



Workshop Series on Psychodynamic Psychotherapy by Dr. Edward Shen (Clinical Psychologist)

Workshop I: Basic Freudian Theory

Details

Date : July 26 and 27, 2013 (Friday and Saturday)

Time : 9:30am – 5:30pm

Venue : 2/F, 5 Sassoon Road, Pokfulam, Hong Kong.

Fee : \$2,200

About the Speaker

Dr. Edward Shen is a seasoned Clinical Psychologist with over 20 years of experience practising Psychodynamic Psychotherapy in medical and mental health settings, as well as in his private practice. He was first trained in Hong Kong and later in Canada, where he obtained his doctorate degree and lived for 20 years. Dr. Shen is a Registered Psychologist in Hong Kong and in Canada, and he was a member of the Western Branch of the Canadian Psychoanalytic Society. He is also an Associate Fellow of The Hong Kong Psychological Society. Dr. Shen currently lectures at The University of Hong Kong and practices at Spectrum Psychological Services and Matilda Medical Centre.

About the Workshop

Most people in the field of psychotherapy have heard of Freud, but few are truly familiar with his concepts and his theories. This stems partly from the fact that Freud's theories and their applications to clinical practice are seldom systematically presented in local settings.

This workshop aims to provide an overview of Freud's ideas in their personal, historical, and political contexts, and how they are interwoven to form his treatment approach known as Psychoanalysis. In order to facilitate easy understanding of such concepts, the workshop will be conducted mainly in Cantonese, although English terms will be preserved. The purpose of the workshop is not to convert the audience into believers, but merely to enhance better understanding of Freud and his works. Please note that although participants may wish to incorporate some of Freud's concepts in their own work after taking the workshop, they will NOT be able to practise Psychoanalysis or Psychodynamic Psychotherapy as such. Nevertheless, this workshop will constitute foundation for further clinical training.



Workshop Schedule

Day 1:

1. The Life of Sigmund Freud

The workshop begins by tracing the important events and figures in Freud's life that shaped his thinking. This knowledge is vital in understanding the origin and context of his concepts and theory.

2. Drive Theory and the Concept of the Unconscious

Freud's view on motivation is discussed with respect to the concepts of instincts and drives. They led to Freud's borrowing the concept of the Unconscious from predecessors and making it the cornerstone of his theory.

Lunch Break

3. Infantile Sexuality and the Psychosexual Stages

Freud's proposal and subsequent retraction of the seduction hypothesis resulted in his theory on Infantile Sexuality. The major features of the Psychosexual Stages are highlighted.

4. Freud's Tripartite Personality Theory of Id-Ego-Superego

Freud's first comprehensive theory of personality is discussed in detail. Conflicts among various components of personality are introduced and their role in causing psychopathology is explained.

Day 2

5. Ego Defense Mechanisms and Psychopathology

The nature and functions of defense mechanisms are discussed and their relationship with dreams and parapraxes is illustrated. Psychopathology is viewed as an extension of defense mechanisms that are of enormous value in daily life.

6. Psychoanalysis and Psychoanalytic Psychotherapy

This part discusses how Freud integrated his concepts and theories into a form of treatment known as Psychoanalysis. Differences between Psychoanalysis, Psychoanalytic Psychotherapy, and Psychodynamic Psychotherapy are highlighted.

Lunch Break



7. Post-Freudians

This section briefly surveys the subsequent development and modification of Freud's Psychoanalytic Theory by various psychoanalysts, ego analysts, and object relations therapists.

8. Discussion of Case Vignettes

Throughout the workshop, the speaker illustrates various psychoanalytic concepts with examples from his own clinical experience. In this section, participants are welcome to bring forth their own clinical experiences for discussion so as to further our understanding of materials covered in the workshop.



Workshop II: Theory of Psychoanalytic Psychotherapy

Details

- Date** : August 9 & 10, 2013 (Friday & Saturday)
- Time** : 9:30am – 5:30pm
- Venue** : 2/F, 5 Sassoon Road, Pokfulam, Hong Kong.
- Fee** : \$2,200

About the Workshop

This workshop reviews the theory behind Psychoanalytic Psychotherapy and provides an algorithm on how it is conducted. It builds on the previous workshop on basic Freudian concepts and illustrates how they are applied to treatment. The workshop will address issues such as who would benefit from Psychoanalytic Psychotherapy, the psychoanalytic frame and its importance, evenly hovering attention, dream analysis, interpretation and confrontation, and termination of therapy. The workshop also introduces the differences between Psychodynamic Psychotherapy and Object Relations Therapy. Recent research on the effectiveness of Psychoanalytic Psychotherapy will be offered. To facilitate better learning, participants are encouraged to bring forth case vignettes for discussion purpose. The workshop is conducted in Cantonese with English terminology.

Participants in this workshop are expected to have attended the workshop on Basic Freudian Theory by the same presenter.

Workshop Schedule

Day 1

1. Freud's concept of Psychoanalysis

The workshop begins by reviewing major Freudian concepts that eventually led to the development of Psychoanalysis. This form of treatment has undergone many changes in the last century and they will be highlighted briefly.

2. Assessment of Analyzability

Many a times, failures in psychoanalytic psychotherapy were due to inadequate assessment of the suitability of the client for this type of treatment. The intake interview is considered an important part of the treatment process and vital elements in the intake interview are discussed.



Lunch Break

3. Collecting Clinical Material

The client's unconscious material constitutes the substance that needs to be worked on during therapy. Such material is often offered by the client in the form of parapraxes, drawings, dreams, etc. It is important that the therapist be ready, willing, and able to pick up the unconscious messages in these communications. Interpretation of projective drawings and dream interpretation will be introduced.

4. Transference and Countertransference

Freud believed that "Psychoanalysis is the Analysis of Transference". Transference occupies a central role in Psychoanalytic Psychotherapy and its interpretation is often an important step towards working through. Often, this interpretation is assisted by the therapist's keen awareness of his/her own countertransference.

Day 2

5. Interpretation and Insight

Interpretation represents one way of making the unconscious conscious, leading to the development of insight. This section gives more information as to how this is achieved in therapy.

6. Termination of Therapy

Termination of therapy marks the beginning of the end of an important relationship in the client's life. The psychology of this part of treatment has often been overlooked, and this may lead to unsatisfactory outcomes of therapy.

Lunch Break

7. Effectiveness of Psychoanalytic and Psychodynamic Psychotherapies

This section briefly surveys recent studies on the effectiveness of Psychoanalytic and Psychodynamic Therapies.

8. Discussion of Case Vignettes

Throughout the workshop, the speaker will draw on his own clinical experience to illustrate various processes in Psychoanalytic Psychotherapy. In this section, participants are encouraged to bring forth their own clinical experiences for illustration and discussion.



Registration Form

Please return the completed Registration Form with cheque payable to **“The University of Hong Kong”** by mail or in person to the following address:

Centre on Behavioral Health
The University of Hong Kong
2/F., 5 Sassoon Road,
Pokfulam, Hong Kong
Tel: 2831-5158 Fax: 2816-6710

Workshop I: Basic Freudian Theory

Workshop II: Theory of Psychoanalytic Psychotherapy

Workshop I only
HK\$2,200*

Workshop II only
HK\$2,200*

Workshop I + II
HK\$3,800*

* Fee paid is not refundable

* Please tick as appropriate

Title: * Prof. Dr. Mr. Mrs. Ms.

First name: _____ **Last name:** _____

Correspondence address: _____

Tel: _____ **Fax:** _____ **Email:** _____

Organization: _____ **Position:** _____

I know this program from: _____

I would like to learn the following from the courses:

1. _____
2. _____
3. _____

Signature: _____ **Date:** _____