

**YOU MUST RSVP AS SPACE IS LIMITED!**

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## **“Let’s Get To Know Each Other Better” BRUNCH**

The Education Committee of the Metropolitan Chapter of the NYSSCSW presents:

### ***Collaborative Therapists as a Creative Couple***

**Sunday, Feb. 3, 2019**

**11:00am – 2:00pm (11:00-11:30 Networking)**

**PPSC – 80 Fifth Avenue, NYC (14<sup>th</sup> St) Room 1408C**

**Presenters: Linda Berman, LCSW & Lynn Schultz, LCSW**

**Description:** The traditional psychotherapy model is based on the dyad of therapist and patient. As our practice becomes increasingly more integrative, we are seeing many different therapeutic configurations that involve either adjunctive therapies or team collaboration. In working in areas like eating disorders, a team approach is the gold standard of treatment. Although many of us already work collaboratively, there is little theoretical material that looks at the psychodynamic effects/affects and underpinnings of these collaborations. This paper, starting with an individual treatment that eventually included collaboration with a couples' therapist, starts to explore the dynamic of the therapists' relationship and its impact on treatment.

Through clinical vignettes of a shared case, Ms. Berman and Ms. Schultz will explore the various complex and intersecting inter-subjective fields co-constructed in their collaborative work. In the case to be presented, Ms. Schultz had been treating the wife in individual psychotherapy for a number of years. Due to a rupture in the patient's recent marriage, Ms. Schultz referred the couple, husband and wife, to Ms. Berman for conjoint counseling. After a few sessions, working with the couple, Ms. Berman also began to see the husband individually.

By focusing on pieces of sequential sessions and the therapists' communication, thoughts and fantasies about the couple, we are able to see how the therapists' "links" and the couples current and trans-generational "links" influence the therapeutic space that they all inhabit. Integrating these complex influences informed the interventions that challenged and made comprehensible couple's reenactments, which led to their individual and marital increased vitality, efficacy and growth.

Ms Berman and Ms Schultz will present in the manner of their collaboration...going back and forth with their individual perspectives, case material and theoretical framework, followed by a Q and A. Bios for Ms. Berman (author of the internationally acclaimed "Behind the Eight Ball") and Ms Schultz (on faculty at NYU and creator/developer of the psychotherapeutic program at BALANCE eating disorder treatment center) are available upon request.

**It is respectful to the organizers of this event to RSVP early.**

**Registration will be on a first come, first served basis. Space is limited.**

**E-mail Susan Appelman @ ShrinkSGA8@aol.com**

**Refreshments Will Be Served**

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