

DYNAMIC CONNECTIONS



See you in Winnipeg, Manitoba
for CPA 2010



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CPA 2010 Approaches

This year, CPA's Annual conference is being held in Winnipeg, Manitoba. Check out the 2010 Schedule at <http://www.cpa.ca/convention/> to see what's being presented.

The Psychoanalytic and Psychodynamic Psychology Section's business meeting is being held Thursday at 2pm in the Talbot room. Please join us to get involved with the section and plan upcoming CPA presentations, awards, and events for our section.

See page 4 of this newsletter for brief descriptions of a few upcoming CPA presentations in Winnipeg.



A Reflection on Internship Interviews



Jonathan Petraglia

Jonathan is a PhD. Student in the Counselling Psychology program at McGill University. Jonathan's research is predominantly in the area of therapeutic technique; specifically, how therapists' interventions that focus on defensive functioning relate to the therapeutic alliance and outcome.

As student representative of the psychodynamic section of CPA I would like to share some thoughts on my recently completed doctoral internship interviews. One thing that struck me about these interviews was the degree to which my theoretical orientation was the central aspect of the interview. Now, don't get me wrong, in most cases the usual subjects like experience and training were discussed, but interviewers almost always asked me to explain why I had so much experience in "psychoanalysis". Leaving aside the issue for the moment that I deliberately list my experience as falling under the "psychodynamic" realm as opposed to the more traditional "psychoanalytic" approach, I often found myself having to explain why I chose to study this seemingly unvalidated or even "outdated" approach because "as you know," commented one interviewer "insight does not lead to change". During these interviews I would feel

caught in a psychological conflict that not even copious amounts of denial could alleviate. On the one hand, I wanted to challenge the erroneous assumptions made by the people interviewing me and point out studies that showed empirical support for the psychodynamic approach, while on the other hand I did not want to "rock the boat" and mess up my chances of potentially securing an internship placement. I think my experience demonstrates the precarious position that students in similar positions often find themselves when more established professionals in internship sites say something that students know to be inaccurate, but are anxious about challenging it because they are desperately trying to fit in at that particular site. As students, our identity can be somewhat more fragile with respect to our theoretical approach, perhaps owing partly to the fact that we are just starting out. Cont'd....

"I often found myself having to explain why I chose to study this seemingly unvalidated or even "outdated" approach because "as you know", commented one interviewer, "insight does not lead to change".

Upcoming Events

May 22, 2010

Attachment Theory and Beyond

The MUHC Department of Psychiatry, Montreal General Hospital in collaboration with The Canadian Psychoanalytic Society presents this conference at 7000 rue Cote-des-Neiges, Montreal, Quebec. For more information contact cpsqeb@qc.airs.com or 514 342-7444.

June 3 – 6-, 2010

The 36th Annual Meeting of the Canadian Psychoanalytic Society

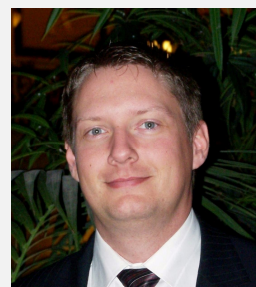
Implicit and Explicit Theories of the Analyst Therapeutic Action 100 Years On
King Edward Hotel, Toronto, ON. For more information see www.psychoanalysis.ca

Cont'd... What I find, however, when I actually take a risk and engage in a discussion about the effectiveness of different therapy approaches, is that most students are more than capable of holding their own in a discussion about the empirical support for their espoused theories, regardless of the approach. I am not advocating for students to attempt to convince everyone of the splendour of psychodynamic psychotherapy, but rather I am simply trying to highlight that we are usually in a good position to advocate for our particular approach at our various internship sites. There is new and exciting research (see Shedler, 2010 in American Psychologist) showing that psychodynamic therapy is helping people feel better. As such, we have no one but ourselves to blame if we don't disseminate these results and help to correct inaccuracies or erroneous assumptions.

Recently Published Literature

Trevor Olson, Ph.D. (Secretary)

Dr. Olson has been involved with CPA's Psychoanalytic and Psychodynamic Section since its inception in 2002, and in June 2009 was elected to the executive as Secretary. He earned his Ph.D. from the University of Saskatchewan in 2008 and is currently completing a two-year postdoctoral research position in the Department of Psychiatry at McGill, where he is conducting psychotherapy research for recurrent depression.



Journal Articles

Cortina, M. (2010). The future of psychodynamic psychotherapy. *Psychiatry*, 73, 43-56.

Driessen, E., Cuijpers, P., de Maat, S. C. M., Abbass, A. A., de Jonghe, F., Dekker, J. M. (2010). The efficacy of short-term psychodynamic psychotherapy for depression: A meta-analysis *Clinical Psychology Review*, 30, 25-36.

Presniak, M. D., Olson, T. R., Porcerelli, J. H., & Dauphin, B. (2010). Defensive functioning in a case of Avoidant Personality Disorder. *Psychotherapy: Theory, Research, Practice, Training*, 197, 735-741.

Porcerelli, J. H., Olson, T. R., Presniak, M. D., Markova, T., & Miller, K. (2009). Defense mechanisms and major depression in African-American women. *Journal of Nervous and Mental Disease*, 197, 736-741.

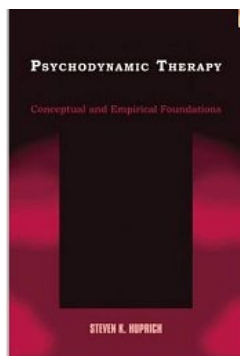
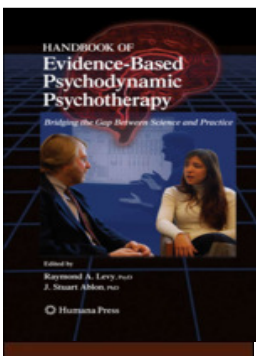
Shedler, J. (2010). The effectiveness of psychodynamic psychotherapy. *American Psychologist*, 65, 98-109.

Books and Book Chapters

Huprich, S.E. (2009). *Psychodynamic Therapy: Conceptual and Empirical Foundations*. New York: Routledge.

Levy, R. A., & Ablon, J. S. (Eds.). (2009). *Handbook of Evidence-Based Psychodynamic Psychotherapy. Bridging the Gap Between Science and Practice*. New York: Humana.

Wallace, G. (2009). Dying to be Born: Transformative surrender within analytical psychology from a clinician's perspective in Mathers, D., Miller, M. & Ando, O. (Eds), *Self and no-self: Continuing the dialogue between Buddhism and psychotherapy*. London: Routledge.



Thoughts From Our Secretary

Do you feel passionate about psychoanalytic or psychodynamic psychotherapy? By that of course, I mean passionate in a positive way. Not passionate in a "psychodynamic psychotherapy is the root of all evil" way. That would not be good. If the answer to the first question is yes, then we'd like to see you at our annual CPA business section meeting Thursday June 3rd at 2:00 pm in the Talbot room (please confirm time, date, and location in your conference program before attending). In keeping with the current vampire craze (Twilight, Vampire Diaries, True Blood, etc.), our section is looking for new blood. The section executive is looking for new members to help guide the section over the coming years. If you are interested in getting involved, please contact me by e-mail (trevor.olson@usask.ca) for more details. We have a variety of tasks available throughout the year (e.g., reading books for the annual book award, reviewing abstracts, writing newsletter articles, etc.) and we can always use another helping hand. Or, if you just want to meet some fellow section members, but not get too involved, feel free to stop by anyway. The meeting is open to everyone with an interest in psychoanalytic or psychodynamic psychology.

Trevor Olson, Ph.D.
Utting Postdoctoral Research Fellow,
Department of Psychiatry,
McGill University

If you want to highlight a recent publication, please send the reference to michelle.presniak@usask.ca

Highlights of Upcoming CPA 2010

Psychodynamic Treatment Factors: A look at Theory, Assessment, and Treatment

Saturday June 5, 10:00 – 11:25

A symposium discussing the development of testable hypotheses for defense interpretations in psychotherapy; within-defense variability and defenses in male undergraduates and offenders; and an exploration into the psychotherapeutic process and the prediction of recovery in patients experiencing suicidal ideation.

Bio-Emotive Therapy: A new Framework for Understanding Emotions and Their Primary Role in Psychopathology

Thursday June 3, 11:00 – 12:55

Practicing what you preach: How important are defense mechanisms to psychodynamic psychotherapists?

Saturday June 5, 1:00 – 2:55

Otto Weininger Memorial Award

Saturday June 5, 2:30 – 3:55

Psychoanalysis and Mindfulness

Wendy Wood, Member-at-large

In the 1970's, Kabat-Zinn (1982) introduced Buddhism to western medicine through the development of a mindfulness based stress reduction program (MBSR) for managing pain in chronically ill patients. Following the introduction of MBSR, psychologists recognized that mindfulness meditation has great benefits for mental health. While definitions of mindfulness have varied, most psychologists agree that mindfulness cultivates a state of being as opposed to doing, and a greater awareness of the present moment. Further, a consistent mindfulness practice allows people to better identify habitual reactions to stress and to cultivate more adaptive methods of responding.

Since Kabat-Zinn introduced mindfulness in North America, it has been integrated into several behavioural-oriented psychological interventions, including Dialectical Behavioural Therapy (Linehan, 1993), Cognitive Behavioural Therapy (Teasdale, Segal, Williams, Ridgeway, Soulsby, & Lau, 2000), and Acceptance and Commitment Therapy (Hayes, Strosahl, & Wilson, 1999). Less has been written about the relevance of mindfulness for more dynamically-oriented psychotherapies. As Saffron (2003) notes, psychoanalysts who have shown interest in the intersection between Buddhism and psychoanalysis have primarily rested on the margins of mainstream psychoanalysis (I meant mainstream psychoanalysis!).

Epstein (2005) has written extensively on the relation between psychoanalysis and Buddhism, and highlighted both the similarities and differences between the disciplines. For example, psychoanalysis and Buddhism both consider desire to be a root cause of suffering and pathology, although Epstein (2005) has argued it is not desire itself that leads to suffering, but rather a fear of desire that leads to feelings of incompleteness. Epstein (2007) also discussed the centrality of the self in both traditions. Buddhists believe that the self is an illusion, which ultimately leads to a sense of individuality and separateness. One goal of meditation is to more clearly understand how this illusory self leads to suffering. Psychoanalysis has an arguably analogous goal of helping to relieve defensive processes, which, in turn, cultivates a sense of togetherness.

Mindfulness compliments behavioural-based interventions by helping to people understand that thoughts and feelings are events in the mind as opposed to reality. In more dynamically-oriented therapies, work by Epstein (2005, 2007) and others such as Magid (2002), Rubin (1996), and Saffron (2003), suggest that mindfulness goes beyond simply complimenting analytic work, but rather closely parallels the processes involved in dynamic therapy and provides another method for conceptualizing and working in psychoanalytic framework.

Epstein, M. (2005). *Open to desire: The truth about what the Buddha taught*. New York, NY: Gotham Books.
Epstein, Mark (2008). *Psychotherapy without the Self: A Buddhist Perspective*. New Haven, CT: Yale University Press.

Meet the Editors of *Dynamic Connections*



Michelle Presniak, Ph.D., earned her Ph.D. at the University of Saskatchewan and is now working as a post-doctoral fellow at the Jewish General Hospital and McGill University. Her research interests are in the areas of personality, defense mechanisms, psychotherapy process, and depression.

Michael Sheppard has completed his PhD and is working for Correctional Service Canada. He finally escaped Saskatoon and now lives in Vancouver. His clinical and research interests include personality disorders, defense mechanisms, training non-psychology staff in countertransference management, and correctional psychology.



If you are interested in contributing to the next newsletter, please contact us at Michelle.Presniak@usask.ca or Michael.Sheppard@usask.ca