

# Personality Dynamics in Psychoanalysis and Psychotherapy: A Roadmap for Change

Presented by Jonathan Shedler, PhD

**Saturday, September 14, 2019**  
**8:30 - 4:00 PM**

The Menninger Clinic  
12301 S. Main St., Houston, TX 77035

This event is open to members and mental health professionals.

8:30am – 9:00am Networking and complimentary breakfast  
9:00am – 12:00pm Lecture; Lunch provided 12:00pm – 1:00pm  
1:00pm – 4:00pm Workshop/clinical case presentations

Active Members: \$150

Friend Members: \$200

Non-members: \$250

Student Members: \$50



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The hallmark of psychodynamic and psychoanalytic treatment is a focus on psychological patterns and processes that underlie overt symptoms—in other words, personality dynamics. In the morning lecture, “Personality Pathways to Depression,” Dr. Shedler will discuss the personality styles and syndromes most often seen in clinical practice (e.g., narcissistic, borderline, obsessive-compulsive), describe how each personality style represents a unique pathway to “depression” that requires a distinct treatment focus, and offer clinical strategies for deepening treatment.

Building on concepts from the morning lecture, the afternoon workshop will have a practical, hands-on clinical focus. Participants will develop a deeper appreciation of contemporary psychoanalytic/psychodynamic therapy through clinical case presentations by workshop participants, with case discussion, “live” clinical supervision, and role playing to demonstrate effective intervention. Dr. Shedler will emphasize personality dynamics and the constructive use of transference and countertransference to facilitate change.

## OBJECTIVES

1. Understand how familiar personality styles represent distinct pathways to depressive disorders.
2. Describe how narcissistic, paranoid, and borderline personality styles create psychological vulnerability to depression.
3. Describe the defining features of depressive personality disorder and implications for treatment.
4. Develop a deeper understanding of the clinical treatment process through case discussion, role play, and live clinical supervision.

## Presenter



American psychologist Jonathan Shedler, PhD is known internationally as an author, consultant, and master clinician and teacher. His article, “The Efficacy of Psychodynamic Psychotherapy,” won worldwide acclaim for firmly establishing psychoanalytic therapy as an evidence-based treatment. He is a leading expert on personality styles and disorders and their treatment. Dr. Shedler leads professional workshops nationally and internationally and consults to clinicians, organizations, and U.S. and international government agencies.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of American Psychoanalytic Association and The Center for Psychoanalytic Studies. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians.

IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS: None of the planners and presenters of this CME program have any relevant financial relationships to disclose.

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