

ASSOCIATION FOR PSYCHOANALYTIC SELF PSYCHOLOGY

Invites you to a presentation

**BENEATH THE WORDS:
The Deeper Level Where Self Psychology and Focusing Meet**

with
LYNN PRESTON, MA, MS, LP

Self Psychologists

believe, along with Kohut, that what makes psychotherapy “work” is the patient’s experience of feeling deeply understood. Most of us agree but struggle to find pathways to this lived experience of deep understanding, especially with patients who can’t access or articulate their felt experience.

Focusing

can offer clinicians ideas and skills that help us create empathic connectedness when it is hard to come by. It gives us ways to tune into our own sense of the immediate, visceral, deeper point that is poking up from under the surface of the conversation.

Self Psychologists and Focusing therapists share the conviction that relational connectedness is at the heart of therapeutic healing. Awareness of the felt sense of an interaction facilitates attuned responsiveness. It acts as a compass for the therapeutic process.

In this presentation we will look at what the traditions of **Self Psychology** and **Focusing** can contribute to each other, giving special attention to the clinical skills of working with the implicit dimension of the treatment. We will use live demonstrations and a video clip of Gendlin's work.

**Saturday, December 9, 2017 9am-1pm (Registration begins at 8:30am)
C. G. Jung Foundation, 28 East 39th Street, (between Madison & Park Avenues)**

Pre-registration by Dec. 3: APSP Members:\$60, Non-Members:\$70,
Members of The Focusing Institute, Candidates & Retired:\$40
At door: APSP Members \$70, Non-Members \$80, Members of TFI, Candidates & Ret. \$50
Make checks payable to APSP and mail with your name, address, degree, email & phone
number to: **APSP, 215 East 79th Street, Apt 13C, New York, NY 10075**

To ask for a registration form or for more information call
Jean Owen at 212-628-6686 or email jeanowen4@mail.com

The Association of Psychoanalytic Self Psychology, Inc. 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-0035. This program will offer **four CE credits**. (Application for social workers is pending.)