

# Psychodynamic Deliberate Practice

The Psychodynamic webinar to be presented on November 1, 2025 will describe foundational skills that address three general processes: (1) Exploration and functional analysis of defenses including a cost-benefit analysis; (2) Guided discovery to uncover more adaptive ways to respond to anxiety-provoking situations that have triggered defenses in the past; and (3) Enacting adaptation by maintaining awareness of previously-used defensive strategies and incorporating more adaptive responses in real-life situations. The discussion groups offered on December 3 and 6 will give participants an opportunity to engage in deliberative practice using new skills and receiving feedback. This type of practice is designed to help psychotherapists increase their ability to explore and modify defenses with their own clients. Deliberative practice will provide an opportunity for practitioners to receive encouragement and guidance from peers and from webinar presenters.

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.Explain the relationship between emotion, anxiety, and defenses.
- 2.Identify the defense mechanisms they see most often among their own clients.
- 3.Demonstrate psychodynamic skills that help clients analyze the functional value of defenses by conducting a cost-benefit analysis.
- 4.Demonstrate skills that can help clients discover more adaptive ways to respond to anxiety-provoking situations that have triggered defenses in the past.
- 5.Apply these psychodynamic concepts to work with current clients.

### Outline

Discussion begins at 7:00 PM Eastern Time

A. REVIEW OF FOUNDATIONAL PSYCHODYNAMIC SKILLS

1. Exploration and Functional Analysis of Defensive Functioning
2. Guided Discovery to Uncover More Adaptive Functioning
3. Enacting Adaptation Outside of Psychotherapy

B. DELIBERATE PRACTICE OF EXPLORATION AND FUNCTIONAL ANALYSIS

PSY-1. Focusing on anxiety and other emotions that may indicate the use of a defense mechanism.

PSY-2. Identifying a specific emotionally-laden incident in which a defense mechanism is being utilized.

PSY-3. Analyzing the functional value of current defenses by conducting a cost-benefit analysis.

PSY-4. Exploring deeper patterns by helping a client understand how current defenses are related to core intrapsychic conflicts from past relationships.

C. DELIBERATE PRACTICE OF GUIDED DISCOVERY

PSY-5. Acknowledging ways that defenses have served an adaptive purpose in the past and may protect the client now.

PSY-6. Discovering more adaptive ways to respond to anxiety-provoking situations that have triggered defenses in the past.

PSY-7. Accepting that some situations are painful and that defensive strategies are necessary in order to cope.

D. DELIBERATE PRACTICE OF ENACTING ADAPTATION OUTSIDE OF PSYCHOTHERAPY

PSY-8. Encouraging the use of new psychological strategies to exercise and strengthen the ego.

PSY-9. Maintaining an awareness of previously used defensive strategies and incorporatin more adaptive responses in real-life situations.

PSY-10. Understanding how unresolved conflicts from the past impact current functioning by illuminating these patterns when observed in the relationship with the therapist.

E. PLANNING FOR APPLICAITON

Discussion Ends at 8:30 PM Eastern Time

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Continuing Education Credit

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### The Presenter

Jeff E. Harris received his Ph.D. in Counseling Psychology from The Ohio State University in 1990. In 2004, he was awarded board certification as a Specialist in Counseling Psychology by the American Board of Professional Psychology. Dr. Harris has worked as a psychologist, training director, and director of counseling at student counseling centers at Southern Illinois University, the University of Hawaii at Manoa, and New Mexico State University. He also worked as an associate professor of Counseling Psychology at Texas Woman's University. Dr. Harris is a licensed psychology, currently providing telehealth psychotherapy for Amwell Medical Group and BetterHelp. Dr. Harris is the author or co-author of two books: *Workshops: Designing and Facilitating Experiential Learning* (Brooks-Harris & Stock-Ward, 1999) and *Integrative Multitheoretical Psychotherapy* (Brooks-Harris, 2008). In 2015, Dr. Harris started collaborating with other scholars to define Unified Psychotherapy as a distinct route to integration. Dr. Harris has developed Training in Unified Psychotherapy (TUP) as a webinar series and certification program to teach therapists to think about clients in a holistic manner and to utilize diverse interventions based on the individual needs of each client.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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