



Australian and New Zealand Society of Jungian Analysts

Invitation to Mental Health Professionals

Working with Couples

30 May 2020

Melbourne

9.00am – 3.45pm



Psychoanalytic work with couples has amplified the complex nature of Jung's (1925/1945) proposal that there is an unconscious psychological factor in an individual's choice of partner. Typically, couples seeking therapy are distressed about the overwhelming nature of difficulties that they can't seem to overcome or resolve. A contemporary Jungian approach proposes that the origin of these difficulties is frequently to be found in unresolved complexes. These can be thought of as unprocessed highly anxiety-provoking proto-experiences, many of which create interlocking dynamics which then become shared between the partners. By understanding their unconscious processes, the couple are helped to understand their own and their partner's point of view, as well as the couple relationship that they are co-creating. Understood in this way, the couple relationship offers opportunities for individuation for both partners as well as for the couple relationship as a separate co-created entity with its own life and energy.

ANZSJA analysts, **Deb Power** (Melbourne), **Sue Oliver** (Melbourne) and **Julia Meyerowitz-Katz** (Sydney) will present their clinical experience and current thinking about working with couples within a contemporary Jungian framework. The seminar will offer participants an opportunity to explore the process of working analytically with couples. This will include: assessing couples for therapy and establishing an analytic frame in which the therapeutic work can unfold, using transference/countertransference communications between the couple and the therapist in order to work with and deepen understanding of the nature and origin of their difficulties and the role of symbolisation and symbolic processes.

Working with Couples

Deb Power: The Beginning: Assessing couples in couple therapy. Deb will focus on the aim and purpose of assessment, its role in helping us form preliminary thoughts in our understanding of the couple and in guiding the therapy work. As it is the co-created couple relationship that is actually the patient in couple therapy, it is the role of therapist to seek to understand this relationship. Using clinical examples, Deb will consider concepts such as Jung's container/contained (1925), the defensive or developmental relationship and Jung's notion of the Psychological Relationship.

Sue Oliver: Working with Primitive States in Couple Therapy. Sue will guide us through her work with a couple who both suffered early relational trauma. She will explore the couple's anxieties, individual and shared, their defences against that anxiety, and their complex relationship to each other and to the therapist in the room, using the transference and countertransference. She will talk about primitive states, the nature of the couple container and the role of containment of these states. She will explore the couple's shared unconscious fantasy and their struggle to come into contact with, and hold, a shared couple state of mind.

Julia Meyerowitz-Katz: A Tiger, a Monster, an Echidna, Houses and a Dog: The co-creation of a safe and nurturing couple relationship. Julia will explore her work with a couple whose access to their symbolic functioning in their professional roles outside of their marriage, was at odds with the traumatic and traumatising pre-symbolic and regressed nature of their couple relationship. She will describe how the analyst's and the couple's capacity for symbolisation was used to recycle previously unrepresented intergenerational trauma and support the development of a reliable co-created couple in which both partners felt safe and nurtured.

Date:	Saturday 30 May 2020
Times:	9.00 am to 3.45pm
Venue:	Treacy Conference Centre. 126 The Avenue. Parkville Melbourne
Full Fee:	\$250 AUD (incl. GST)
Early Bird / Student:	\$230 AUD (incl. GST) until 9 May 2020
Cancellation:	No refund for cancellation after 23 May 2020
PD certificate:	6 hours (certificate issued at event)
	BOOK NOW click link

NOTE: 3.45pm - 4.30pm:

There will be an opportunity post the seminar for an information session regarding the next iteration of ANZSJA CGJI Analytic Training.

For further details, or to be placed on the ANZSJA mailing list, please contact: joynorton@mountainpsych.com.au
or leave a message: +61 3 9751 1941
(Enrolment is at ANZSJA's discretion)

PRESENTERS:

Deb Power (Melbourne) is an ANZSJA Training Analyst and Supervisor. She is also a Gestalt psychotherapist and Social Worker. She has a clinical practice in individual and couple work as well as providing clinical supervision. Deb enjoys teaching in the ANZSJA training and is a full member of CCAFPAA (Couple, Child & Family Psychoanalytic Association of Australasia). Deb has an interest in trauma and its impact upon the lifelong process of individuation. Her early clinical experience involved working with children and families across public health and non- government settings.

Sue Oliver (Melbourne) is a psychiatrist and ANZSJA Training Analyst and Supervisor with a clinical practice in analytic individual and couple therapy. She is an active member of ANZSJA and on the ethics and training committees of the VAPP. Sue is a full member of CCAFPAA and is a founding member of the IARPP. She is a board member of the Australian Confederation of Psychoanalytic Psychotherapies. Sue has an interest in indigenous mental health and has worked with rural Indigenous communities in Victoria.

Julia Meyerowitz-Katz (Sydney) is an ANZSJA Training Analyst and Supervisor, and an Art Psychotherapist. She is a full member of CCAFPAA and ANZACATA and is Chair of ANZSJA's Professional Programme Committee. Julia has a special interest in working with complex trauma and its role in dissociation, embodiment and symbolisation in the analytic process, particularly in relation to internal and external couple relationships. Julia has published a book and several book chapters and journal articles, most recently, 'Disquiet in the consulting room: Everything/nothing that is said here is confidential.' *JAP* (2019) 64:4. Julia is a practising artist. <https://www.juliameyerowitz-katz.com.au/>

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