

CPPNJ Spring 2018

Psychoanalytic Supervision with Candidates: Psychoanalyst Retreat on Developing Excellence

Sunday, March 18, 2018, 11:00am-3:00pm

Nina Williams, PsyD, Karen Heffernan, PhD and Janet Hoffer, LCSW
Madison, NJ

Instructor Bios

Nina Williams, PsyD

Dr. Nina Williams is a licensed psychologist with a private practice in Somerset, NJ. She is one of the CPPNJ faculty members who developed the Supervisor Training Program and has taught the class on parallel process since its inception. In addition to completing the STP herself in 2012, Dr. Williams has taught and supervised psychologists, social workers, clinical nurses, and psychiatrists in psychodynamic psychotherapy since 1994. A graduate of the Graduate School of Applied and Professional Psychology (1994) and of the Institute for Psychoanalysis and Psychotherapy of New Jersey (2000), she has served on the adjunct faculties of Robert Wood Johnson Medical School, GSAPP, and the Center for Psychoanalysis and Psychotherapy of New Jersey, where she continues to supervise and teaches postgraduate clinicians.

Karen Heffernan, PhD

Karen Heffernan, PhD, is the Director of CPPNJ's Supervision Training Program. She is a Clinical Psychologist-Psychoanalyst and published researcher, who has taught doctoral level classes in trauma therapy and has supervised trainees for the past 17 years in both clinic and private practice settings. She is currently on the teaching faculty at CPPNJ and the New Jersey Couples Therapy Training Program. Karen was a graduate of the Supervision Training Program in the first year it was offered. She joined the Supervision Training Program faculty and has taught in the program for Karen has been Director of the Supervision Training Program since 2015.

Janet Hoffer, LCSW

Janet Hoffer, LCSW is a psychoanalyst in private practice for twenty-eight years. She is currently the Dean of Students at the Center for Psychotherapy and Psychoanalysis where she is a training analyst, supervisor, and Instructor writing courses. Her interests are in the areas of trauma, PTSD, and the role of shame in the therapeutic and supervisory relationship. She recently had two papers accepted for publication in the *Journal of Psychoanalytic Social Work*:

Hoffer, J. (2017). An Elephant in the Consulting Room: Making Space for a Patient's Secret. *Psychoanalytic Social Work*, 24 (2): 131-143.

Hoffer, J., Bringing Shame Out of Hiding and Into Treatment: Review of DeYoung, Patricia A, *Understanding and Treating Chronic Shame: A Relational/Neurobiological*

Approach. New York: Routledge, 2015. (Accepted for publication: *Psychoanalytic Social Work*, 2018).

Hoffer, J. The Value of Respecting Patient's Secrets in Psychotherapy: Protection From Shame (in process)

Course Description

Providing high quality clinical supervision to licensed social workers at the advanced postgraduate level is crucial to maintaining ongoing excellence in the practice of social work. Further, the needs of clinicians enrolled in a postgraduate training program for integrating supervision with the didactic component of the program are unique to this setting. This course will provide advanced clinicians with the skills they need to provide effective supervision within a psychoanalytic training program. We will identify and discuss the specific goals of a training supervision and how to apply and assess this within an individual supervision. Topics will include: the operation of triangles within the supervisory system of supervisor, candidate, patient and training institute; the role of vulnerability in the supervisory dyad; the evaluation process within a psychoanalytic training program; issues and challenges in the evaluation process; the role of shame for both candidate and supervisor as it affects the supervision and evaluation process.

The format of the course will include guided discussion to draw from the varying levels of experience and seniority of the participants, as well as presentation and discussion by the instructors of the assigned readings. Published case material will be used to guide discussion of application.

Learning Objectives

Students will be able to:

1. Identify at least three unique aspects of supervising candidates in psychoanalytic and psychodynamic psychotherapy training.
2. Articulate at least three goals of psychoanalytically oriented supervision within a postgraduate training program.
3. Assess the growth of their own supervisory skills in meeting these goals, and target areas for their own professional development as psychoanalytic supervisors.
4. Analyze the conscious and unconscious components of the systemic triangles operating between supervisor, candidate, patient and training institute in the psychoanalytic supervision process.
5. Practice recognizing these triangles within their own supervisory relationships.
6. Describe the role of vulnerability on the part of both supervisor and candidate in the psychoanalytic supervision process.
7. Identify at least three goals for evaluating the supervision in a psychoanalytic training program.
8. Articulate two or more areas of difficulty that can interfere with effective psychoanalytic supervision.
9. Discuss the role of shame in the psychoanalytic supervision process as it relates to either the candidate or the supervisor.

Target Audience/Content Level

This workshop is appropriate for social workers at the advanced level.

Prerequisite: Certification as a psychoanalyst.

Course Syllabus

AGENDA

11:00 – 11:15 Dr. Debra Roelke Introduction and Overview (non-instructional time/no credit)

11:15-12:15 Dr. Nina Williams Fostering Competence:
Candidate Competencies
Supervisor Competencies

This course segment will use guided discussion and presentation on the unique goals of psychoanalytic supervision within a psychoanalytic training program. We will discuss the integration of these goals to the competencies we seek to foster in psychoanalytic candidates. We will then identify the supervisor competencies that best develop these training goals, and discuss the use of self-assessment and ongoing training to maintain excellence in psychoanalytic supervision for the new millennium.

12:15 – 1:00 Lunch break – non-instructional time/no credit given

1:00 – 2:00 Dr. Karen Heffernan Triangles in psychoanalytic supervision
Working with vulnerability within these triangles

This course segment will expand on psychoanalysts' knowledge of the various systemic triangles operative in the supervision process within a psychoanalytic training institute. We will discuss the approach of "evenly hovering attention" to the supervisor's awareness of these triangles in action, and how this informs effective supervisory input. Guided discussion will address the topic of vulnerability that operates both consciously and unconsciously within these triangles. The format will combine presentation, guided discussion and case vignettes.

2:00 – 3:00 Janet Hoffer, LCSW Issues in supervision evaluation;
Identifying and working with shame
In this process: the candidate's and the supervisor's

This course segment will present the goals and process of evaluation in psychoanalytic supervision as it relates to training progress. Guided discussion and case vignettes will expand on this to discuss approaches and challenges to evaluating psychoanalytic supervisees. The role of shame in particular as a potent challenge in supervision and evaluation will be examined as it relates to both the candidate's and the supervisor's conscious and unconscious experience.

Course Approval Statement and Expiration Date

This course is approved by the Association of Social Work Boards – ASWB NJ CE Course Approval Program Provider #66 Course# ____ from MM/DD/YYYY to MM/DD/YYYY. Social workers will receive the following type and number of credit(s): Clinical Social Work Practice: 3

Course Completion Requirements/How Certificate will be Awarded

Students are required to complete the course requirements in order to receive credit – attend class, signing in and signing out of each session, complete the required paper, participate in class and complete the course evaluation. Certificates will be mailed after the class has ended.

SPECIAL ACCOMMODATIONS NEEDED

ADA accommodations available upon request. (Required at least 14 days prior to course start date.)

COURSE REFUND POLICY

Up to one month before a course starts there will be a full course refund less a \$50 administrative fee. Less than one month before a course starts there will be a \$50 administrative fee and the payment will be applied to a future course. Once a class starts, there will be no refunds. Extraordinary circumstances will be reviewed on an individual basis.

INSTRUCTIONS

- 1- Fees: \$20 CPPNJ members. \$60 non members.
- 2- Mail check made payable to CPPNJ and mail to: CPPNJ, 235 Main Street, #184, Madison, NJ 07940
- 3- Or register online at www.cppnj.org

For more information or registration, please call 973-912-4432, visit us online at www.cppnj.org, contact us by email at cppnj@cppnj.org or at CPPNJ 235 Main Street #184 Madison, NJ 07940.