

# When Secrets Emerge: Uncanny Impact in Analysis and Therapy on the Clinician's Body & Mind


Presented by:  
**Kathryn J. Zerbe, MD**

Listening to secrets is part of the everyday work of a psychodynamic clinician. Despite its importance, this topic has not received extensive attention in the analytic literature. The impact on the clinician in unexpected emotional and physical ways deserves greater scrutiny than has generally occurred in training. It can be experienced as uncanny and disturbing. This lecture describes how guilt and shame, no-entry defenses, and somatic countertransference reactions take root when 'what has been hidden, but in plain sight' emerges seemingly out of the blue in analysis or psychotherapy. Countertransference reactivity of the therapist when treating patients who keep secrets and the role this plays in the development of dissociated somatic reactivity and burnout will be demonstrated in clinical examples of patients with eating disorders, addictions, life transitions, and bereavement. Emphasis will be placed on how to attend to the therapist's self-care needs and how to enhance resilience as secrets emerge, are contained, and worked through in the therapeutic dialogue.

**Kathryn J. Zerbe, MD**, is Professor of Psychiatry at Oregon Health and Science University, and the author of the landmark eating disorder text, *The Body Betrayed*. She lectures nationally and internationally on issues pertaining to women's mental health and practices psychiatry and psychoanalysis in Portland.

 Friday, March 15th, 2024

 7:00 pm to 9:00 pm EST

 Hybrid: Rockland - 3810 Mt Pleasant Dr, Philadelphia, PA 19121 & Online via Zoom

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2 CE/CME's Available  
\$60 for Non-Members Seeking CE Credit  
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Early registration is encouraged for this program. We will utilize our OWL technology to pilot an integration of our virtual and in-person audiences. Priority seating will be given to the first fifteen registrants, providing them with the opportunity to speak freely during the discussion period. Other participants will be seated in the space surrounding the central table and can move to the table to ask questions directly to the presenter. If you have any questions or concerns, please contact Membership & Events Coordinator Julia Seixas at [jseixas@philanalysis.org](mailto:jseixas@philanalysis.org).

## EDUCATIONAL OBJECTIVES

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

1. Describe 4 common reactions that occur in the patient and/or clinician when a secret emerges for the first time in brief or long-term psychodynamic therapy.
2. Recognize the multiple and unanticipated impact that the emergence of a warded-off secret may have after on the therapist-patient dyad and the treatment process.
3. Demonstrate and use somatic/embodied countertransference experience as an additional source of knowledge about what is occurring within the therapeutic process.
4. Have available 3 tools to help the patient and clinician manage self-care.

## 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.

The American Psychoanalytic Association designates these Live Activities for a maximum of 2 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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



### Continuing Education for Psychologists (CE):

The Psychoanalytic Center of Philadelphia is approved by the American Psychological Association to sponsor continuing education for psychologists. The Psychoanalytic Center of Philadelphia maintains responsibility for this program and its content. Every session of this program offers CE credit for psychologists.

**Continuing Education for Social Workers, Marriage and Family Therapists, and Professional Counselors (CE):** In accordance with the requirements of the Commonwealth of PA dated 12/23/06 [PA Code: Title 49, Ch. 47-49], The State Board of Social Workers, Marriage and Family Therapists, and Professional Counselors recognizes the American Psychological Association (APA) as a preapproved provider of continuing education programs for social workers and clinical social workers, marriage and family therapists, and professional counselors in the State of Pennsylvania. The Psychoanalytic Center of Philadelphia is approved by the American Psychological Association to sponsor continuing education programs.

**For more information, please contact the Psychoanalytic Center of Philadelphia:**

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