

# TRAINING GROUPS in Experiential Dynamic Therapy

Taught by Susan Warren Warshow, LCSW

*Now Offered*

Videotape analysis and clear, step-by-step instruction will demonstrate:

- The tools to access deep emotions to effectively resolve trauma.
- How to build a sustaining and strong therapeutic alliance.
- Powerful techniques of defense interruption applied respectfully, collaboratively and empathetically
- Tailored interventions for a wide variety of patients.
- A heavily researched (over 60 clinical trials), proven effective and accelerated treatment.
- A clear roadmap within a systematic, comprehensive and precise approach.

## Contact

Susan Warren Warshow, LCSW  
(818) 703-1145  
[www.warrenwarshow.com](http://www.warrenwarshow.com)



## WHAT THEY'RE SAYING . . .

*Susan Warren Warshow is a highly skilled therapist and an excellent teacher. With patient and student alike, she deftly and precisely identifies and targets key factors as the first step in swiftly, adroitly, and compassionately resolving critical issues. If you are interested in improving your personal and professional work, take Susan's seminar.*

— Bruce W. Spring, M.D., Assistant Professor of Clinical Psychiatry, U. of Southern CA School of Medicine

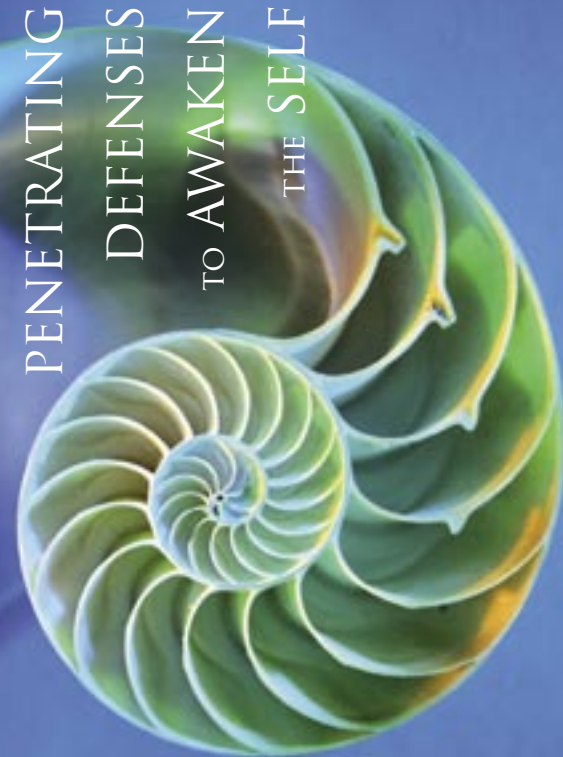
*I have seen Susan Warren Warshow's work on videotape and have been most impressed with her deeply insightful, sensitive, and fearless approach, leading to outstanding therapeutic results. I have the greatest confidence in her.*

— David Malan, M.D., Tavistock Clinic

*Great course! Her clear demonstration of how to identify, track and turn rigid defenses into enemies of the patient, shown through videotapes of her own sessions, is invaluable. I was impressed with her skill both at teaching and applying this technique in such a positive and respectful way.*

— Jean Ball, Ph.D., Department of Psychology, California Graduate Institute

## PENETRATING DEFENSES TO AWAKEN THE SELF



THE ART AND SKILL OF REACHING AFFECT

Saturday, Oct. 28, 2006 | Pasadena, California  
Saturday, Nov. 11, 2006 | Los Angeles, California

*Deep emotion does not need acting out, but it does need the willingness to allow it into your bloodstream, to let its fire fan out from the heart and find its way into the cells of the body. It spans, too, the whole spectrum of human feelings.*

—Roger Housden, Author

## REACHING AFFECT WITH COMPASSION AND SKILL . . .

- Timing, synchronicity and creativity in effective treatment
- Somatic and emotion-focused Interventions
- Proven methods to alleviate anxiety, disable shame and reduce resistance
- Building ego-adaptive capacity, i.e., tolerance for affect
- Activating an intrapsychic focus and therapeutic alliance
- Healing through the therapeutic relationship
- Countertransference and training Issues

ACEI  
P.O. Box 17980  
St. Paul, MN 55117

SWW-1

Saturday, Oct. 28, 2006 | Pasadena, California  
Saturday, Nov. 11, 2006 | Los Angeles, California

PRESENTED BY  
SUSAN WARREN WARSHOW, LCSW

## PENETRATING DEFENSES TO AWAKEN THE SELF



THE ART AND SKILL OF REACHING AFFECT

- Videotape Illustrations
- Accelerated Resolution of Trauma
- Tracking Emotions and their Somatic Manifestations
- Interrupting Defenses Compassionately
- An Approach Supported by Neuroscience

# THE ART AND SKILL OF REACHING AFFECT

- Timing, synchronicity and creativity in effective treatment
- Emotion and somatic-focused interventions
- Effective methods to alleviate anxiety and overcome resistance
- Building ego-adaptive capacity, i.e., tolerance for affect
- Activating an intrapsychic focus and therapeutic alliance
- Healing through the therapeutic relationship
- Countertransference and training Issues

## MEET YOUR PRESENTER

Susan Warren Warshow is a Licensed Clinical Social Worker (Board Certified Diplomate) and Licensed Marriage and Family Therapist in private practice in Woodland Hills, California. She treats individuals and couples, specializing in depression, anxiety, relationship issues and personality disorders. She also offers professional seminars, training groups, and individual supervision in Experiential Dynamic Therapy, having completed a three-year core curriculum and advanced study in this treatment modality.

She presented at the International Conference for Short Term Dynamic Psychotherapy in Amsterdam in September, 2002, and presented at the Third International Congress of the International Experiential Dynamic Therapy Association at UCLA in September, 2004. She has guest lectured at California State University Northridge, California Graduate Institute and California School of Professional Psychology, and has given a series of lectures on personality disorders to several medical staffs at hospitals in the Southern California area.

She has published three articles in the Ad Hoc Bulletin, an international journal of the Dutch Association for Short-Term Dynamic Psychotherapy (the VKDP). After receiving her M.S.W. from U.C. Berkeley in 1970, she worked as a psychotherapist, supervisor and coordinator of continuing education at the Department of Psychiatry at Northridge Hospital. She has coordinated over 100 public presentations on child abuse and neglect in L.A. County for the Center for the Improvement of Child Caring and was media and public relations director for L.A.'s first child abuse hotline.

## AGENDA

- 9:00 Registration
- 9:30–10:45 Building the foundation for depth emotional processing. An overview with video vignettes.
- 10:45–11:00 Break
- 11:00–12:00 When anxiety overwhelms the process—slowing down to accelerate later.
- 12:00–1:00 Lunch break
- 1:00–2:30 Hello, Mr. Perpetrator. Meeting the forces of resistance in their fight for survival. The tools necessary to overcome defense and set the self free. Videotape analysis.
- 2:30–2:45 Break
- 2:45–4:00 The healing power of the breakthrough into the unconscious, allowing for full processing of complex feelings. Change moments will be highlighted. Videotape analysis.
- 4:00–4:15 Dealing with therapist anxiety and need for support in undertaking this emotionally intense therapy. Opening a path for creativity, inspiration, and a solid presence in session.
- 4:15–4:30 Questions and Answers. Discussion.

## WORKSHOP POINTS

- Roadmap for the development of defense, “character armor” and cure.
- Activating an intrapsychic focus and therapeutic alliance.
  1. Mobilize the will to overcome defense, face feelings and end suffering.
  2. Activate compassion for the rejected and dismissed parts of the self.
  3. Invite partnership to investigate the rise of complex feelings without judgment or fear.
  4. Honor patient choice! Never debate or bully the patient!
  5. Avoid iatrogenic anger in the transference due to untimely or unwarranted pressure and excessive challenge.
- Working Malan’s triangles of conflict and person to build ego strength.
- Building ego-adaptive capacity, i.e., tolerance for affect.
  1. Reframe painful affects as friends, guides, and protectors.
  2. Drawing strength through the therapeutic relationship.
  3. Self–other restructuring to build a sense of self.
  4. Dealing with anxiety: static on the airwaves. Seeking a clear signal with the graded format.
  5. Anger/rage: the most misunderstood emotion.
  4. Irrational guilt/shame: bring in the militia to disarm.
  5. Psycho-education on the meaning and benefit of fully experiencing affects.
- Moment-to-moment tracking of complex feelings and somatic response.
- Instilling hope as emotions are seen, heard and welcomed, often for the first time.
- Effective methods to reduce anxiety, undeserved guilt and shame: the toxic gatekeepers of the unconscious.
- Discouraging the punitive and encouraging the life-enhancing parts of self.
  1. Defense interruption with compassion and skill.
  2. “Respect for the defenses” is to respect the enemy of self actualization.
  3. Avoiding a misalliance when working with resistance . . . the tai’ chi of defense work honors personal choice to face feelings and end suffering.
  4. Rapidly recognizing defensive maneuvers as a guide to intervention.
  5. Emotional closeness . . . the ultimate goal. The patient need no longer feel alone with forbidden feelings.
- Countertransference and training issues
  1. Fear and reluctance to activate painful affects is common.
  3. Therapists need compassion, support and encouragement, too!
  4. The importance of validation, attunement, and flexibility in supervision.
  5. Idealization and devaluation in the training process.
  6. Valuing the integration of other therapeutic modalities while preserving the essential principles of emotion-focused work.



## LEARNING OBJECTIVES

- Gain tools to reach core feeling effectively.
- Become familiar with tracking emotions and their somatic manifestations.
- Learn about compassionate defense interruption.
- How to build and sustain the therapeutic alliance.
- Learn to tailor interventions for a spectrum of psychopathology.
- Find clear direction in a systematic, comprehensive and precise approach.

## REGISTRATION FORM

Name: (one form per attendee) \_\_\_\_\_

License Type: \_\_\_\_\_ Lic#: \_\_\_\_\_

Street Address: \_\_\_\_\_ Suite: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Fax: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

CIRCLE Course Date(s) to register:

Sat., Oct. 28, 2006	Sat., Nov. 11, 2006
Pasadena Sheraton Hotel, Pasadena, CA	Skirball Cultural Center, Los Angeles, CA

Internet Registration	\$ 109 =	[    ]
Standard Registration (By mail, phone, fax)	\$ 129 =	[    ]
No-Credit Registration (Student/Intern)	\$ 89 =	[    ]
Same day registration, add \$25		
TOTAL DUE: _____		
[    ] Check enclosed, payable to: <b>American Continuing Education</b>		
[    ] Credit Card. All major credit cards accepted. Payment by mail or fax (707) 566-7474.		
Card #:	_____	Exp. Date: _____
Signature:	_____	Payment Amount: \$ _____

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### WAYS TO REGISTER:

1. ONLINE: [ceuregistration.com](http://ceuregistration.com)
2. PHONE: 866.992.9399
3. FAX: 707.566.7474

# 4.

### MAIL:

ACEI  
Attn: Registration  
P.O. Box 14473  
Santa Rosa, CA 95402



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