

From the North Carolina Psychoanalytic Society
2009-2010 Scientific Program Series

Saturday, March 27, 2010

Terminating Without Fatality

*Reworking the End of Therapy in Light of Contemporary
Psychoanalytic Research and Theory*

Presented by

Heather Craige, MSW

In psychoanalytic therapy and psychoanalysis, we foster processes of evolving individuation and relatedness. A successful therapy is generally marked by a sense of jointly experienced accomplishment in the context of an enduring, loving connection. The psychoanalytic relationship is unique among intimate relationships, however, in that its ultimate goal is separation. While patient and therapist may celebrate the patient's achievements at the end of treatment, there is also a real loss and a mourning process that typically lasts well beyond the final session. Research has demonstrated that the patient is uniquely vulnerable during the post-termination phase. In this presentation, Heather Craige discusses findings from research about patients' experiences after analysis and clinical implications regarding the termination and post-termination phases. In light of recent research and within the context of contemporary two-person theories of psychoanalysis, she recommends a reexamination and revision of our technique for ending treatment.

Heather Craige, MSW, is a clinical social worker and psychoanalyst in private practice serving adults and children in Raleigh, North Carolina. She earned her MSW degree from the UNC School of Social Work and graduated in adult psychoanalysis from the UNC-Duke Psychoanalytic Education Program. Ms. Craige was a co-founder of the Psychoanalytic Psychotherapy Study Center of North Carolina and serves on the faculty of the Psychoanalytic Education Center of the Carolinas. She was a founding member of the Board of the Lucy Daniels Foundation where she coordinates the Foundation's psychoanalytic treatment program for creative writers. Ms. Craige has conducted original research on the post-termination phase of psychoanalytic treatment and has published articles on termination in the *Journal of the American Psychoanalytic Association*, *Psychoanalytic Dialogues*, and *Psychoanalytic Inquiry*.



Schedule:

9:30-10am Registration and refreshments
10-12:00noon Presentation, discussion, Q&A

Location:

The Lucy Daniels Foundation building
9001 Weston Parkway, Cary, NC 27513

Cost: \$45 (\$50 at the door) **Registration prior to the date of the program is encouraged and appreciated.** The presentation is offered at no charge to NC Psychoanalytic Society Members. Pre-registered full-time students with ID and trainees in Departments of Social Work, Psychology, and Psychiatry are admitted without charge as well. Scholarships are available for others for whom the admission fee is a hardship. Please contact the Administrator (contact information listed below) if interested.

How to Register:

Payment by Credit Card: You may register online beginning August 25th at www.ncpsasoc.org/registration.shtml or mail your contact information and credit card information to:

NC Psychoanalytic Society, 901 Paverstone Drive, Suite 11, Raleigh, NC 27615

Payment by Check: Mail contact information and check to:

NC Psychoanalytic Society, 901 Paverstone Drive, Suite 11, Raleigh, NC 27615

Society members should register by e-mailing your reservation to info@ncpsasoc.org

Special accommodations may be made for participants with disabilities. Please contact the Society Administrator at the number below before March 12, 2010 to make arrangements.

Our refund/cancellation policy is available upon request. Contact the Administrator for further details. Up to 2 Category I CME credits are offered through the American Psychoanalytic Association. NCPS is approved by the American Psychological Association to offer up to 2 Category A CE hours for Psychologists. Letters of attendance will be provided to all others. See below for details.

If you have any questions, please contact the Administrator at 877-572-6778 or info@ncpsasoc.org.

Directions: Lucy Daniels Foundation (LDF) is located at 9001 Weston Parkway in Cary, NC. From I-40, take exit 287, Cary/Harrison Avenue. Proceed toward Cary on Harrison Avenue, approximately one-half mile. Turn right onto Weston Parkway and travel for 1.5 miles. The LDF is across the median on the left. Continue driving another 0.1 mile and make a U-turn at the median break to return to the LDF, now on your right. After turning into the LDF drive, you may park alongside the building or in the upper parking lot. (The LDF is located in the end of the building closer to Weston Parkway; the section of the building housing the Lucy Daniels Center for Early Childhood is at the far end, closer to the upper parking lot.)

Target Audience: Open to mental health professionals and anyone else with an interest in this topic. This program is at an intermediate instructional level.

Educational Objectives:

After this presentation, participants will be able to:

- 1) Describe the tasks of patient and therapist during the termination and post-termination phases.
- 2) Understand the vulnerability of patients after termination.
- 3) Explore variations in technique during the termination phase in light of recent research and a relational model of treatment.

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of The American Psychoanalytic Association and the North Carolina Psychoanalytic Society. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians and takes responsibility for the content, quality, and scientific integrity of this CME activity.

The American Psychoanalytic Association designates this educational activity for a maximum 2 hours in category 1 credit towards the AMA Physician's Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

The North Carolina Psychoanalytic Society is approved by the American Psychological Association to sponsor continuing education for psychologists. The North Carolina Psychoanalytic Society maintains responsibility for this program and its content.

IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS: None of the planners and presenters of this CME program have any relevant financial relationships to disclose.

Patient confidentiality is maintained throughout the program.