16th GEI ANNUAL CONFERENCE

SATURDAY SEPTEMBER 28, 2019

HOPE AND DREAD, SHAME AND DIGNITY IN THE THERAPEUTIC RELATIONSHIP*

LYNNE JACOBS, PH.D.

GROUPE D’ÉTUDE SUR L’INTERSUBJECTIVITÉ
THE CONFERENCE

Many of our patients know indignity all too well. They enter our office suffused with shame, sometimes conscious, sometimes not. Shame in its many forms, from embarrassment to mortification to humiliation, can be considered the primary emotion of indignity. Our patients’ sense of dignity can never be far from our mind when we’re having conversations with them. There can be an overall felt sense that all of our conversations are navigations through the waters of dignity and indignity. Furthermore, since hopes and fears, and enduring relational patterns are intricately interwoven with shame and dignity, it leads them (as well as us) to constrain emotional experiences in order to avoid certain feelings, thus limiting emotional resilience capacities. How can we address this shame in them without humiliating them further? How can we help restore or give a sense of dignity to those patients? How can we help them stretch their emotional boundaries and develop greater resilience?

Drawing on the insights of contemporary relational psychoanalytic theories and contemporary gestalt theory, Dr Lynne Jacobs offers a therapeutic perspective that integrates the immediate affective engagement of the humanistic approach with an on-going sensitivity to the dynamics of enduring relational themes and patterns in the therapeutic relationship, a central notion
in contemporary psychoanalysis. From that perspective, “transference” isn’t a distortion or something to get rid of, but a mean to access and work with what the inter-subjectivists (Atwood and Stolorow, 1984, 2014) call the organizing principles of personal experience evolving from our emotional history.

In accordance with the Gestalt tradition, Dr Jacobs claims that one of the most powerful way to work with those enduring relational themes is in the immediacy of the here and now, moment by moment, person to person contact. She explores the interplay of the emotional processes and the enduring relational themes that patient and therapist bring to the therapeutic encounter, and the interplay of hope and dread in both participants. She also elaborates on the relationship of a sense of shame and a sense of dignity, with the dialogic attitude in the therapeutic situation.

Our guest speaker, Dr Lynne Jacobs, addresses both psychotherapists from the existential-humanistic approach, particularly Gestaltist, and from the psychoanalytic approach. We cordially invite you to take advantage of this opportunity to hear this internationally known teacher.

*The presentation will be given in English. Simultaneous interpretation in English of Q&A period will be available without additional cost.*
LEARNING OBJECTIVES

- Differentiate and describe traditional and contemporary perspectives on transference in the therapeutic relationship
- Identify and explain the oscillations between hope and dread in the clinical process
- Identify and describe how shame and dignity are linked to enduring relational themes
- Recognize the interplay of the therapist’s and patient’s enduring relational themes

This conference is approved by the *Ordre des psychologues du Québec* for 6 hours of continuing education units (CEUs). No: RA02903-19 (6 heures)

THE PRESENTER

Lynne Jacobs, Ph.D., has long been interested in the relational dimension of psychotherapy, and in integrating humanistic theories with contemporary psychoanalytic theories. She is also interested in what it means to practice as a white therapist in culturally diverse environments. Both a gestalt therapist and a psychoanalyst, she is a co-founder of Pacific Gestalt Institute (PGI) and faculty and training analyst at the Institute of Contemporary Psychoanalysis (ICP) in Los Angeles CA. She teaches at
ICP, and teaches gestalt therapists locally, nationally, and internationally. She has published two books (with Rich Hycner) and numerous articles in both realms.

We invite you to view a short introductory video to the conference by Lynne Jacobs herself on our web home page at intersubjectivite.com/en.

Partial bibliography
*These publications are available to buy and download when you register for the conference.


# THE SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 h</td>
<td>Registration to the conference. Continental breakfast offered to the participants</td>
</tr>
<tr>
<td>9 h</td>
<td>Introduction of speaker</td>
</tr>
<tr>
<td>9 h 15</td>
<td>Presentation by Dr Lynne Jacobs and discussion with audience</td>
</tr>
<tr>
<td>12 h</td>
<td>Dinner at the hotel buffet restaurant</td>
</tr>
<tr>
<td>13 h 30</td>
<td>Presentation by Dr Lynne Jacobs and discussion with audience</td>
</tr>
<tr>
<td>16 h 30</td>
<td>End</td>
</tr>
</tbody>
</table>

(20 minutes break during the morning and in the afternoon)

**Organizing Committee:** Sylvie Ledoux, administrator, Monique Dubé, administrator, Jean-François Bernard, administrator, and Annette Richard, president.

**For more information:** intersubjectivite.com/en or contact Annette Richard: president@intersubjectivite.com
GEI, 832 Bloomfield Ave, Montreal QC H2V 3S6
514-277-6408
REGISTRATION

Saturday September 28th 2019, from 9:00 a.m. to 4:30 p.m.
Le Nouvel Hôtel – room Dorchester / Maisonneuve
1740, René-Lévesque Blvd West, Montreal, 514-931-8841
Guy-Concordia metro station. Indoor parking : entrance on
Saint-Mathieu Street.

Registration : on our website
Make your payment securely online, or by mailing your check to the GEI address. If you have any difficulty completing your registration online, contact us at registrations@intersubjectivite.com, or call Jean-François Bernard at 514-274-6079.

Refund Policy: Registration cancellations by writing before September 21st, 2019 will be refunded less a 25$ administration charge. We regret that no refunds can be allowed after that date.

FEES

By Septembre 14th                     After septembre 14th
GEI Members                          GEI Members
235 $                               250 $
Non-membres                         Non-membres
260 $                               275 $
Students*                           Students*
165 $                               180 $

Lunch included for registrations completed by Tuesday September 24th, 2019
*A proof of full-time university student status will be required at the registration desk.
The GEI is a professional association of psychotherapists who are practicing from an intersubjective self psychological perspective. It offers an affiliative opportunity to therapists who would like to learn this particular approach. Our objectives include the continuing education of our members and the sharing of clinical experiences and reflections. The GEI is an institutional member of the International Association for Psychoanalytic Self Psychology (IAPSP). This presentation by Dr Lynne Jacobs, our guest speaker of this year, is a peak moment in our yearly activities.

To become a member of the GEI: Any psychologist, or psychotherapist with an OPQ permit is eligible. Students in a program leading to the practice of psychotherapy, as well as those in the process of obtaining a psychotherapist’s license are also eligible. The 2019 membership fee is 30$. You’ll be able to fill in your application on the GEI site, and pay either online or by mailing your check to the GEI address. Members have access to more resources on the GEI website and benefit from reduced fees for registration at our activities. All of the GEI activities are held in French except for the annual conference.

To be included in the GEI mailing list and be informed of our activities, you can register on the GEI site.