



Northwest Alliance for Psychoanalytic Study &
Alliance Community Psychotherapy Clinic present

Third annual meeting on
“How does psychotherapy work?”

George Silberschatz, PhD
“Perspectives from Control-Mastery Theory”

Relationships are inherently transformative, and the psychotherapeutic relationship is one in which transformation is a primary goal. Research has shown that the therapeutic relationship, more than any other factor, has consistently proven to be a strong predictor of effective psychotherapy. Using concepts developed by Joseph Weiss, Harold Sampson, and the San Francisco Psychotherapy Research Group, Dr. Silberschatz will explain how control-mastery theory provides a lucid, coherent, and powerful theory of the transformative process. He will also discuss how control-mastery theory provides an empirically supported model that sheds light on how the therapeutic relationship can be enhanced. This theory goes beyond providing techniques; rather, it offers clinicians a comprehensive framework for understanding how the mind works, how psychopathology develops, and how psychotherapy works.

The control-mastery theory is an integrated theory of how psychopathology develops and how psychotherapy works. According to this model, psychopathology stems from pathogenic beliefs that develop from traumatic life experiences — these may be severe, extraordinary events or ongoing stressful experiences. Pathogenic beliefs, which are usually unconscious, are extremely frightening and powerful because they suggest that the pursuit of important goals will endanger oneself or loved ones.

Patients work in psychotherapy to disconfirm pathogenic beliefs, and there are three primary ways they can do so: Patients may test pathogenic beliefs directly with the therapist, they may use the therapist's interpretations, or they may use the therapeutic relationship per se to disconfirm pathogenic beliefs.

"A masterful integration of theory, research, and practice that rightfully places the therapeutic relationship at the center of the healing process. Silberschatz and the San Francisco Research Group provide a definitive explication and compelling illustration of their innovative, powerful, and empirically guided psychotherapy."

John Narcross, PhD, Professor of Psychology

"...full of useful clinical theory and excellent advice about technique. He provides rich insights into the process of change in psychotherapy."

Owen Renik, MD

About George Silberschatz, PhD

Clinical Professor in Psychiatry at the University of California San Francisco School of Medicine and President-elect of the North American Chapter of the Society for Psychotherapy Research, George Silberschatz, PhD, is internationally recognized for his clinical and research contributions to psychotherapy. Dr. Silberschatz has given over 300 presentations at professional meetings throughout the United States, Canada, and Europe, and has published some 50 papers in various professional journals and books. He was the principal investigator of an NIMH-funded psychotherapy research project at Mount Zion Hospital and director of the psychotherapy research program. He currently divides his time between a private practice in San Francisco, teaching and supervising psychotherapy, and writing clinical and research papers. His book on psychotherapy, *Transformative Relationships*, was published by Routledge in 2005.

Meeting Schedule:

8:30 – 9 am: Registration

9-noon: Introduction
Control-Mastery theory
How psychopathology develops
Questions and discussion
How psychotherapy works
Questions and discussion

noon- 1:30: lunch provided

1:30-3:30: Clinical illustration of case formulation - DVD presentation
Using the case formulation to assess therapeutic process - DVD presentation
Concluding remarks
Questions and discussion

Registration:

Conference fees	<i>by May 16</i>	<i>at the door</i>
Alliance member	\$95	\$110
Nonmember	\$105	\$130
Student	\$50	\$70

For information about Alliance membership, call Janice Hickey, 206-633-1018.

Make checks payable to ACPC.

Mail to: ACPC, c/o Janet Allen, 1110 293rd Ave NE, Carnation, WA 98014

About the annual “How Does Psychotherapy Work?” series

Psychoanalytic psychotherapy has a deep tradition of thinking about and exploring the development, conflicts, and life of the mind. Today, psychoanalysis is at a crossroads. There are traditions to preserve, to pass on, and to extend, and there is also an opportunity to engage other disciplines that are investigating questions about the nature of mind and experience. Recently, neurobiology, cognitive neuroscience, neuro-psychoanalysis, developmental psychology, and philosophy all have taken the topic of mind and the emotions to the center of their research programs.

Recognizing this juncture, the Alliance and the Alliance Community Psychotherapy Clinic have initiated a series of yearly lectures on the topic, “How does psychotherapy work?” Each spring, a distinguished speaker is invited to Seattle to respond to this question in a lecture. Last year's speaker was Martha Stark, MD, who presented her integrated model of "modes of therapeutic action." This year our focus is on the transformational power of relationships, as studied both clinically and through research designed to understand the specific features of relationship that sponsor therapeutic action.

We invite you to join.