

## Couples Treatment: An Object Relations Perspective

Most therapists recognize the power of the past as it is revealed in the way partners respond to each other. The therapist can be baffled by emotionally intense reactions that seem way out of proportion to the moment. Repeated conflict themes also suggest that the ways partners interpret each other's behavior can only be understood by exploring their individual lived experience. This seminar presents an overview of an object relations approach to working with couples, and describes dynamics that are unique to this clinical approach. You will understand how unfinished business from the past and each partner's relational past can unfold in patterns and postures that work against intimacy. You will also be able to understand how extreme emotional reactions and black & white thinking create instability and specific relationship problems. The seminar will explain a range of techniques that can help couples acquire new ways of responding to each other and strengthening intimacy. You will also understand how the therapist's intuition and reaction to partners is an important source of information that allows insight into the core themes and facilitates the partners ability to heal past wounds while forging deeper intimacy.

### Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

### Learning Objectives

At the end of this seminar, participants will be able to:

1. Define the concept of splitting and describe a helpful psycho-education intervention
2. Identify a projective identification sequence and understand how unfinished business from the past is repeated in the present.
3. Identify the processes of identification and disidentification and the ways that the family of origin influences relationship expectations and dynamics.
4. identify how changes in their own emotional state may be related to the couple's dynamics, and consider ways to bring that information into the session.
5. Identify how countertransference is a form of projective identification.

### Seminar Schedule

Typically begins at 2:00 PM and ends at 4:00 PM Eastern time. However, check the webinar schedule.

## Outline

Begin 2:00 EST

### Key Concepts

The Representational World  
Functions (internalizing, soothing and esteem)  
Structure (splitting)  
Content (projective identification and disidentification)

### The Therapists Use of Self

Exploring the Present in Relation to the Past  
Countertransference as a form of Projective

### Identification

### Interventions

Working with splitting  
Identifying the themes in Projective Identifications  
Separating the past from the present  
Creating mutual support instead of blame

End 4 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times.. Participants will earn 2 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

SOCIAL WORKERS: tzkseminars (Provider # 1242) is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. tzkseminars maintains responsibility for this course. ACE provider approval period: 3/28/2022 to 3/28/2025. Social workers completing this course receive 2 general continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs.

tkkseminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0024.

tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #0001.

tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #0003.

tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #0004.

tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts #0002.

tkkseminars is recognized by the New York State Education Department's State Board for Psychologists as an approved provider of continuing education for licensed psychologists #PSY-003.

tkkseminars is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

## The Presenter

Judith Siegel was a Full Professor at the Silver School of Social Work at New York University and former Director of the Post Masters Certificate Program in Child and Family Therapy. She is a recognized leader in the field of couple treatment, and represents an approach that draws from Object Relations, systems and neurobiology. Her books include *Repairing Intimacy* (Jason Aronson), *Countertransference in Couples Therapy* (co-authored with Marion Solomon (Norton Press)), *What Children Learn from Their Parents Marriage* (Harper Collins) and *Stop Overreacting* (New Harbinger) and have been published in eight languages. She has presented her work on Object Relations Couple Treatment throughout the United States, Canada, England, Israel, South Africa, China and Australia, and has been a regular presenter at the Ackerman Institute for The Family in New York.

## General Information

The TZKseminars educational planning committee members and this seminar's presenter have no relationship with any ineligible companies-those whose primary business is producing, marketing, selling, reselling, or distributing healthcare products used by or on patients.

Individuals with a disability or special need can go to [tzkseminar.com](http://tzkseminar.com) to the Contact page to request accommodations.

This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.

If you would like to file a grievance, go to [tzkseminars.com](http://tzkseminars.com) and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:

tzkseminars, LLC  
2110 South Eagle Road  
P.O. Box 310  
Newtown, Pa. 18940

