

Psychodynamic Conceptualization and Intervention in Psychotherapy

Although many psychodynamic ideas were first suggested by Sigmund Freud a century ago, these concepts and how they are applied to psychotherapy have evolved and changed over the decades. This webinar will present a contemporary approach to practice and will explain how these dynamic ideas can be combined with other theories within a unified approach to psychotherapy. In order to promote a unified approach to treatment, this seminar will highlight how intrapsychic processes shape cognition, emotion, and behavior.

Psychological functioning is influenced by intrapsychic processes whether we attend to these effects or not. This webinar will introduce psychodynamic conceptualization based on three clinical hypotheses. First, it is important to attend to the integrity of the intrapsychic system and explore how conflicts are dealt with and whether there are maladaptive processes that are interfering with optimal functioning. 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 may represent internalized objects that have been introjected from primary attachments.

Foundational psychodynamic skills will be described that address three general processes: (1) Exploration and functional analysis of defenses; (2) Guided discovery to uncover more adaptive intrapsychic functioning; and (3) Enacting adaptation outside of psychotherapy. These foundational psychodynamic skills will be demonstrated with role-play videos that will allow participants to see how they can explore defenses with their own clients.

The latter part of the webinar will introduce exploration of internal parts and intrapsychic conflicts. Internal parts have been described in different ways by theories including psychoanalysis, transactional analysis, emotion-focused therapy, and internal family systems. Participants will be encouraged to consider how these ideas can inform their own practice of psychotherapy with clients.

This seminar is part of Level Two of Training in Unified Psychotherapy (TUP), focusing on working contextually with external contexts and internal influences. An essential part of a unified approach to treatment is understanding the impact of intrapsychic defenses and conflicts on dysfunctional thoughts, feelings, and actions and fostering more adaptive responses.

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. Demonstrate psychodynamic interventions then can help clients recognize and modify defenses.
5. Describe how internal parts can be explored in psychotherapy in order to resolve intrapsychic conflicts.

Outline

Webinars Begins at 11:00 AM Eastern Time

- A. PSYCHODYNAMIC FOCUS WITHIN A UNIFIED FRAMEWORK
- B. INTRODUCTION TO PSYCHODYNAMIC FOCUS
- C. PSYCHODYNAMIC CONCEPTUALIZATION
 - 1. Integrity of the Intrapsychic System
 - 2. Defense Mechanisms
 - 3. Internal Parts and Intrapsychic Conflicts
- D. PSYCHODYNAMIC INERVENTION
 - 1. Functional Analysis & Guided Discovery
 - 2. Explore, Support, Change, Accept

7-minute break

- E. FOUNDATIONAL SKILLS FOR INTRAPSYCHIC FOCUS
 - 1. Exploration and Functional Analysis of Defenses
 - 2. Guided Discovery to Uncover More Adaptive Functioning
 - 3. Enacting Adaptation Outside of Psychotherapy
 - 4. Video Demonstrations

7-minute break

- F. INTERNAL PARTS AND INTRAPSYCHIC CONFLICTS
 - 1. Psychoanalysis: Id, Ego, & Superego
 - 2. Transactional Analysis: Child, Parent, & Adult
 - 3. Critical Voice, Vulnerable Child, & Compassionate Voice
 - 4. Internal Family Systems
- G. CONCLUSION
 - 1. Questions & Discussion
 - 2. Planning for Application

Webinar Ends at 2:15 PM Eastern Time

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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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