



**Australian and New Zealand Society of Jungian Analysts**

*Invitation to Mental Health Professionals*

## **Working with Countertransference to Treat Severe and Chronic Shame**

**4 April 2020**

**9.00am – 3.45pm**

**Sydney**

Numbers limited



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Working with people who have severe and chronic shame poses particular challenges for psychotherapists. To provide a way of thinking about this territory, ANZSJA analyst **Sue Austin** (Sydney) will facilitate a clinical seminar on how working with our countertransference offers a significant resource for psychotherapy with these patients. Prior to the seminar participants will be asked to read Sue's two papers on chronic shame. As well as amplifying themes from these two papers and inviting participants to link them to their clinical experience, Sue will make connections between her approach and two additional points of reference which she has found particularly useful.

The first is a chart of Prof. David Orlinsky's 1994 research in which he summarises the findings of 2354 outcome studies which correlate therapeutic treatment time-frames with therapeutic outcomes. Having realistic expectations of what is achievable in therapy within a given timeframe can be a great help with managing one's countertransferential anxiety in work with very distressed, stuck patients.

