The Southeast Florida Association for Psychoanalytic Psychology
Local Chapter—Society for Psychoanalysis and Psychoanalytic Psychology, Division 39 of the American Psychological Association

IN COLLABORATION WITH PRESENTS:

College of Psychology NOVA SOUTHEASTERN UNIVERSITY | NSU Florida



# Push Me/Pull Me, Baby Me/Control Me: A Psychodynamic Model for Couple Therapy

## Presented By: Robert Mendelsohn, Ph. D., ABPP (Clinical Psychology)

Saturday, January 18, 2020
9:00AM—12:30PM
8:30AM Registration and Continental Breakfast
**NOVA Southeastern University**

NSU Dept of Psychology Faculty and Students FREE

## THE PRESENTATION

3 CE Credits Available

Couple psychotherapy extends the work of the psychodynamic clinician to the patient's most significant relationships, yet the therapy is often seen as both conceptually and technically difficult. The reason for this is that in every couple's treatment there are several transference and countertransference relationships and a confusing array of psychological defenses. Dr. Mendelsohn also suggests there are three powerful couple dynamics that shape every couple's treatment: (1) the couple's overuse of the defense of projective identification, (2) the level of object relations that the couple shares, (3) whether one or both members overuses the defense of omnipotent control.

In this presentation, through illustrations and elaborations of the above ideas, Dr. Mendelsohn will demonstrate that: (1) Projective identification is ubiquitous in couples, but not always pathological, (2) Over their history, couples develop their own couple object-relational dynamics, (3) The defense of omnipotent control is typically seen by a couple's therapist as a kind of quirky or odd belief in one of the members of the couple (such as when one member suffers from pathological jealousy while the other member suffers via the jealous behavior of their mate). Couples also couples share fantasies about each other, and in their desire for understanding and mastery of their emotional connection, it is often easier for each member of the couple to think of the other subjectively. Thus, the defense of omnipotent control can actually be part of a couple-relationship problem. In sum, when we fall in love and become a couple, we may lose some of our reasoning powers in the process.

## THE PRESENTER

Robert Mendelsohn, Ph. D., ABPP (Clinical Psychology) received his PhD in clinical psychology from the University of Massachusetts, Amherst, in 1969 and completed post- doctoral training in Psychoanalysis and Psychotherapy at *The Derner School of Psychology* of Adelphi University. He also received postdoctoral training in Group Psychotherapy at *The Derner School*, while studying with visiting faculty including Otto Kernberg and having supervisory hours with W.R. Bion. Dr. Mendelsohn has been a Professor of Psychology at *The Derner School of Psychology* since 1974, and from 1992 to 2000 he was the Dean. He is the author of one book and over 25 articles and book chapters focusing on countertransference and couple psychotherapy and he has been a reviewer for the journals *Psychodynamic Practice* and *The International Journal of Group Psychotherapy*. He maintains a practice in Roslyn, New York.

## OBJECTIVES

At the end of this presentation, participants will be able to:

1. Describe the three components of the Three Factor Model of Couple Psychotherapy.
2. Identify and work with couples across the spectrum of couple object relations.
3. Describe how the Three Factor Model of Couple Psychotherapy can be effective with so-called intractable couple-psychopathology.

**PRE-REGISTRATION IS APPRECIATED**

REFUNDS WILL BE PROVIDED UNTIL 1/16/2020 MINUS $10 ADMIN FEE

| MEMBERSHIP CATEGORY | EARLY BIRD RATE Until 1/12/2020 | DAY OF EVENT RATE |
|---|---|---|
| MEMBER | $65 | $80 |
| NON-MEMBER | $95 | $110 |
| STUDENT MEMBER VALID STUDENT I.D.REQUIRED | FREE | $15 |
| STUDENT NON-MEMBER VALID STUDENT I.D.REQUIRED | $15 | $30 |
| NOVA Faculty/Student (With valid ID Card) | FREE | FREE |

**This program, when attended in its entirety, is available for 3 Continuing Education Credits.**

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