

The Thinking Heart: Three Levels of Analytic Work and of Pathology - Three Types of Meaning - Making

Presenter: Anne Alvarez, Ph.D. M.A.C.P.

Discussant: Bill Singletary, MD

This talk emphasizes the meaning-making element in psychoanalytic psychotherapy. Dr. Alvarez shall suggest that attention to development – particularly the development of feelingful thinking helps us to see that the dichotomy between cure and relationship is a false one. It is possible to identify damage or for that matter, deficit, without denying the healing power of relationship. Dr. Alvarez shall identify three points on a continuum of levels of analytic work and levels of meaning. The thinking arose out of many years of work with autistic or borderline children, who were not able, for reasons of profound ego impairment, to respond to the more traditional two-tracked explanatory interpretation as a method of ascribing meaning. The author suggests that a prior level - lending meaning via a one- tracked description or amplification - is more effective in helping them to think. The paper argues that this method, where appropriate to the developmental and psychopathological level at which the patient is functioning, need not be seen as inferior to or less complete than the former type. A third- more intensified- level of work - an urgent insistence on meaning - is illustrated with a patient where the deficit was not only in the ego, but in the self and the internal object. The suggestion is that the issue at this third level concerns, not thinking about feeling, nor even identifying feeling, but gaining access to feeling itself. This foundational level of personality and the mind stands at the base of all development and its existence is both essential to a 'cure' and borne out of relational change in the psychotherapy.



Saturday, January 28, 2023

9:30 am - 11:30 am



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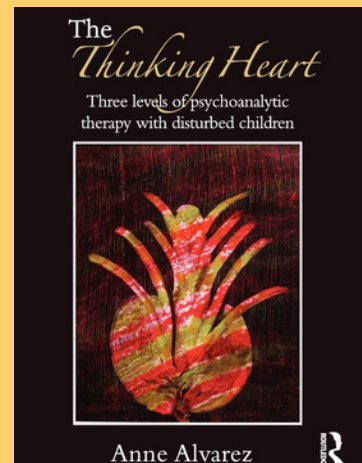
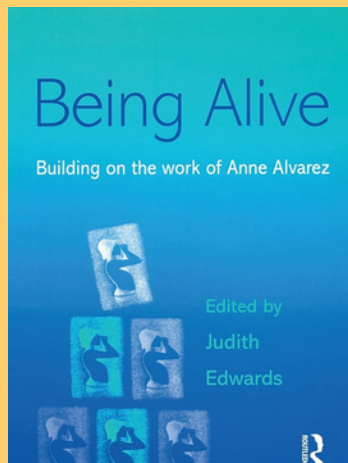
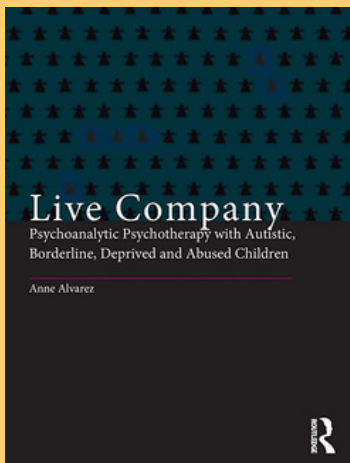


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Anne Alvarez, Ph.D., M.A.C.P is a Consultant Child and Adolescent Psychotherapist (and retired Co-Convener of the Autism Service, Child and Family Dep't. Tavistock Clinic, London, where she still teaches). She is the author of Live Company: Psychotherapy with Autistic, Borderline, Deprived and Abused Children and has edited with Susan Reid, Autism and Personality: Findings from the Tavistock Autism Workshop. A book in her honor, edited by Judith Edwards, entitled Being Alive: Building on the Work of Anne Alvarez was published in 2002. She was Visiting Professor at the San Francisco Psychoanalytic Society in November 2005 and is an Honorary Member of the Psychoanalytic Centre of California. Her latest book, The Thinking Heart: Three Levels of Psychoanalytic Therapy with Disturbed Children was published in April 2012 by Routledge.



Dr. Bill Singletary is a child, adolescent, and adult psychiatrist and psychoanalyst, a member of the faculty and child analytic supervisor of the Psychoanalytic Center of Philadelphia, a councilor of the Association for Child Psychoanalysis, and President of the Board of the Margaret S. Mahler Child Development Foundation. He is in private practice in Philadelphia, PA and has worked in intensive psychotherapy with children and adults with ASD for over 30 years. A major focus of his work has been on how building relationships contributes to changing the brain. His paper, "An Integrative Model of Autism Spectrum Disorder", a Target Article in *Neuropsychoanalysis*, describes the pathological role of stress in ASD, on both the neurobiological and psychological levels, and the importance of the development of loving relationships and emotional regulation in its alleviation.

EDUCATIONAL OBJECTIVES

At the end of this presentation, participants will be able to:

1. Identify three different levels of psychoanalytic technique: an explanatory level, ('why-because'), a descriptive/attuning/amplifying level, attending to the 'whatness or 'isness' of experience, and an intensified level, which aims to call the patient into live contact with his experience, his being, and with others.
2. Choose which of these three different types of intervention will be most helpful in a particular clinical situation.

CONTINUING MEDICAL EDUCATION/CONTINUING EDUCATION

Continuing Medical Education (CME):

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 American Psychoanalytic Association and the Psychoanalytic Center of Philadelphia. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians.

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