

Psychodynamic Case Conceptualization Discussion Group

The Psychodynamic webinar to be presented on November 1, 2025 will describe three clinical hypotheses used in psychodynamic case conceptualization. First, the integrity of the intrapsychic system involves the way ego strength and ego functions support optimal psychological adaptation. Second, some clients are using defense mechanisms that were once adaptive but, as development has progressed, these defenses have lost their adaptive advantage. Third, some clients are experiencing intrapsychic conflicts between internal parts that need to be explored in order to resolve contradictory functions.

The discussion groups offered on November 12 and 15 will give participants an opportunity to talk about current clients using these concepts to understand psychodynamic processes better and to plan for treatment. Discussion groups will provide an opportunity for practitioners to receive feedback 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. Identify ways that intrapsychic processes are related to dysfunctional cognitions, emotions, and behaviors.
- 2. Describe how the integrity of the intrapsychic system is related to ego strength and ego functions.
- 3. Explain how defenses may have been helpful in the past but may no longer be adaptive.
- 4. Describe how internal parts can be explored in psychotherapy in order to resolve intrapsychic conflicts.
- 5. Apply these psychodynamic concepts to work with current clients.

Outline

Discussion begins at 7:00 PM Eastern Time

- A. REVIEW OF PSYCHODYNAMIC CONCEPTUALIZATION
 - 1. Defense Mechanisms
 - 2. Internal Parts and Intrapsychic Conflicts
 - 3. Integrity of the Intrapsychic System: Ego Functions
- B. CASE CONCEPTUALIZATION BASED ON DEFENSES
 - 1. Triangle of Conflict
 - 2. Illuminating Defenses
 - 3. Cost-benefit Analysis
- C. CASE CONCPETUALIZATION BASED ON INTERNAL PARTS
 - 1. Identification of Internal Parts
 - 2. Description of Conflict
 - 3. Resolution of Conflict using Dialogue
- D. CASE CONCEPTUALTICAION BASED ON EGO FUNCTIONS
 - 1. Ego Strength
 - 2. Ego Functions

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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