



A Relational Psychoanalytic Approach to Couples Therapy

Presenter: Philip Ringstrom, Ph.D., PsyD

Friday, November 22, 2019

10:00 am to 12:00 pm

**The Menninger Clinic
12301 Main Street
Houston, Texas 77035**



Philip Ringstrom, Ph.D., Psy.D., is a Senior Training and Supervising Analyst and Faculty Member at the Institute of Contemporary Psychoanalysis in Los Angeles, California, where he is also in full-time private practice. He is a member of the Editorial Boards of *Psychoanalytic Dialogues*, *International Journal on Psychoanalytic Self Psychology*, and *Psychoanalytic Perspectives*. He is also a founding member of the Board of Directors of the International Association of Relational Psychoanalysis and Psychotherapy and a member of the International Council of Self-Psychologists. He has published over 60 articles, chapters, and reviews and has presented at conferences all over the world. His book *A Relational Psychoanalytic Approach to Conjoint Therapy* (Routledge 2014) won the Goethe Award for best book in psychoanalysis for 2014. He is currently working on a new book on improvisation in psychoanalysis, a topic on which he has published 12 articles and chapters.

Learning Purpose/Goal

In this workshop, Dr. Ringstrom will discuss his model for doing relational couples work. Treatment goals include the actualization of self-experience in an intimate relationship, the capacity for mutual recognition, and the relationship having a mind of its own. Based on his book, *A Relational Psychoanalytic Approach to Couples Psychotherapy*, Dr. Ringstrom will describe the six steps in which these themes are achieved. The steps wed theory and practice, are non-linear, and offer specific clinical guidelines for working with couples. His presentation will use illustrative clinical material to bring the concepts to life. An engaging and stimulating presenter, Dr. Ringstrom will combine didactic material with extensive audience interaction. A master at using playfulness and improvisation in therapy, he has a talent for making complex concepts clear in practical ways.

Learning Objectives

At the conclusion of this live presentation, participants should be able to:

- The participants will learn how to apply the three organizing themes: *self-actualization in an intimate relationship, mutual recognition, and the "relationship having a mind of its own"* as a bridge for connecting essential elements of contemporary psychoanalysis.
- The participants will learn how to identify and work with the couple as a complex nonlinear system.
- The participants will learn how to identify stultifying "binaries" in the couples' relationship and learn how to generate the principle of "thirdness" in their place.

- The participants will learn about the considerable modifications in psychoanalytic technique that this model sheds on both individual and couple's psychotherapy in light of this shift in perspective.

Target Audience - Physicians, Psychologists, Social Workers, Licensed Professional Counselors, Addictions Professionals (intermediate to experienced levels)

Continuing Education Credit - Successful completion of this activity requires attendance for 100% of the activity.

2.0 credit/contact/clock hours has been designated by The Menninger Clinic for the following disciplines:

Physicians: The Menninger Clinic is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Menninger Clinic designates this live activity for a maximum of **2.0 AMA PRA Category 1 Credits™**.

Psychologists: The Menninger Clinic is approved by the American Psychological Association to sponsor continuing education for psychologists (**2.0** credit hours). The Menninger Clinic maintains responsibility for this program and its content.

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Certificates - continuing education and certificates of attendance will be emailed within 24-hours of the completion of the event.

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Fee for this session: \$50 for professionals; \$25.00 for students

Additional Information

- For assistance with continuing education information, registration or payment, ADA, or lactation needs, please contact Michelle A. Taylor at The Menninger Clinic at mataylor@menninger.edu.
- The Menninger Clinic does not discriminate based on race, color, national origin, disability, sexual orientation or age in admission to its programs, activities or employment.
- A full refund upon written request if requested at least a week before the date of the live event. In the unlikely event, the event is canceled; prepaid registrants will be given a full refund.