

Joseph D. Lichtenberg's Legacy: Reflections on Power, Aggression, and Transformation

Arthur A. Gray, PhD, Marie Hellinger, LICSW and Elizabeth Carr, APRN, MSN, BC

Saturday, September 10, 2022

Virtual Zoom Event

Registration: 8:30 am - 9:00 am

Program: 9:00 am - 12:30 pm

The conference will be in two parts. In the first part of the day, Arthur Gray will present on Joseph Lichtenberg's ideas about power and personal efficacy. In particular, he will focus on Lichtenberg's proposals about how a person's experience of either gaining or losing power affects their sense of self, including in moment-to-moment clinical interactions. The presentation will also relate Lichtenberg's constructs about power to issues of diversity.

In the second part of the conference, Marie Hellinger and Elizabeth Carr will present ideas from their recently published paper (2021) on self psychology and aggression. They will discuss Lichtenberg's motivational systems theory with an emphasis on the aversive system. Through a number of clinical vignettes, they will describe how patients may present with significant difficulties regulating aversive affects from annoyance and anger to all-encompassing rage states and hatred. Their vignettes will include a number of clinical examples of socio-cultural differences between patient and therapist that activated intense aversive affects for both members of the dyad.

At the conclusion of this conference, participants will be able to:

1. Describe how Lichtenberg's personal sense of power is different from power over others.
2. List several implications of the presenter's statement that, "Psychoanalysis provides a setting in which a patient can have someone with whom they can entrust their reality."
3. List the two major human responses to aversive experience that Lichtenberg identified.
4. Discuss the contextual sensibility Hellinger and Carr recommend regarding the way dyadic experience is intrinsically connected to the historical/cultural world.

References:

- Auchincloss, E. L. (2015). *The psychoanalytic model of the mind*. Arlington, VA: American Psychiatric Publishing.
- Brier, R. & Ornstein, A. (2021). Tracking Changes in the disruption/repair sequences: Important aspects of clinical work. *Psychoanalysis, Self, and Context*, 16 (4), 371-379.
- Coates, S. W. (2016). Can babies remember trauma? Symbolic forms of representation in traumatized infants. *Journal of the American Psychoanalytic Association*, 64 (4), 751-776.
- Gray, A. A. (1992). Book Review. (Review of Stern, D. L., 1985. The interpersonal world of the infant: A view from psychoanalysis and developmental psychology. NY: Routledge.) *International Forum of Psychoanalysis*. 1 (2), 119-120.
- Hellinger, M. & Carr, E. (2021). Self psychology and aggression— Reflections on aversive experience, culture, and building developmental capabilities. *Psychoanalytic Inquiry*, 41 (3), 199-212.
- Shane, E. & Carr, E. (2021). Afterward — The many faces of self psychology: Two reflective essays, *Psychoanalytic Inquiry*, 41 (3), 213-226.
- Gray, A. (2015), Living Truthfully Under Imaginary Circumstances: Improvisation in Psychoanalysis. *Psychoanalytic Dialogues*, 25(6),725-742.

This conference is appropriate for clinicians at all levels of experience and offers 3 CEs.

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About our Presenters:



Arthur A. Gray, PhD, an honorary member of the Institute for the Psychoanalytic Study of Subjectivity (IPSS), is faculty, supervisor, and serves on its Coordinating Committee. He is also faculty and supervisor at the Postgraduate Psychoanalytic Society's Group Therapy Department, the Eastern Group Psychotherapy Society's (EGPS) Training Program, and faculty at Adelphi University. He is a Council Member of the International Association for Psychoanalytic Self Psychology (IAPSP), is on the editorial board of the journal *Psychoanalytic Inquiry* and is on the Institute Committee of the American Group Psychotherapy Association (AGPA). He consults and teaches internationally and conducts supervision online using his group supervision model. His published articles apply self psychology and subjectivity theory to individual, couples, group, and supervision. He has a specific interest in how improvisation informs the therapeutic process. His latest publication is, "Living Truthfully Under Imaginary Circumstances: Improvisation in Psychoanalysis," in *Psychoanalytic Dialogues* 2015. In private practice in New York City, Arthur treats adults using individual, couples, and group psychoanalysis and psychotherapy.



Marie Hellinger, LICSW is a psychoanalyst in Washington, D.C. who practices from a Self-Psychological perspective. She is a training analyst, supervisor and faculty member in ICP+P's Psychoanalytic Training Program and a supervisor and faculty member in ICP+P's psychotherapy training program (CAPP program). She particularly enjoys teaching Intersubjectivity Theory and Motivational Systems Theory. Recent presentations include "Leaning into the Pain: The Analyst's Subjectivity and Developmental Transformation" and "Kaitlin: Co-Created Empathy, Forward Edges and Developmental Change."



Elizabeth M. Carr, APRN, MSN, BC is a Founding Member and Director Emeritus of the Institute of Contemporary Psychotherapy and Psychoanalysis (ICP+P) and serves as the Co-Chair of their Psychoanalytic Training Program. Her teaching repertoire includes courses on Kohut, Infant Research and Psychoanalytic Engagement, Attachment, Motivational Systems Theory and Psychoanalytic Challenges and Questions. She has a number of publications including one focusing on the lives and contributions of Heinz Kohut and John Bowlby. She recently completed an issue of *Psychoanalytic Inquiry* with Estelle Shane titled, "The Many Faces of Self Psychology" and has contributed a paper with Marie Hellinger centering on explorations of Self Psychology, Lichtenberg's Motivational Systems Theory, diversity, and aggression. She serves on the faculty of ICP+P and at the Department of Psychiatry, George Washington University School of Medicine. She is an Associate Editor of *Psychoanalytic Inquiry*.



Institute of Contemporary Psychotherapy + Psychoanalysis

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Registration Form

Name _____ License or Degree _____

Address _____ City, State & Zip _____

Email _____ Phone _____

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FREE ICP+P 1st & 2nd Year Members, ICP+P Members-In-Training, ICP+P Fellows, Graduate Student Members

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ICP+P: 3298 Governor Drive, Suite 22270, San Diego, CA 92192

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Arthur A. Gray, PhD, Marie Hellinger, LICSW, Elizabeth M. Carr, APRN, MSN, BC, and the planners have informed us that they do not have a conflict of interest and have disclosed that they have no relevant financial relationship with any commercial interests pertaining to this educational activity. Additionally, the presenters have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during this presentation. This presentation will not contain any references to off-label (non-FDA approved) use of products or devices.

CE Credit is granted to participants with documented attendance at individual workshops and completed evaluation forms for those sessions. Credit will not be granted to registrants who are more than 15 minutes late or depart more than 15 minutes early from a session. Please arrive at least 10 minutes before the scheduled start time to allow time to check in.