

CONFERR

THERAPEUTIC ALLIANCE

The working alliance considered from a range of contemporary theoretical and clinical approaches



10 SEMINARS

Wednesday evenings: April 9 – June 11 2008

London

Introduction

The purpose of this series of seminars is to illuminate the concept of the therapeutic or working alliance. This term originated in the work of Ralph Greenson and has since been widely used and discussed in describing the means whereby a patient and therapist become attached. But how important to the therapy is the quality of this bond? How is it created, and what places it at risk?

Our group of chosen speakers, who come from a broad range of theoretical backgrounds - psychoanalytic, relational, cognitive behavioural, integrative, existential, person centred - have been invited to consider a number of questions:

- Is the working alliance conscious choice or unconscious process?
- How far is it influenced, either positively or negatively, by transferences or countertransference?
- What is the role of trust in the forming of the alliance?
- How significant are the therapist's authentic feelings in the therapeutic attachment?
- What events may pose threats to that connection and how these might be negotiated?
- Are ruptures to the alliance a necessary part of the therapeutic journey?
- What function does the contract or other aspects of the frame have in binding the therapeutic pair?
- Is there a correlation between working alliance and therapeutic outcome?



April 9 2008

Joseph Schwartz

Once More with Feeling?

The therapeutic alliance in the light of relational psychoanalysis

I want to explore whether the concept of the therapeutic alliance, most centrally formulated by the Los Angeles classical psychoanalyst Ralph Greenson in the 1960s and taken up by the Sandler in the UK, can be usefully recycled in light of the developments of relational psychoanalysis and attachment theory over the past two decades. In particular I will address whether the idea of the therapeutic alliance inevitably retains unhelpful aspects of the traditional one-person psychology of classical psychoanalysis.

April 16 2008

Paul Gilbert

Compassion in therapeutic relationships

Mammals and especially human beings have evolved complex attachment systems. These attachment systems are activated through caring interactions. This talk will explore some of the systems by which caring behaviour can soothe the recipients. We will then look at how these mechanisms are played out in the therapeutic relationship and form the basis for a compassionate relationship.

April 23 2008

Jane Haberlin

An invitation to look into the mind of the Other

In my paper I will discuss therapeutic alliance in terms of the mutual attempt to co-construct the '*analytic third*', that intersubjective mental space that emerges from our capacity to surrender, not in submission or compliance, but rather in a letting go of self and the ability to take in the other's point of view or reality. Co-construction of this *third* between the two analytic subjectivities allows for mutual recognition, respect, compassion and search for truth. The inevitability and clinical usefulness of ruptures in the therapeutic alliance will also be explored.

April 30 2008

Diana Shmukler

It's all about you and nothing to do with you: the risks and benefits of threats to the therapeutic alliance

The presentation will focus on the inevitability of enactments and their subsequent threats to the therapy, while they also present opportunities for transformational change. Genuine mistakes, clashes and ruptures cause great upset and distress and can even put viable, ongoing and well functioning work at risk of surviving. I will argue by means of case material and from an integrative/relational perspective how these moments can be capitalised to great benefit in the work. I will also consider the parameters and conditions necessary to avert the negative consequences.

May 7 2008

Margaret Wilkinson

Change in the consulting-room: neuroscience, attachment, trauma and the therapeutic alliance.

How does therapeutic change occur in the brain-mind? What insight does neuroscience offer to our understanding of this process? From a clinical perspective I explore the interactive experience that occurs in the successful therapeutic alliance and enables the development of the emotional scaffolding of mind. I emphasise the primitive levels at which relational development needs to occur for patients with early relational trauma to experience a change in underlying patterns of feeling, being and behaving that persist.

May 14 2008

Ernesto Spinelli

Relatedness and the therapeutic alliance

In practising existential psychotherapy we think of the therapeutic alliance as an expression of a broader intersubjective, foundational "grounding" of world-relatedness. Within this context, the alliance can be discussed from the perspective of three distinct phases, each one of which has practical issues and implications for the maintenance and development of the alliance. This seminar will focus upon a descriptive exploration of these three phases.

May 21 2008

Kate White

It's a Real Relationship: attachment perspectives on therapeutic alliances

How does an understanding of the attachment states of mind of both the therapist and client help us think about our mutual engagement in the therapeutic relationship? How are our therapeutic alliances forged and sustained in the midst of insecurity and fear? We will explore the cycles of rupture and repair that characterise the risk of connection and the fear of being known which lie at the heart of therapeutic relationships.

May 28 2008

Mike Worrall

Rupture and repair in supervision

Like any relationship, supervision is prone to rupture. We'll look this evening at how rupture is inevitable in relationship, and at how, if we are willing to embrace the process, inevitable rupture offers the potential for repair, growth and transformation. We'll look at the cost to the supervisor of working with these processes, and at the benefits to supervisor, supervisee and clients.

June 4 2008

Doris Brothers

Trust, uncertainty, and therapeutic alliance in trauma-centred treatment

Doris Brothers will discuss the reason that trust is essential in the analytic process: namely, that treatment occurs in a world in which nothing, least of all the endurance of selfhood, is certain. She finds that efforts to come to terms with this existential uncertainty, which is experienced as unendurable in the context of trauma, shapes much that occurs between patients and analysts.

June 11 2008

Heinrich Deserno

The Analyst and the Working alliance

I will argue that the analyst forms the working alliance with no-one other than himself. Thus runs the central tenet in my critique of Ralph Greenson's classical alliance concept. This is of course in no sense an attempt to foreground the person of the analyst as such. Rather, the therapeutic alliance contains the conventional aspects of psychoanalytic therapy like contract, technique, and others. My radical view of the psychoanalytic working alliance tries to open up and strengthen the necessary dialectical relation between method and technique for the progression of the psychoanalytic process.



Speakers

Dr Doris Brothers

Doris Brothers Ph.D., is a psychologist/psychoanalyst whose work is informed by self psychology and intersubjectivity theory. She is a co-founder and training and supervising analyst at The Training and Research Institute for Self Psychology (TRISP) in New York. Her books include *The Shattered Self: A Psychoanalytic Study of Trauma*, which was co-authored with Richard Ulman; *Falling Backwards: An Exploration of Trust and Self Experience*; and *Toward a Psychology of Uncertainty: Trauma-Centered Psychoanalysis*.

Dr Heinrich Deserno

Heinrich Deserno, M.D. (Psychosomatic Medicine and Psychotherapy) is a scientific member of the Sigmund-Freud-Institute (Research Institute for Psychoanalysis) and head of the psychotherapeutic consulting hour. He is training analyst of the Frankfurt Psychoanalytic Institute (German Psychoanalytic Association/International Psychoanalytic Association). Centres of his research and publications are the psychoanalytic process, dreaming, symbolization, psychoanalytic therapy of depression, supervision and psychoanalytic interpretation of literature. He is the author of *Die Analyse und das Arbeitsbündnis (The Analyst and the Working Alliance: the Reemergence of Convention in Psychoanalysis, 1990)*, and *Entwicklungschancen in der Institution. Psychoanalytische Teamsupervision (Chances of Development in Institutions: Psychoanalytic team supervision)*, with S. Graf-Deserno.

Professor Paul Gilbert

Professor Paul Gilbert is Professor of Clinical Psychology at the University of Derby and Consultant Psychologist at Derbyshire Mental Health Services NHS Trust. He has a visiting Professorship at the University of Fribourg (Switzerland) and Coimbrã (Portugal). He has been a Fellow of the British Psychological Society since 1993. He was president of the International Society for Evolutionary approaches to Psychopathology (1992) and a committee member and past president of British Association for Behavioural and Cognitive Psychotherapy (2001-2004). He was also on the NICE committee for the Depression Guidelines (2002-2004). He has authored over 100 academic papers and book chapters and authored/edited 12 books.

Jane Haberlin

Jane Haberlin trained with Arbours as a Psychoanalytic Psychotherapist and has worked at The Arbours Crisis Centre and The Women's Therapy Centre. She is a member of the International Association for Relational Psychoanalysis and Psychotherapy (IARPP) and a founder member of The Relational School in London. She currently works as a therapist and supervisor in private practice.

Dr Joseph Schwartz

Joseph Schwartz Ph.D., is a supervisor and training therapist at the Centre for Attachment-based Psychoanalytic Psychotherapy in London. His books include *Cassandra's Daughter: A History of Psychoanalysis in Europe and America (Penguin, 1999)*.

Dr Diana Shmukler

Diana Shmukler Ph.D., is a clinical psychologist, UKCP registered integrative psychotherapist, teacher and supervisor. She was formerly Associate Professor of Applied Psychology at the University of Witwatersrand in South Africa, and visiting Professor of Psychotherapy at the University of Derby. She is currently Visiting Professor of Psychotherapy at the University of Middlesex, a supervising and teaching Member of the International Transactional Analysis Association, Primary Tutor at Metanoia and a visiting teacher at the Institute for Arts in Education and Psychotherapy in London.

Professor Ernesto Spinelli

Professor Ernesto Spinelli is internationally recognised as a leading figure in the advancement of contemporary existential psychotherapy. He is a Fellow of both the British Psychological Society (BPS) and the British Association of Counselling and Psychotherapy (BACP) as well as a UKCP registered existential psychotherapist. In 1999, he was awarded a Personal Chair as Professor of Psychotherapy and Counselling Psychology. He is the Senior Fellow at the School of Psychotherapy and Counselling Psychology, Regent's College, London. His recent text *Practising Existential Psychotherapy: The Relational World* (Sage, 2007) would be useful preparatory reading for this seminar.

Kate White

Kate White is a training therapist, supervisor and teacher at the Centre for Attachment-based Psychoanalytic Psychotherapy. Formerly senior lecturer at South Bank University in the Department of Nursing and Community Health Studies, she has used her extensive experience in adult education to contribute to the innovative psychotherapy curriculum developed at CAPP. In addition to working as an individual psychotherapist, Kate runs workshops on the themes of attachment and trauma in clinical practice. She is associate editor of the journal *ATTACHMENT: New Directions in Psychotherapy and Relational Psychoanalysis*.

Margaret Wilkinson

Margaret Wilkinson is a professional member of the Society of Analytical Psychology, London and an assistant editor of the Journal of Analytical Psychology. She leads neuroscience research reading seminars for The Northern School of Child and Adolescent Psychotherapy in the University of Leeds and at The Society of Analytical Psychology, London. She lectures internationally on contemporary neuroscience and its relevance to clinical practice. She is the author of numerous papers, her book *Coming into mind. The mind-brain relationship: a Jungian clinical perspective* was published by Routledge in 2006. She is in private practice in North Derbyshire. Her email address is mwilkinsoncurbar@yahoo.co.uk.

Mike Worrall

Mike Worrall lives and works in London, where he offers person-centred therapy, supervision and training. He teaches to MA and MSc level at Temenos in Sheffield and The Metanoia Institute and has run diploma trainings in person-centred supervision with Keith Tudor for over ten years. He has written extensively on person-centred practice including, with others, *The Person-Centred Approach: A Contemporary Introduction* (Palgrave, 2004) and, with Keith Tudor, *The Person-Centred Approach: A Clinical Philosophy* (Routledge, 2005). He has also edited with Keith Tudor two volumes of papers on person-centred approaches to supervision: *Freedom To Practise* (PCCS Books, 2005 and 2007). He is particularly interested in organismic psychology and its implications for practice.

