

ASSOCIATION FOR PSYCHOANALYTIC SELF PSYCHOLOGY

Invites you to attend a presentation

**by Lynn Preston, MA, MS,
and Ellen Shumsky, LCSW**

THE NEW US: THE DEVELOPMENT OF THE THERAPEUTIC SYSTEM

**Saturday, February 7, 2015
10:00 am to 12:30 pm
Registration begins at 9:30 am
C. G. Jung Foundation
28 East 39th Street
(between Madison & Park Avenues)
New York City**

After 16 years of working together, Ellen asked Harry how he thought his therapy had helped him. He replied, "Because you didn't do therapy. We had a relationship. And I learned how to be in a relationship and now I can have other relationships."

Through these years this characteristically bounded therapist and her notoriously boundary busting patient navigated their way through the major challenges of their unique system - negotiating limits, giving and receiving, holding the faith through a Great Depression. Through mutual sharing, tumultuous pulls and pushes, angry ruptures and heartfelt reconnections they stretched and grew their partnership, as they learned to live, love and play together.

In this presentation we consider the question of what it means to "*have*" a therapy relationship and offer the view that each therapeutic dyad, each healing relatedness, is a unique living system with its own particular needs and challenges and its own developmental unfolding.

This clinical story serves as a vehicle to explore the possibilities of using a complexity theory lens to understand the development of a therapeutic system. The *New Us* is an ever-changing system out of which a new self emerges. With this perspective the focus of attention is primarily on the growth of the system within which the individuals develop rather than the more conventional focus of attending to the development and healing of the patient.

Lynn Preston, MA, MS, LP is the founding director of the Relational Self Psychology Study Center (RSP) and the Focusing-Oriented Relational Psychotherapy Center in New York City, as well as a faculty member of the Institute of Contemporary Psychotherapy (ICP), New York City. She has written on the subjects of implicit experience and the use of the analyst's subjectivity. She has a special interest in experiential teaching, supervision, and exploring the relationship between philosophy, theory, and practice.

Ellen Shumsky, LCSW, LP, is faculty and supervisor at the Institute for Contemporary Psychotherapy, and at the Relational Self Psychology Study Center. She has an abiding interest in the clinical application of psychoanalytic theory about which she has published and presented widely. She maintains a private clinical and supervisory practice in New York City.

REGISTRATION FORM: THE NEW US

Preregister by Feb. 7 \$65 (\$55 for APSP members, \$35 for students)

At the door \$75 (\$65 for APSP members, \$45 for students)

Send your check with your name & address to:

APSP, 215 East 79th Street, Apt 13C, New York, NY 10075

For information call 212-628-6686 or email jeanowen4@gmail.com

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