



Psychotherapy Effectiveness:

Making therapeutic use of counter-transference and mentalizing

Educational Objectives

At the conclusion of this course, participants will be able to:

- Understand critical factors related to the effective establishment and maintenance of the therapeutic alliance
- Understand clinical approaches that reduce the risk of therapeutic impasses and negative outcomes in psychotherapy
- Appreciate how attachment-based formulation, mentalization, counter-transference and meta-communication can be effectively used in psychotherapy

Description

This interactive course will help psychotherapists expand their clinical repertoire in order to better manage commonly encountered clinical challenges in contemporary psychotherapy. The course will facilitate improved therapeutic outcomes in difficult treatment situations through application of an integrative model and common therapeutic factors. Particular emphasis will be put on the therapeutic alliance, effective use of counter-transference, and therapeutic meta-communication. The course format features a combination of didactic presentation and group learning, with demonstration and direct application utilizing standardized patients.

About the Mount Sinai Psychotherapy Institute (MSPI)

The Mount Sinai Psychotherapy Institute is a psychotherapy training program accredited by the University of Toronto's Faculty of Medicine. The Institute offers workshops and longitudinal supervision. Interactive, didactic workshops combine intensive in-vivo experiential training using standardized patients with electronic web-based clinical discussion. Workshops are combined with longitudinal, one-on-one supervision for a comprehensive and individually tailored program of advanced training in psychotherapy. The MSPI Certificate Program and Workshops aim to facilitate improved therapeutic outcomes through application of both specific models and common therapeutic factors.

About the Workshop

Dates

Friday, April 16

8:30 a.m. to 5 p.m.

Saturday, April 17

8:30 a.m. to 12 noon

Friday, June 11

8:30 a.m. to 5 p.m.

Saturday, June 12

8:30 a.m. to 12 noon

Cost

\$745



Workshop Faculty



Dr. Melyn Leszcz, Professor of Psychiatry at the University of Toronto, is Psychiatrist-in-Chief at Mount Sinai Hospital and Head of the Group Psychotherapy Program, Department of Psychiatry, University of Toronto. Dr. Leszcz has received numerous teaching awards at the University of Toronto. He has published in the areas of integrative and interpersonal approaches in group psychotherapy, group psychotherapy for geriatric depression and for the medically ill, and standards of practice and guidelines for psychotherapy. Dr. Leszcz co-authored, with Dr. Irvin Yalom, the fifth edition of *The Theory and Practice of Group Psychotherapy*.



Dr. Jonathan Hunter, Deputy-Chief of the Mount Sinai Hospital Department of Psychiatry, heads the University of Toronto Psychiatry, Health and Disease Program and Psychosocial Services in the Marvelle Koffler Breast Centre. His clinical practice centers on the psychiatric and psychotherapeutic care of cancer patients. His research interests include psychological management of chemotherapy side-effects, group psychotherapy in women at high risk for breast cancer, the role of early life experience and attachment in adaptation to disease, and the importance of mentalizing in treatment.



Dr. Clare Pain, MD, MSc., FRCPC, is an Assistant Professor at the Department of Psychiatry, University of Toronto, Director of the Psychological Trauma Program at Mount Sinai Hospital, Toronto, Co-project director of the Toronto Addis Ababa Psychiatry Project (TAAPP) and Coordinator of the University of Toronto-Addis Ababa Collaboration Program. Her clinical focus is on the assessment and treatment of patients with psychological trauma, as well as on the trans-cultural aspects of psychological trauma. Dr. Pain has lectured and taught extensively on various aspects of psychological trauma. She has published a number of articles on the subject and, together with Pat Ogden and Kekuni Minton, wrote *Trauma and the Body: a Sensorimotor Approach to Psychotherapy*, which was published by Norton in 2006.



Dr. Paula Ravitz, MD, FRCPC, is an Assistant Professor, Acting Head of the Psychotherapy Program and Head of the Interpersonal Psychotherapy (IPT) Program for the Department of Psychiatry at University of Toronto. She is Director of the Mount Sinai Psychotherapy Institute. Her academic focus is on the practice, teaching, program development and research of psychotherapy. One of her priorities as a clinical educator has been to disseminate evidence-based psychotherapies, teaching workshops in IPT internationally, and working with the Ontario Psychiatric Outreach Programs.

Please return registration with payment to:

Connie Kim

Administrative Co-ordinator, MSPI

Department of Psychiatry

Mount Sinai Hospital

Joseph and Wolf Lebovic Health Complex

925-600 University Avenue

Toronto, Ontario M5G 1X5

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f 416-586-8654

ckim@mtsinai.on.ca

Name: _____

Address: _____

City: _____

Province/state: _____

Postal/zip code: _____

Telephone: _____

Fax: _____

E-mail: _____

Profession: _____

Place of employment: _____

Lunch is included on the day of the workshop.

To register online, please visit: www.mountsinai.on.ca/mspi

Fee

\$745

Please make your cheque payable to: **Mount Sinai Psychotherapy Institute.**

Cancellation and Refund Policy

A \$50 handling fee will be deducted upon cancellation. Refund requests must be received in writing at least two weeks before the start date. No refunds will be given after this time.