



Synergistic Convergences: Combining Psychoanalytic, Cognitive-Behavioral, Systemic, and Experiential Perspectives in a Coherent Clinical and Theoretical Model

Paul L. Wachtel, Ph.D.

Earlier versions of psychoanalytic thought and of cognitive-behavioral therapy were formulated in ways that presented serious obstacles to meaningful, coherent integration; newer versions provide opportunity for synergistic and logically consistent combinations. These new developments in each approach are often only sketchily understood by proponents of the “other” orientation, leading to continued caricaturing of each other and, even more important, to missed opportunities for more effective clinical work. The conference is aimed at practitioners of all orientations, and seeks to provide each with a better understanding of other approaches to clinical work and a better conceptual foundation for integrating cognitive-behavioral and psychodynamic approaches.

The Michigan Psychoanalytic Council is an approved provider with the Michigan Social Work Continuing Education Collaborative. 5 CEUs will be awarded.

Morning Session

Dr. Wachtel will invite his audience to consider how the evolution of the relational point of view in psychoanalysis and of constructivist and acceptance-focused forms of cognitive-behavioral therapy enables the knowledgeable therapist to bring to bear the differing strengths of each approach in a way that does not violate the central assumptions of either and that offers patients a more comprehensive and deeply experiential therapy.

Afternoon Session

Dr. Wachtel will describe how therapeutic possibilities can be expanded by integrating understanding of different approaches. He will highlight, among other themes, how psychoanalytic interpretations can be enhanced by understanding the ways that they incorporate elements of what cognitive-behavioral therapists refer to as exposure, and how the recognition of this overlap can enable the analytic therapist to frame interpretations that are more clinically effective. Dr. Wachtel will emphasize a range of ways in which therapists may unwittingly couch “accurate” comments about the patient’s dynamics in ways that are clinically counterproductive and how relatively small changes in the ways we phrase our comments to patients and conceptualize the nature of the problematic patterns we are addressing can have a large impact on the success or failure of the therapeutic effort. Clinical case examples will be shared to illustrate Dr. Wachtel’s “cyclical psychodynamics” approach to treatment and invite audience discussion.

Paul L. Wachtel, Ph.D. is CUNY Distinguished Professor in the doctoral program in clinical psychology at City College and the CUNY Graduate Center. He is the author, among many books, of *Psychoanalysis, Behavior Therapy, and the Relational World* (1997); *Relational Theory and the Practice of Psychotherapy* (2008); and *Therapeutic Communication* (2011). He has been selected for the Hans H. Strupp Award for Psychoanalytic Writing, Teaching, and Research, the Distinguished Psychologist award of Division 29 (Psychotherapy) of APA and the **Scholarship and Research Award by Division 39 (Psychoanalysis) of APA.**

Sheraton Detroit Novi Hotel
21111 Haggerty Road
Novi, MI 48375
(248) 349-4000

From East
Take I-696 West to I-275 South. Proceed to Exit 167 (8 Mile Road). Turn right (West) on 8 Mile Road to Haggerty Road. Turn right (North) and the hotel will be on the left.

From I-96 (East)
Take I-96 to I-275 North. Proceed on I-275 North to Exit 167 (8 Mile Road). Turn left onto 8 Mile Road to Haggerty Road. Turn right (North) and continue 0.5 miles to the hotel. The hotel is on the left.

From Detroit Metropolitan Airport
Take the service road to I-94 West. Proceed on I-94 to I-275 North. Continue on I-275 and exit onto 8 Mile Road. Take 8 Mile Road to Haggerty Road. Turn right (North) and continue 0.25 miles to the hotel.

From North
Take I-275 South to Exit 167 (8 Mile Road). Turn left (West) on 8 Mile Road to Haggerty Road. Turn right (North) and proceed 3 blocks to the hotel. The hotel is on the left.

From Highway M-14 (West)
Take M-14 to I-275 North. Proceed on I-275 to Exit 167 (8 Mile Road). Turn right (West) on 8 Mile Road to Haggerty Road. Turn right (North) and continue 0.5 miles. The hotel is on the left.

From West
Take I-96 to I-275 South. Proceed on I-275 South to Exit 167 (8 Mile Road). Turn left (West) on 8 Mile Road to Haggerty Road. Turn right (North) and continue to the hotel. The hotel is on the left.

Registration

Name _____
 Address _____
 City _____
 State _____
 Zip Code _____
 Phone _____
 E-mail _____
 Profession _____

Interested in joining MPC E-mail Listserve for future events?
 Yes _____ No _____

(please specify)

Continental breakfast and “Flavors of the Mediterranean” buffet lunch included.
(Registration postmarked after October 28, 2013 will not include lunch.)

Fees (please check one):
 Regular: \$150 Early Registration: \$125
 Students: \$50 Candidates: \$75

Early registration must be received by October 14, 2013.

To pay by credit card, visit our website:
mpcpsa.org.

To pay by check, make check payable to Michigan Psychoanalytic Council and return your check and this registration form to:
 Michele Rivette, L.M.S.W., 202 E. Washington St., Suite 707, Ann Arbor, MI 48104



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Saturday November 9, 2013
8:30 a.m. – 3:45 p.m.
Sheraton Detroit Novi Hotel
Novi, Michigan

Agenda

8:30 – 9:00	Registration
9:00 – 9:15	Welcome and Introduction Michele Rivette, L.M.S.W. Robert Cohen, Ph.D.
9:15 – 10:45	“Evidence-Based Therapies” and Psychodynamics: Integration and “Cyclical Psychodynamics” Paul L. Wachtel, Ph.D.
10:45 – 11:00	Break
11:00 – 12:00	Questions from the Audience and Discussion
12:00 – 1:00	Lunch
1:00 – 2:30	Expanding Therapeutic Possibilities and Efficacy through Integration Case Presentation and Discussion Robert Cohen, Ph.D. Paul L. Wachtel, Ph.D.
2:30 – 2:45	Break
2:45 – 3:45	Questions from the Audience and Discussion

Free Seminar

A pre-conference seminar, free of charge, will be available for those who register early and wish to participate. Participants will discuss one of Dr. Wachtel's papers that introduces his ideas on cyclical psychodynamics and integration. Watch for details on the MPC website and at the e-mail address included with registration.

Planning Committee

Michele Rivette, L.M.S.W., A.C.S.W.
Margery Adelson, Ph.D.
Robert Cohen, Ph.D.
Eileen Dzik, L.M.S.W.
Sonya Freiband, Ph.D.
Reena Liberman, M.S.
Ellen Toronto, Ph.D.



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