by the College. Confirmation will be sent by email prior to the Workshop.
4. Official receipt will be issued at the registration counter on the first day of the Workshop.
5. All fees are non-refundable.
6. If the Typhoon Signal no. 8 or above, or the Black Rainstorm Warning Signal is hoisted, the Workshop will be cancelled. Details of further arrangement will be announced later.
7. For enquiries, please contact Ms Janice Ng at janice@hkpsych.org.hk or call 28718776 or fax 2870 139