The Seattle Psychoanalytic Society and Institute presents

Endings: Myths of Termination

Judy L. Kantrowitz, PhD

October 14 and 15, 2016
Friday evening & Saturday morning

University of Washington Center for Urban Horticulture
3501 NE 41st St, Seattle, WA 98105

Dr. Kantrowitz’s unique exploration into endings in psychoanalysis goes beyond what the standard literature describes. Dr. Kantrowitz will share her reflections about what she learned from 82 former analysands who volunteered to be interviewed about their individual experiences with termination.

Friday evening’s presentation will focus on grieving and loss in a psychoanalytic relationship when a patient faced a life-threatening illness. Dr. Kantrowitz will present an unpublished paper about the complex feelings she and her patient struggled with. She focuses on the analyst’s need to deal with her own prior losses in order to be helpful to her patient.

Dr. Kantrowitz’s Saturday colloquium offers an exceptional opportunity to learn about the authentic and unscripted accounts of patients whose treatments ended from less than a year to fifty years prior to her study’s inception. Illumination of the 82 analysands’ accounts illustrates idiosyncratic endings that do not necessarily follow a universal roadmap. For example, Dr. Kantrowitz shows that the benefits of analytic work can continue post-termination even when patients have not internalized a self-analytic capacity. Dr. Kantrowitz’s research into the myths of termination is compelling, insightful and firsthand.
Schedule

Friday, October 14

1.5 hours: CME/CPE/CEU

7:00-7:30 PM  Registration
7:30-7:40 PM  Introduction - Mary Murphy, EdD and Chris Keats, MD
7:40-8:30 PM  A Patient Faces Death: An Analyst Grieves - Judy L. Kantrowitz, PhD

Dr. Kantrowitz will present a personal and unpublished paper about her work with a patient with terminal illness. A patient in analysis as a young woman returned to treatment later in her life. During the course of their work together, the analyst learned that her patient had a life-threatening illness. Her fears and grief evoked a mourning process in the analyst, reviving other losses. Thoughts of death and fears of future loss emerged as Dr. Kantrowitz tried to find ways of helping both the patient and herself appreciate the time they still had.

Educational Objectives:
1. To recognize countertransference and real feelings that can be stirred in an analyst when one’s patient faces a life-threatening illness.
2. To understand how carefully interacting with a dying patient and grieving oneself can enable appreciation of what we have despite its transience.

8:30-9:00 PM  Discussion

Saturday, October 15

3 hours: CME/CPE/CEU

8:20-8:50 AM  Registration and continental breakfast
8:50-9:00 AM  Introduction - Mary Murphy, EdD and Chris Keats, MD
9:00-9:45 AM  Endings of Treatment - Judy L. Kantrowitz, PhD

Myths about psychoanalytic psychotherapy and psychoanalysis endings can lead clinicians to believe that there is a particular way therapy should end. Interviews with 82 former analysands who volunteered to describe their experiences provided vivid accounts of analytic endings. These accounts reveal the specificity of the interaction between each patient and therapist. What is revealed can help clinicians to be more attuned to both the meaning of ending to individual patients and ways of facilitating and interfering with the process.

Educational Objectives:
1. To recognize the multiplicity of ways treatment can end.
2. To recognize ways in which therapists and analysts can avoid difficulties and enhance the process of termination.

9:45-10:30 AM  Discussion
10:30-10:50 AM  Coffee break
How Former Patients Keep Treatment Alive After Ending-Judy L. Kantrowitz, PhD

Development of a self-analytic function has historically been a goal of psychoanalysis. Dr. Kantrowitz’s interviews showed that former analysands who did not report having achieved self-analysis had not necessarily failed to benefit from analysis, and that these patients continued to benefit after analysis ended. Former patients described how various kinds of self-exploration continued after analysis, kinds of self-exploration that did not conform to what our literature or our teachers have led us to expect. Dr. Kantrowitz will reflect on different ways of assimilating the analytic process and the analytic relationship. Self-analysis as a criterion by which to judge the success of analytic outcome is reconsidered.

Educational Objectives:
1. To recognize the different ways patients keep treatment alive after they have ended.
2. To reconsider the analytic assumption of the necessity for the development of a self-analytic function before ending.

Discussion

Participants

Judy L. Kantrowitz, PhD is a training and supervising analyst at the Boston Psychoanalytic Institute and a Clinical Associate Professor at Harvard Medical School. She is the author of three books: *The Patient’s Impact on the Analyst* (1996); *Writing about Patients: responsibilities, risks, and ramifications* (2006); and *Myths of Termination: what patients can teach psychoanalysts about endings* (2014). Dr. Kantrowitz has also written papers on the patient-analyst match and outcome of psychoanalysis and on impasses in analysis. She has served three times on the editorial board of *JAPA* and is currently on the board of *The Psychoanalytic Quarterly*. Dr. Kantrowitz has a private practice of psychoanalysis and psychoanalytic psychotherapy in Brookline, MA.

Mary Murphy, EdD is a psychotherapist in private practice in North Seattle where she sees adults.

Chris Keats, MD is a member of the SPSI faculty and practices psychiatry and psychoanalysis in Bellevue, WA.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Psychoanalytic Association and the Seattle Psychoanalytic Society and Institute. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians. The American Psychoanalytic Association designates this Live Activity for a maximum of 4.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. This presentation also meets the requirements of WAC 246-924-240 (Definition of Category of Creditable CPE). “This program has been approved for 4.5 CEUs by the NASW Washington State Chapter.” Licensed Social Workers, Marriage and Family Therapists and Mental Health Counselors are eligible. Provider number is #1975-144.

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

Endings: Myths of Termination
Friday & Saturday, October 14 & 15, 2016

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City, State, Zip___________________________________________________________

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Conference Fees

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Early Registration*

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* Must be postmarked by Tuesday, August 30, 2016
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