



CMPS

Center for Modern Psychoanalytic Studies

Presentation via Zoom

The Analyst's Torment: Unbearable Mental States in Countertransference

In contrast to exploring the patient's mind from a safe distance, the clinician's feelings, subjective experiences, and history all impact the intersubjective space of the therapeutic encounter. Thus, the analyst's authentic self-exploration is a vital part of the work. Shah explores how the analyst's uncomfortable and disowned emotions are inevitably entangled with the therapeutic process and have the potential to derail or facilitate it. Specific emotional/mental states that cause therapists to stop listening and struggle in the face of uncertainty and intensity will be explored in detail, including dread, arrogance, dissociation, and shame. The analyst's capacity to experience and work with these states is vital to understanding and metabolizing patients' emotional experiences and maintaining an ethical and therapeutic stance.

2 CE Credits for Psychoanalysts, Psychologists, and Social Workers

SATURDAY: October 14, 2023

9:30 - 11:30 AM (Eastern) via Zoom

To Register: cmeps.edu/events

For More Information: 212-260-7050 • cmeps@cmeps.edu

PRACTITIONERS AND GENERAL PUBLIC: \$40 | STUDENTS: FREE



Dhwani Shah is a psychiatrist and psychoanalyst currently practicing in Princeton, NJ. He is a clinical associate faculty member in the Department of Psychiatry at the University of Pennsylvania School of Medicine and a faculty member at the Psychoanalytic Center of Philadelphia. He has authored articles on topics ranging from neuroscience and mood disorders to psychoanalysis. His book, *The Analyst's Torment: Unbearable Mental States in Countertransference* (Phoenix, 2022), was featured in Brett Kahr's "Top Ten Books of 2022."

CONTINUING EDUCATION INFORMATION

LEARNING OBJECTIVES: Participants will be able to (1) describe the various ways countertransference has been defined and used (and misused) by practitioners and its fundamental role in the ethics of the clinic, (2) identify when interpretive strategies in dissociated or arrogant states of mind may serve a defensive function for the therapist and their potential negative therapeutic consequences, and (3) recognize the experience of countertransference dread in work with suicidal patients and the impairment of empathy and relatedness that follows from experiences of dread.

Psychoanalysts: The Center for Modern Psychoanalytic Studies 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 (#P-0032).

Psychologists: The Center for Modern Psychoanalytic Studies is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0163).

Social Workers: The Center for Modern Psychoanalytic Studies 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 (#SW-0206).