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The Certificate Program in Clinical Theory and Practice

October 2010 - May 2011



The Certificate Program in
Clinical Theory and Practice

Wellspring Family Services
1900 Rainier Avenue South
Seattle, WA 98144

Return Service Requested

Formerly a program of University of Washington
School of Social Work Continuing Education

This Certificate Program is designed for clinicians in all mental health disciplines who possess at least a master's degree in a related field, for others with at least five years of supervised experience in mental health practice, and others with instructor approval.

As a practicing mental health clinician, you may feel the need to deepen your understanding of your clients' problems and of the therapeutic process itself. This Certificate Program in psychodynamic psychotherapy with adults gives you the opportunity for such advanced learning in both theory and practice.

Regardless of your practice setting, this program is vital to you. The Certificate Program represents a professional commitment to train developing clinicians. Our focus is to maintain respect for the fundamental tenets of good clinical work in today's environment. We believe this course offers clinicians the foundation necessary to retain our clinical integrity and provide professional and ethical clinical practice.

The Program's content is practical. It leads you through the natural sequence that characterizes the treatment of any client, addressing the common problems and issues that need to be addressed during the opening, middle, and termination phases of treatment. It defines and clarifies the choices that you often need to make at each of these stages. You have the opportunity to assimilate, apply, and test the course content as you follow three teaching cases through the sixteen sessions. The major theoretical influences on clinical practice and an understanding of human development — both viewed psychodynamically — are integrated to provide you with a comprehensive learning experience.

The faculty for this Certificate Program is drawn from social work, psychology and psychoanalysis from both agency and private-practice settings. The instructors' broad range of expertise will help you gain a new perspective on the key therapeutic issues and challenges that you face every day in your practice.

To print additional copies of this brochure or for more information about Wellspring Family Services, please visit our website www.wellspringfs.org.

This Program addresses the following important areas of clinical practice:

The beginning of therapy and establishing the therapeutic framework: The goals of psychodynamic practice; setting the treatment frame, including frequency of sessions, handling of missed appointments, and therapeutic neutrality; fees as a clinical issue.

The therapeutic framework in an agency setting: The challenges and special conditions in setting the treatment frame in an agency including clinical supervision issues and system resistances.

Principles of interpretation: Its integral role in psychodynamic work, including the role of correctly timed interpretation in building the therapeutic alliance.

Interpreting early resistance: Preventing premature terminations.

Normal and pathological development: An introduction to human psychological development with an emphasis on infancy and early childhood. Topics addressed include the development of the sense of self, attachment, social relatedness, separation and individuation, and psychological defenses.

Four major areas of development: Drive, ego, object relations and self.

Listening to and understanding the client's communications: Ways to listen to conscious and unconscious meanings in a client's material; the process of "knowing" through the therapeutic relationship.

The therapeutic interaction: The meaning of transference — its importance and value in the treatment process; psychological defenses, resistance, and countertransference considerations

Recognizing and handling therapists' errors: The impact and implications of errors; the rectifying of errors.

Understanding the working-through process: How therapy helps; the therapeutic effect of treatment.

External demands and constraints on treatment: From a clinical point of view.

Termination issues: The termination phase of treatment; transference and countertransference contributions; termination due to external factors.

Understanding and working with dreams: The integration of dream material into clinical practice and misuses of that material.

Empathy and neutrality: In the service of understanding and elucidating the unconscious.

Medications: The impact on the therapeutic process.

DSM: Working with the DSM in psychodynamic practice.

This program will help you work more effectively with your clients as you:

- Acquire a more **in-depth understanding** of your clients and their issues
- Improve your empathic capacity to include your client’s **unconscious process**
- Improve your ability to establish the **therapeutic alliance** with your clients
- Gain a more complete comprehension of the **therapeutic process**
- Improve your ability to listen for **unconscious derivatives** of your clients’ difficulties
- Learn how to recognize and work with client and system **resistances**
- Gain an in-depth understanding of **transference** and its use in therapy
- Decrease your clients’ **premature terminations**
- Discover more about **countertransference** and its uses in understanding your client.
- Improve your ability to recognize and handle your **therapeutic errors**
- Increase knowledge about human **psychological development** and its relation to psychological distress
- Acquire a more in-depth understanding of how therapy facilitates the **working-through process**
- Explore the differences and similarities in the **therapeutic frame** in agency and private practice settings
- **Integrate** your learnings through active application to ongoing case material

Faculty

Martin Bullard, LICSW, is an adult psychoanalyst who also treats adolescents and children in his private practice in Seattle. He is a faculty member in the advanced psychotherapy program at the Seattle Psychoanalytic Society and Institute. His experience includes the development and management of a therapeutic preschool and a partial hospital program for latency aged children.

Robert Campbell, M.D. is a child, adolescent, and adult psychoanalyst in private practice in Bellevue, Washington. He is also on the faculty of the Seattle Psychoanalytic Society and Institute, teaching in the child and adult training programs.

Stan Case, LICSW, Ph.D., is an adult psychoanalyst who also treats children and adolescents in his private practice in Edmonds, WA. He is on the faculty of the Seattle Psychoanalytic Society and Institute where he teaches in the core training program and in the advanced psychotherapy program.

Ronald L. Furedy, M.D., is a training and supervising analyst at the Seattle Psychoanalytic Society and Institute. He is in private practice in Bellevue, Washington and treats adults in psychoanalysis and psychiatry.

Catherine A. Henderson, Ph.D., A.R.N.P., is an Advanced Registered Nurse Practitioner with a Ph.D. in Clinical Psychology and is an adult and child psychoanalyst. She is in private practice in Bellevue, Washington and is a training analyst and faculty member with the Seattle Psychoanalytic Society and Institute.

R. Keith Myers, LICSW, is Vice-President of Professional Services for Wellspring Family Services in King County, Washington. He was in private practice before coming to Wellspring Family Services in 1986. He is a former Board member of the Northwest Alliance for Psychoanalytic Study and past-president of the Clinical Social Work Federation. He has taught extensively on the subject of adolescent treatment and suicide.

Roberta Myers, LICSW, B.C.D., is the Program Chair of this Certificate Program. She maintains a private psychotherapy practice in Bellevue, Washington where she treats children, adolescents and adults. In addition, she has taught the mental health advanced practice sequence in the University of Washington’s MSW program. She is a former Board member of the Washington State Society for Clinical Social Work and of the Northwest Alliance for Psychoanalytic Study. She received her training through the Seattle Psychoanalytic Society and Institute.

Registration

Deadline is September 10, 2010

You may register by completing the attached form and returning it with fee as directed. Confirmation of your registration status will be mailed along with materials for the first day of class.

Cancellation Policy

If you cancel no later than 21 days prior to the program start date, you will receive a full refund of your registration fee less a \$150.00 non-refundable processing fee.

Program Dates

This sequentially based 100-hour classroom program will be held from 9:00 a.m. to 4:15 p.m. one Friday and Saturday per month, October 1 & 2, November 5 & 6, December 3 & 4, 2010, January 7 & 8, February 4 & 5, March 4 & 5, April 1 & 2, and May 6 & 7, 2011

Location

All classes will be held at Wellspring Family Services Bellevue Branch:

Conference Room
11911 NE 1st, Suite 206
Bellevue, WA 98005-3032

Questions?

Call 206.826.3050 ext.350

Professional Credits

Approved for 100 hours of continuing education credit for licensed social workers, licensed mental health counselors and licensed marriage and family counselors. Documentation of hours attended will be furnished to all participants.

To enroll in this 100 hour program, complete and return the attached form by September 10, 2010 with your payment made out to:

Wellspring Family Services
Attn. Clinical Certificate Program
1900 Rainier Avenue South
Seattle, WA 98144

Your tuition for this program brings you the following special features:

- Access to experienced professionals, faculty and fellow participants, from various mental-health practice settings.
- Reading materials and bibliographies that will constitute a growing permanent resource book over the 16 session course.
- Refreshments with all sessions, and a closing graduation luncheon.

The Certificate Program in Clinical Theory and Practice

October 1, 2010 - May 7, 2011

Name	Degree	
Home Address		
City	State	Zip
Daytime Phone		Evening Phone
Fax Number		E-Mail Address
Social Security Number		
Agency		
How did you learn of this program? Specify source if known.		
How many years have you worked in Mental Health Practice?		
Field of your Degree?		

Payment Agreement* (Check the appropriate box and sign below)

I am reserving a slot in this program by sending my **required \$500 reservation deposit now.**

AND (check one of the following)

I have paid the \$500 deposit and agree to pay the remaining balance of \$1600 (\$2100 total) by **credit card** by Sept. 10, 2010.

MC/VISA Card #	Exp. Date	3-Digit Code	Amount Charged
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Cardholder name	Cardholder Address
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I have paid the \$500 deposit and am sending the **early full payment** balance of \$1550 (\$2050 total) by Sept. 10, 2010.

I have paid the \$500 deposit and agree to pay the full tuition balance of \$1650 (\$2150 total) using the following **payment schedule**: I am sending \$950 now (to be received by Sept. 10, 2010) and will pay the balance of \$700 by January 8, 2011.

I understand that my confirmed registration reserves one slot in this Program’s limited enrollment. Accordingly, I understand that I am responsible for the full course tuition regardless of which available payment schedule I have chosen. Refund policy is outlined in the Enrollment Agreement which will be sent to you prior to the beginning of class.

I agree to the above terms, conditions and payment plan selected.

Signature	Date
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** Note: Wellspring Family Services employees receive \$100 of tuition discount to be deducted from final balance payment.*