

# ENDANGERED *psychotherapies*

Health insurance companies and Federal regulators are moving the American health care system—including psychotherapy—toward “evidence-based treatment.” For psychotherapy, that means a movement in the direction of short-term behaviorally-focused treatments, which can be manualized and evaluated quickly and cleanly. This movement thus imperils a rich tradition of psychotherapies which are based on European models, which are more introspective, longer-term, and harder to evaluate. This series examines three “endangered psychotherapies” coming out of European intellectual traditions: psychoanalysis and psychodynamic psychotherapy, Jungian psychotherapy, and Gestalt psychotherapy.

These lectures are supported by a grant from the Kathryn Donahue Psychology Foundation.

**MICHAEL O’BRIEN** | THURSDAY | APRIL 7 | 7:00 PM | EAC 2

**Awareness, Authenticity & Aggression: Superpowers in a Dis-Empowering World**

As traditional institutions continue to fail, and we are faced with more information and life-options than at any time in history, what does psychotherapy have to offer us in the contemporary world? Gestalt Therapy and related organismically-based therapies continue to stand the test of time and allow the individual to discover who they are and what is authentic for them. The lecture will explore how Gestalt distinguishes itself from other therapies, and its connection to mindfulness and meditation.

Michael O’Brien, L.P. is a NYS Licensed Psychoanalyst, a graduate of Gestalt Associates for Psychotherapy, the Reichian Center for Energetic Therapies, and the Integrated Feeling Therapy Institute. He has also trained in Somatic Experience and Integrated Family Systems. He is on faculty at The Center for Gestalt Psychotherapy and Training.

**GHISLAINE BOULANGER** | MONDAY | APRIL 18 | 10:10 AM | BARN 100

**Making Psychoanalysis Relevant. Practicing in the Real World.**

Since the publication of her book *Wounded by Reality: Understanding and Treating Adult Onset Trauma*, she has taught and published extensively on the psychodynamic dilemmas facing adults who have survived violent and life threatening events, and the clinicians who work with them. This lecture will discuss the implications of psychodynamic work with traumatized patients.

Ghislaine Boulanger is a psychologist and psychoanalyst in private practice in New York City and a member of the Relational faculty at New York University’s Postdoctoral Program in Psychotherapy and Psychoanalysis. She is president of the Section for Applied Clinical Psychoanalysis of Division 39, and a member of the editorial board of *The International Journal of Applied Psychoanalytic Studies* and *Division/Review*.

**FRANCINE LORIMER** | THURSDAY | APRIL 28 | 7:00 PM | CAPA SYMPOSIUM

**A Jungian Approach to Working with Borderline Disorders**

In this lecture, Jungian approaches to narcissistic and borderline disorders are described, with a focus on supporting socially marginalized individuals in achieving spiritual and emotional fulfillment.

Francine Lorimer, PsyD, did ethnographic fieldwork in Aboriginal Australia and Denmark before training as a Jungian analyst. Her anthropological research focused on social identity and senses of self in limit situations. In 2003, she began Jungian training in Zurich before moving to Boston in 2005 where she graduated from the C G Jung Institute-Boston in 2013. She also completed a Psy.D. in clinical psychology at William James College, graduating in 2014. She currently teaches at the C. G. Jung Institute-Boston, does psychological testing, and has a private practice in Arlington MA as a clinical psychologist and Jungian analyst.