

ZOOM Vortrag

Enlivening Psychodynamic Psychotherapy with Emotionally-Focused Interventions: Video Illustrations

Hanna Levenson

Focusing on affect and the expression of emotion has long been a key feature of psychodynamic/psychoanalytic psychotherapies (PDT). While PDT therapists have always paid attention to the emotional life of their clients, they usually do not focus on accessing and processing emotions in the manner and to the degree that practitioners of emotion-focused therapy (EFT) do. By recognizing the power of emotion as a fundamental change mechanism, an increasing number of therapists who previously defined themselves a classically psychodynamic (e.g., fostering insight through interpretation) are now placing themselves in the “experiential camp.” Developed in the 1980’s, Time-Limited Dynamic Psychotherapy (TLDP) has undergone several changes. One of these is to emphasize experiential-emotional learning as a main therapeutic change agent. The updated version of TLDP incorporates the EFT focus on accessing and processing feelings in the here–and-now that is seen as altering and even transforming old dysfunctional patterns of relating to self and others. In the presentation, Dr. Levenson will show video vignettes illustrating how emotional processing from an EFT perspective and focusing on recurrent maladaptive patterns from a PDT point of view can be synergistically combined within the same therapy.

ReferentIn	Hanna Levenson, PhD, Professor, Wright Institute, Berkeley, California, USA
Termin	Montag, 5. Juni, 19.00 Uhr
Kosten	2 EH, EUR 40,- für MG, EUR 60,- für nicht MG
Anrechenbarkeit	2 EH Fortbildung lt.PThG
Anmeldung	ÖGATAP (office@oegatap.at)
Stornobedingungen	kostenfrei bis 29. Mai 2023