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www.ipislc.org

Contact IPI SLC at ipislc@comcast.net or 801-350-0118 for more information on any of our programs, including objectives, target audience, instructional level of the activity, schedule, cost refund/cancellation policy, instructor credentials and CE credits.

Continuing Education Credit: The International Psychotherapy Institute (IPI) is approved by the American Psychological Association to sponsor continuing education for psychologists. IPI maintains responsibility for the program and its content. IPI is an NBCC Approved Continuing Education (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. IPI is a California Board of Behavioral Sciences approved continuing education provider for MFC and LCSW licensure (approval #PCE 1508), CE Credits for Social Workers approved by the Utah Chapter of NASW.

505 E. 200 S., Suite 303
Salt Lake City, UT 84102
(801) 350-0118

The Salt Lake City
Chapter of the
INTERNATIONAL
PSYCHOTHERAPY
INSTITUTE

Mark Epstein, MD
Full-Day Conference:
The Buddha's Self Analysis:
Meditation as a Path from
Object Relating to Object
Usage
September 18, 2009

Richard Billow, PhD
Afternoon Conference:
Loving, Hating and Knowing:
Therapist and Patient
Experience in Group
Psychotherapy
January 22, 2010

Master Speaker
Videoconference Series

IPI SLC Certificate Program:
Foundations of Object
Relations Psychotherapy

Foundations of Psychoanalytic
Couple Therapy

Movie Nights

Family, Couple and Child
Weekend Conference:
Shifting Internal Objects: The
Use of Couple and Family
Treatment in the Development
of the Self

IPI
SALT LAKE

The Salt Lake City
Chapter of the
International
Psychotherapy
Institute

Programs for 2009-2010

About IPI and IPI Salt Lake

The International Psychotherapy Institute (IPI), formerly the International Institute of Object Relations Theory (IIORT), was founded in 1994. IPI is a non-profit organization based in Chevy Chase, Maryland, with affiliated programs throughout the United States and in Panama City, Panama. IPI offers international training programs in Object Relations child and adult psychotherapy (individual, couple and family), infant observation, and psychoanalysis. IPI programs bring trainees from diverse geographic locations together through weekend conferences (most often held in the Washington DC area), week-long institutes, and videoconference seminars. IPI is directed by Dr. David Scharff. For further information, visit www.theipi.org, or contact IPI's Administrator, Anna Innes, at info@theipi.org or 301-215-7377.

The Salt Lake City Chapter of the International Psychotherapy Institute (IPI SLC) is one of IPI's most active. For the past ten years, IPI SLC has been providing supervision, conferences, seminars and ongoing training programs to a growing community of professionals interested in psychodynamic theory and therapy. IPI SLC faculty are active members of the larger IPI community, and all are graduates of IPI's national programs and are current IPI fellows or faculty. Recently, IPI SLC has established a partnership with Westminster College that will enrich IPI SLC's programming in future years.

Mark Epstein, M.D.

The Buddha's Self-Analysis: Meditation as a Path From Object Relating to Object Usage

September 18, 2009



Before the Buddha became the Buddha he underwent a six-year self-analysis. While it is not often emphasized, a careful reading of the historical record suggests that the Buddha was struggling, in this analysis, to come to terms with early loss. Important parallels exist between the Buddha's struggles and those described by D.W. Winnicott in his most important paper, "The Use of an Object and Relating through Identifications" (1969), in which he charted the path from object relating to object usage, from self-centeredness to a capacity for concern. This progression is one that Winnicott felt a therapist could facilitate for a patient whose own parenting was not 'good-enough.' In the Buddha's case, he had to find his own path, and his own technique, creating favorable conditions for a psychic transformation that went beyond the conceptual standard of the day. An examination of the Buddha's self-analysis reveals the underlying mechanism of therapeutic action in meditation, an action that is understandable in psychodynamic terms and of potential benefit to all still wrestling with the infantile residue. Today's presentation will describe the Buddha's self-analysis and will present the method of mindfulness, or bare attention, that he found to be the key agent of mental transformation. The relevance of the Buddha's findings to contemporary psychotherapy will be emphasized.

Mark Epstein, M.D. is a psychiatrist in private practice in New York City and the author of a number of books about the interface of Buddhism and psychotherapy, including *Thoughts without a Thinker*, *Going to Pieces without Falling Apart*, and *Open to Desire*. A new work, *Psychotherapy without the Self*, published by Yale University Press, is now available in paperback and a revised version of his *Going on Being* is just out from Wisdom. He received his undergraduate and medical degrees from Harvard University and is currently Clinical Assistant Professor in the Postdoctoral Program in Psychotherapy and Psychoanalysis at New York University.

"Mark Epstein gets better and better with each book ... He weaves a mindful cartography of the human heart, tying together insights from Buddhism and psychoanalytic thought into an elegant, captivating tapestry." -- Daniel Goleman, author of *Emotional Intelligence*

"A calm comes over me when I read Mark Epstein's work. His integration of Buddhist wisdom and meditative practice with the concerns and struggles of contemporary Western life reflects a seemingly impossible combination of rich, intricate texture with simplicity and vividness." -- Stephen A. Mitchell, founding editor, *Psychoanalytic Dialogues*, author of *Relationality and Freud and Beyond*

Small Group Experience: A unique part of IPI's training approach is the small group experience, in which participants integrate intellectual and emotional reactions to the material that has been presented. For this conference, IPI is offering an optional small group for participants, from 5:15 - 6:15 p.m. To enroll, specify that you would like to participate in the small group on the registration form.

DATE: Friday, September 18, 2009
TIME: 9:00 a.m. - 5:00 p.m. (6:15 p.m. with small group)
(registration begins at 8:30 a.m.)

LOCATION: Gore Auditorium, Westminster College
COST: \$165 (\$180 with small group)
CE CREDITS: 6 (7 with small group)

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jlpoulton@mac.com

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2009-2010

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801-350-0118 www.ipislc.org

Master Speaker Videoconference Seminar

The Master Speaker Videoconference Seminar offers participants the opportunity to study with some of the most creative and experienced clinicians in the world today, and to apply their knowledge directly to their clinical work. The course meets one Friday per month for 9 months (September-May). Each session meets for three hours: a two hour lecture and case presentation (via videoconference) with the visiting speaker, and a one hour large group discussion, which offers a chance to integrate theoretical and clinical ideas with group members' personal and clinical experience. Space is limited: Register in advance to ensure a seat and to receive readings.

CONTINUING EDUCATION: 27 CE credits
LOCATION: Jewett 200, Westminster College
READINGS: Readings will be distributed to enrolled participants in advance
ENROLLMENT and COST: The Master Speaker Series can be taken in its entirety (9 3-hour sessions from 7:00-10:15 am, \$720) or in part (one or more sessions, \$85/session)
TIMES and DATES: All meetings.: 7:00-10:15 am.

September 11: Richard Billow: *Bion for the Practitioner, Part I*

October 2: Ron Aviram: *The Social Object and the Nature of Prejudice*

November 13: Jerrold Post: *When Hatred is Bred in the Bone: The Psychocultural Foundations of Contemporary Terrorism*

December 11: David Hewison (Tavistock Center for Couple Relationships): *When the Good 'Other' Turns Bad: Reflections on Difficulties in Relating across Difference*

January 22: Richard Billow in SLC: *Bion for the Practitioner, Part II*

February 19: Lynn Hugger: *Mourning the Loss of the Idealized Child*

March 19: Andrew Balfour (Tavistock): *Internal Dislocation and Displacement in Old Age*

April 16: Elgan Baker: *Transitional Objects, Transitional Phenomenon and Transitional Space: Pathways to Relational Unconscious*

May 14: Mary Morgan (Tavistock): *The Impact of Unconscious Beliefs About the Other and a Relationship on the Couple*

Call for Papers

For IPI's Family, Couple and Child Psychotherapy Conference, March 12-14, 2010

Please submit a 100-250 word paper proposal or abstract by September 15, 2009 to Janine Wanlass (jwanlass@westminstercollege.edu). We will respond to your submission by October 15th. If your proposal is accepted, please forward an electronic copy of your paper (not more than 4500 words) to Dr. Wanlass by November 15th. Participants presenting papers at the March conference will be required to register for the entire conference.

Richard Billow, Ph.D.: Loving, Hating and Knowing: Therapist and Patient Experience in Group Psychotherapy

Contemporary therapists tend to avoid conducting group psychotherapy, for a variety of reasons: it's too much work, they can't find the time, they don't know how to do it. In this conference, Dr. Richard Billow, a world-renowned expert in psychodynamic approaches to group therapy, will describe the merits of group work - both in terms of its value for the practitioner, and its capacity to enhance treatment effectiveness for the patient. Dr. Billow will first discuss basic approaches to group therapy, from Bion's theories through current relational views. He will then illustrate concepts and techniques using the 'fishbowl' technique, in which he conducts a group session with volunteers, while the rest of the audience observes. To facilitate participants' learning of both the theory and the practice of group therapy, their engagement in, and active discussion of the group process will be encouraged.



Richard M. Billow, PhD, ABPP, is a clinical psychologist, psychoanalyst, and an active contributor to the psychoanalytic and group literature. He has been associated with the Gordon Derner Institute of Advanced Psychological Studies, Adelphi University, New York, since 1968, where he achieved doctorate and postdoctoral certificates in psychoanalysis, and individual and group psychotherapy. He is Clinical Professor and Director of the institute's Postdoctoral Program in Group Psychotherapy, and practices in Great Neck, New York. He is the author of *Relational Group Psychotherapy: From Basic Assumptions to Passion*, and *Resistance* (2003, Jessica Kingsley Press), and the forthcoming *Rebellion and Refusal in Group: The 3 R's* (2010, Karnac Books).

Optional small group for participants: 5:15 - 6:15 p.m. To enroll, specify that you would like to participate in the small group on the registration form.

DATE and TIME: January 22, 2010; 12:30 - 5:00 pm (6:15 with small group)
LOCATION: Jewett 200, Westminster College
COST: \$90 (\$100 with small group) CE CREDITS: 4 (5 with small group)

Note: Dr. Billow will also present in the morning of January 22, 2010, in our Master Speaker Videoconference Series. Separate registration for each conference is required.

Family, Couple and Child Psychotherapy Conference:
Shifting Internal Objects: The Use of Couple and Family Treatment in the Development of Self (In Salt Lake City)

(For further information, see IPI's national website at www.theipi.org.)

The internal worlds of both therapists and patients are constructed by early family experiences, including representations of couple and sibling relationships. These object constellations dramatically influence our interactions with peers, choice of intimate partnerships, and formation of personal identity. Couple, child and family treatments provide a unique opportunity to shift problematic individual and systemic object relations, through examination of shared transferences, identifications, collusive defenses, intergenerational repetitions, and unconscious fantasies. Join us for a weekend where we discuss the value, theory, and craft of child, family, and couple treatments and their potential impact on the development and repair of self.

DATES: March 12-14, 2010 LOCATION: University Park Marriott Hotel
COST: \$505; \$485 for registrations postmarked 21 days in advance of the conference.
CE CREDITS: Approximately 15

Movie Nights

Movie Nights are informal get-togethers where participants watch a film (films in the past have included *Bladerunner*, *Crash*, *Spellbound*, and *Lars and the Real Girl*) and discuss it's psychological, psychoanalytic, and philosophical aspects. They are open to all and include snacks, the film, and discussion. Earn 2 CE credits. Donations are welcome.

DATES and TIMES: October 23 and April 9; 6:30 - 9:00 p.m.
LOCATION: Jewett 200, Westminster College
COST: (Free: donations are welcome) CE CREDITS: 2

October 23, 2009: *Another Woman* (Moderated by Stephen Morris, PhD)

April 9, 2010: *Lives of Others* (Moderated by James Poulton, PhD)

IPI SLC Seminars

IPI SLC Certificate Program: Foundations of Object Relations Psychotherapy

Designed for practitioners and students with a beginning to intermediate familiarity with psychodynamic ideas, this course will provide a comprehensive introduction to the basic concepts of Object Relations theory; the major theorists responsible for developing Object Relations theory and therapy; and the primary techniques for conducting Object Relations therapy. Participants will learn about Object Relations approaches to the beginning, middle and termination phases of treatment, and will be introduced in depth to such core psychodynamic concepts as transference, countertransference, projective identification, containment, paranoid/schizoid and depressive positions. Program coordinator: James Poulton, PhD. Faculty: Stephen Morris, PhD, Ruth Manville, LCSW, James Poulton, PhD, Colleen Sandor, PhD and Janine Wanlass PhD.

TIMES and DATES: (Tuesdays, 7:15 - 9:15 pm): Oct 27, Nov 10, Dec 1, Dec 15, Jan 12, Jan 26, Feb 9, Feb 23, Mar 9, Mar 23, Apr 6, Apr 13
LOCATION: Gore 108, Westminster College COST: \$520 for full seminar (\$260 for students) CE CREDITS: 24

Foundations of Psychoanalytic Couple Therapy

The International Psychotherapy Institute (IPI), in partnership with the Tavistock Center for Couple Psychotherapy (TCCR), announces a new 7-session videoconference course on the foundations of psychoanalytic couple therapy. Directed by David Scharff and Janine Wanlass of IPI and Christel Buss-Twachtman and David Hewison of TCCR. All seminars are 7:45-9:45 a.m. on Wednesdays, and will be joined (via videolink) by Salt Lake, London, Washington DC, Panama City.

September 23: David Scharff: Introduction I to Psychodynamic Couple Therapy (presenting from Washington DC)
October 7: Christel Buss-Twachtman: Introduction II to Psychoanalytic Couple Therapy (London)
October 21: David Hewison: Shared Unconscious Phantasy in Couple Psychotherapy: A Review (London)
November 4: Jim Poulton: Negotiating Individual and Joint Transferences in Couple Therapy (Salt Lake City)
November 18: Susanna Abse: Intimacy and the Adult Couple (London)
December 2: Yolanda Varela: The Impact on Couples and their Families of Unresolved Mourning (Panama City, Panama)
December 16: David Hewison: Thoughts on Catastrophe and Transformation in 'American Beauty' (London)

LOCATION: Jewett 200, Westminster College COST: \$295 CE CREDITS: 14
Note: For more information about this course, contact Anna Innes at info@theipi.org or 301-215-7377, or visit IPI's main website at www.theipi.org.

Master Speaker Videoconference Seminar Study Group

IPI SLC is sponsoring a study group series that will precede each Master Speaker Videoconference seminar. The study group will be held in different homes on Wednesday evenings (prior to each videoconference), and a light supper and beverages will be provided. This small, informal gathering provides the opportunity to discuss the readings for each videoconference and to share thoughts about the applicability of the material with other practicing clinicians. There is no charge, but pre-registration is recommended. For additional information, contact Merritt Stites, LCSW at 801-531-7389 (ext. 3) or mstites@xmission.com.

TIMES and DATES: (Wednesdays, 6:30 - 8:15 pm): Sept 9, Sept 30, Nov 11, Dec 9, Jan 20, Feb 17, March 17, Apr 14, May 12
LOCATION: To be announced COST: No Charge CE CREDITS: Not available for this seminar

Registration

Name _____ Degree _____
Address _____
City/State/Zip _____
Phone:(work) _____ (home) _____
Emailaddress: _____ Fax: _____

Master Speaker Videoconference Seminar

Complete Series (\$720 for 9 three-hour sessions: 27 CE hours)

Individual Sessions (\$85 for one three-hour session; 3 CE hours/session)

9/11/09 _____ 10/2/09 _____ 11/13/09 _____ 12/11/09 _____ 1/22/10 _____
 2/19/10 _____ 3/19/10 _____ 4/16/10 _____ 5/14/10 _____ (total) _____

IPI SLC Certificate Program: Foundations of Object Relations Therapy

Series (\$520; \$260 for students)

Foundations of Psychoanalytic Couple Therapy

Series (\$295)

Master Speaker Videoconference Seminar Study Group (no charge)

Mark Epstein Conference - September 18, 2009 (\$165; \$85 for students)
 Small Affective Learning Group (additional \$15; 1 additional CE hour)

Richard Billow Conference - January 22, 2010 (\$90; \$45 for students)
 Small Affective Learning Group (additional \$10; 1 additional CE hour)

Total Amount Enclosed _____

Advance readings are provided for many of IPI SLC's programs. To receive them in time, early registration is recommended. ● Mail registration form and payment to: IPI SLC, 505 E. 200 S., Suite 303, Salt Lake City, Utah 84102. ● Registration and payment may also be completed on our website, www.ipislc.org. ● 50% Student discounts are available for some offerings. Proof of full-time enrollment in a course of study related to mental health required. Contact Penny Jameson, PhD (801-350-0118 or penny.jameson@gmail.com) for more information.

Please add my name to IPI SLC's email mailing list.

Small Group Experience

A unique part of IPI's training approach is the small group experience, which combines theoretical, clinical and experiential approaches in an integrated view of object relations, psychopathology and clinical interaction. Small group participants integrate intellectual and emotional reactions to the presented material. Through analysis of the group process that develops, individuals discover how their inner world combines with others' personalities to foster or impede learning, and how the concepts being studied affect both the person and the group. IPI SLC offers a small group experience for a number of their training events. Be sure to consider taking advantage of these unique training opportunities.

Supervision and Study Group Opportunities Available

Visit us at www.ipislc.org