

A Boston-Newton therapy training opportunity:

The Power of Relationship

Are you looking for something to help you more deeply understand what happens in therapy relationships that work, move, transform, and heal? Are you looking for a course to either help you get started in this work, return to it, or to deepen, enrich, and grow your existing practice? Are you looking for both knowledge and foundation, but also to develop your own authentic voice with this work?

This year long course will meet once a month on Wednesday evenings (ten sessions total), from September 2014 to June 2015, at my private practice office in Newton Highlands. Using the lens of “the power of relationship” to explicate essential concepts in psychodynamic psychotherapy, we will bridge theoretical and practical concepts and topics, merging both theory and technique. The first five or six sessions will introduce and cover important theoretical concepts, each that are essential to deepening this work, all presented through the lens of the relationship. The final sessions will focus on practical concerns.

Theoretical concepts may include psychodynamic ideas such as transference, countertransference, intersubjectivity, enactment, projective identification, and attachment. I also have a personal interest in exploring the impact of neurobiology of relationships, and in interweaving dreams, sexuality, spirituality and religion, creativity and the arts, couples, culture and power, trauma and resilience, as well as ritual and spontaneity. Practical phenomena will likely include boundaries, disclosure, frame, money, ethics, marketing, social media, technology, setting up a private practice, community support, resources, and continuing education.

This opportunity is ideal for early career therapists, those returning to this work after a long absence, those who feel distant from their graduate work, or felt they didn’t get enough psychodynamic foundation, or for anyone who might want an overview or refresher in psychodynamic practice. Basically, it meant for anyone who wants to understand more about the therapy process and how it works. Therefore, this course would be open for folks in related professions. Consider it a nice first step, for folks who don’t feel quite ready for some of the wonderful advanced training programs that are out there. But how wonderful, if this kind of a course helped you feel more prepared to get you there, and to embrace it if you wish.

I will provide relevant readings, and if you have clinical material to present, I would welcome it. If participants cannot bring their own clinical material to share, I will provide. CEU’s are available for social workers, and likely will be for masters level clinicians as well. I cannot offer doctoral level CEU’s, but I see this as the perfect course to take pre-licensure, as you may be working on a doctoral project or dissertation, or collecting hours for licensure.

The cost is \$850.00 for the year, \$500.00 in the fall, and \$350.00 in the Spring. I hope to have up to 8 students, to keep the experience small and intimate. A more detailed course description and proposed dates will be made available to those who inquire. Please feel free to contact me, I would be happy to share more about what I envision.

Amy Friedman, Ph.D. is a Psychologist in Private Practice in both Brookline and Newton, MA. She is affiliated with the Boston Institute for Psychotherapy, (BIP), Massachusetts Institute for Psychoanalysis, (MIP), Psychoanalytic Couples and Family Institute of New England, (PCFINE), and the Massachusetts School of Professional Psychology, (MSPP). In addition to clinical practice, she is supervising, giving talks locally, and exploring teaching opportunities on the graduate level. Her current interests include Intersubjectivity and Contemporary Relational Theory, the intersection of Psychoanalytic Psychotherapy and Spirituality, and Couples and Families. To contact, call (617) 935 – 9116, or visit her website at amyfriedmanphd.com.