



# Workshops on psychodynamic psychotherapy

11<sup>th</sup>-12<sup>th</sup> & 19<sup>th</sup>-20<sup>th</sup> January 2019

**Dates:** 11-12 January 2019 (Friday-Saturday) and 19-20 January 2019 (Saturday –Sunday)

**Time:** 9:30 to 17:00 (Registration begins at 09:15)

**Venue:** James Kung Meeting Room, 2/F, Hong Kong Academy of Medicine Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen ([Map](#)) ([MTR station](#))

**Speakers:** Prof Ronald W. Teague and Dr Teresa Chan

## Part I: The Analytical Use of Dreams

11-12 January 2019

### Course outline:

The use of dreams in clinical practice is almost synonymous with the practical side of Analytic Psychology. In the index to C.G. Jung's collected works dreams or dream analysis are mentioned in over eleven pages. For Jung, even more than Freud, dream analysis is the 'royal road' to the unconscious. In classical Analytic Psychology and Archetypal Psychology the clinical focus is invariably on dreams as well as other products of unconscious processes.

### Class Goals:

The primary goal of this class is to help students understand the importance of dreams in the Analytic practice. Furthermore, the students will be able to use dreams, under competent Analytic supervision, in the clinical setting. Lastly the students will have an idea of how dreams might be used in exploring the lived world of differing cultures and ethnic groups and how dreams are used cross culturally around the World.

Upon successful completion of the course, students will be able to:

1. Understand the rudiments of the use of dreams in the clinical situation
2. Be able to provide an integrated evaluation of the patients' unconscious process by the evaluation of series of patients' dreams
3. Know how dreams have been used in traditional mental health treatments in cultures around the world.
4. Know the basic ideas of Analytic psychology vis a vis the dreaming process.
5. Know the limits of the clinical use of dreams
6. Know the difference between semiotic and hermeneutic dream interpretations
7. Know the difference between Psychoanalytic and Analytic use of dreams in the clinical situation
8. Know how dreams might be used to explore the lived world in Human Science research
9. Have some ideas about how to proceed with developing their skills as Analytic psychologists
10. Know how to adjust the focus of dream understanding to match the pathology of the patient
11. Know how to evaluate the dream content based upon the cultural and ethnic experience of the patient
12. Know how to use the dream to evaluate the transference-countertransference relationship



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## Bibliography:

### Required

1. Jung, Carl Gustav (1984). Dream analysis (C.G. Jung Seminars) Vol 1. Princeton, New Jersey: Princeton University Press.
2. Mary Ann Mattoon. 1998. Understanding Dreams. Spring Publications.

## Part II: The Cultural Unconscious: Morality, Conscience and the Superego in Clinical Pathology-A Transcultural Integrated Psychodynamic Approach

19-20 January 2019

### Course outline:

In 1923 Freud published his ideas about the Superego in his work 'The Ego and the Id'. Here he outlined his now famous structure of the human psyche that consists of the Ego, Id and Superego. Over time the Superego or Über Ich, became associated with the introjected cultural values of his clinical patients. For Freud these cultural values became one of the primary problems in neurotic patients' psychology. In an attempt to become the Superego's, notions of perfection, patients exhaust themselves psychologically trying to accomplish what is essentially impossible. Psychoanalysis was developed to help a patient realize, in part, the excessive demands of the Superego, and to develop a more realistic way of living which modified the ethics of the Superego to fit the social demands of a patient's actual life. Freud advocated for a ruthless examination of cultural values to ascertain which of these were pathogenic.

Jung on the other hand thought that much of psychopathology resulted from a patient's ignoring older cultural values in favour of more contemporary ones that alienate an individual from his or her essential self. For Jung Freud's revolutionary hypothesis was part of the tyranny of Modernism that causes modern psychopathology. Jung argued that Freud neglected to examine why certain values developed in the first place and that these values were legitimate responses to environmental demands that a culture faced over time.

### Course outline:

This class will examine the problem of the Superego in light of an integrated psychodynamic model that assumes that Freud and Jung were both correct, but for different clinical problems. An informed clinician needs to understand both perspectives so that he or she can adjust the focus of psychotherapy to address the pathology presented by each patient. Seasoned psychotherapists know that in many respects each patient presents a unique individual psychology that exists in a collective background. Every patient and every psychotherapist is always looking for clues as to what makes up "Correct Conduct". All clinical cases revolve around this essential question.



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## Class Goals:

Students who take this section will be able to:

1. Apply Freud's revolutionary ideas about the Superego in clinical cases
2. Distinguish the influence and cultural biases of Modernism
3. Use Freud's ideas about the Superego to create useful treatment strategies in patients with poor executive function
4. Use Jung's ideas about the Cultural Unconscious to aid elderly patients
5. The influence and cultural biases of Transcendent Kantian Rational Empiricism on Jung
6. Use Jung's ideas about the Cultural Unconscious with multicultural patients
7. Apply an integrated psychodynamic view of the problem of "Correct Conduct" in clinical practice
8. Develop the ability to ascertain the therapist's and patient's differing and similar ethical assumptions in the clinical setting
9. Be able to determine which perspective to use with different clinical problems
10. Demonstrate how to resist and use patient's attempts to envelop the psychotherapist in ethical projective identification
11. Be able to use ethical counter-transferences and avoid rigid ethical assumptions in the clinical setting
12. Develop techniques which will help a psychotherapist from getting lost in the confusing unconscious ethical assumptions in the patient.
13. Reflect specifically on the Cultural Unconscious of Chinese and how this affect our clinical practice

## Bibliography:

1. Freud, A., & Sandler, J. (1992). The Harvard lectures. Madison, CT: International Universities Press.
2. Henderson, J. L. (1984). Cultural attitudes in psychological perspective. Toronto, Canada: Inner City Books.
3. Jung, C. G. (1969). Psychology and religion: West and East. Princeton, NJ: Princeton University Press.



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**Moderators:** Dr Miranda Wai-tuen Chan, Department of Psychiatry, United Christian Hospital  
Dr Joyce Suet-yan Chow, Castle Peak Hospital

**CME/CPD:**

Psychiatrists - 5 CME points per day, 18 CME points for whole function under PP/CP (List A)  
MCHK CME, CE and CPD are pending

**Programme:**

Times	Outline
09:15 – 09:30	Registration
09:30 – 10:45	Class
10:45 – 11:15	Break
11:15 – 12:30	Class
12:30 – 14:00	Lunch
14:00 – 15:15	Class
15:15 – 15:45	Break
15:45 – 17:00	Case discussion

**Target participants:**

Psychiatrists and psychologists who want to learn psychodynamic psychotherapy to help their clinical work and are motivated to seek further training through on-going clinical supervision will be most encouraged to join us. Other clinicians with adequate clinical experience are also welcome.

**Case discussion**

Case sharing is most welcome. Prof. Teague and Dr Teresa Chan will work on cases together with the students and the class to help arrive at psychodynamic formulations and treatment plans. If you are interested to discuss a case, please kindly send a brief case summary to Dr. Miranda Chan (miranda.chanwt@gmail.com) at least 2 weeks prior to the workshop.



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## About the speaker

**Ronald W. Teague, PhD, ABPP**

Founding Professor

California School of Professional Psychology of Alliant International University

### **Specialties and Interests:**

- Analytic Psychology (Jungian)
- Phenomenology and the Human Sciences
- Psycho-history and Psycho-Philosophical Dialogues

**He taught at the Sacramento and Hong Kong Campuses where he was the director of the Analytic Psychology Emphasis. He teaches courses in**

- Psycho-dynamic Psychotherapy,
- Analytic Psychology,
- The Clinical Use of Dreams,
- The Philosophical Underpinnings of Clinical Psychology,
- The Ethical and Legal Practice of Clinical Psychology,
- Human Science and Phenomenological Research Methods,
- Psycho-History,
- Psycho-Anthropology.

Professor Teague has taught at the California School of Professional Psychology for over 40 years. He is a Licensed Psychologist in the State of California, and Certified by the American Board of Psychoanalysis in Psychology. Professor Teague is a Fellow of both the American Academy of Clinical Psychology and the American Academy of Psychoanalysis in Psychology. He has been an Oral Examiner for the California Board of Psychology and the Founder of the San Joaquin Psychological Association. He has been sought by several Mental Health Institutions and professional groups. He has an active private practice in California.

**Dr Teresa Sau-fan Chan**

Specialist in Psychiatry

Dr. Chan is a Specialist in Psychiatry, Fellow of the Hong Kong College of Psychiatrists and Fellow of the Hong Kong Academy of Medicine. She is also a Clinical Associate Professor (Honorary) for the Department of Psychiatry of the Chinese University of Hong Kong and a psychotherapy trainer for the Hong Kong College of Psychiatrists. She is an accredited Jungian Analyst and Psychotherapist for Adult, Adolescent and Child at the CG Jung Institute Zurich, and is a member of the International Association of Analytical Psychology (IAAP). She was the President of the Hong Kong Institute of Analytical Psychology for three years from 2011 to 2014 and is now actively involved in teaching for that institute.



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## Registration fees:

Early Bird Rate (on or before 17 Dec 2018)	Workshop		Normal Rate (after 17 Dec 2018)	Workshop	
	4-day Workshop	Fee		4-day Workshop	Fee
	2-day Workshop (Part I or Part II)	\$2400		2-day Workshop (Part I or Part II)	\$2800

**Deadline of Registration: 8 January 2019**

## Registration Form

Name (To be written on the certificate of attendance in English): \_\_\_\_\_

Title (Prof/Dr/Mr/Ms): \_\_\_\_\_ Tel: (Mobile) \_\_\_\_\_ Email: \_\_\_\_\_

Occupation: \_\_\_\_\_ Organization: \_\_\_\_\_

**Payment** (Please ✓ as appropriate) (*Deadline for early bird: 17 Dec 2018*)

Early Bird (on or before 17 Dec 2018)	Workshop		Normal (after 17 Dec 2018)	Workshop	
	4-day Workshop	Fee		4-day Workshop	Fee
	2-day Workshop Part I-11-12 January 2019	\$2400 <input type="checkbox"/>		2-day Workshop Part I-11-12 January 2019	\$2800 <input type="checkbox"/>
	Part II-19 -20 January 2019	\$2400 <input type="checkbox"/>		Part II-19 -20 January 2019	\$2800 <input type="checkbox"/>

Cheque payable to The Hong Kong College of Psychiatrists Limited by post to: Ms. Janice Ng, Room 906, 9/F, Hong Kong Academy of Medicine Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, H.K.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### Remarks:

1. Seats are limited and would be given on a first-come-first-serve basis (*member of Clinical Division of Psychotherapy of HK College of Psychiatrists will be given priority for registration*)
2. The organizer reserves the right to modify the programme and reject a registration at any point of time.
3. Registration will be confirmed only when full payment has been received by the College. Confirmation will be sent by email prior to the Workshop.
4. Official receipt will be issued at the registration counter on the first day of the Workshop.
5. If the Typhoon Signal no. 8 or above, or the Black Rainstorm Warning Signal is hoisted, the Workshop will be cancelled. Details of further arrangement will be announced later.
6. All fees are non-refundable.
7. For enquiries, please contact Ms Janice Ng at janice@hkpsych.org.hk or call 28718776 or fax 2870 1391