

# **KERNBERG DAYS II – III**

Transference-Focused Psychotherapy

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Psychotherapy Institute Educational Publications: 60

*Kernberg Days II-III*  
*Transference-Focused Psychotherapy*

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# **KERNBERG DAYS II - III**

Transference-Focused Psychotherapy

**October 28 – November 2, 2011**



**Psychotherapy Institute**



## FOREWORD

We are very happy to be holding the steps 2 and 3 in the “Transference-Focused Psychotherapy” training that we have initiated as the Psychotherapy Institute. Since the day when we turned our attention to the Psychodynamic Psychotherapy, our eyes have been upon three giant scientists after S. Freud. These figures are, as you already know, Otto Kernberg, after whom we have named our big lecture hall, Heinz Kohut, who has given the name of our small lecture hall, and James Masterson, who has inspired the name of our cocktail hall.

We have been so fortunate as to receive training from two of three three giant scientists. We have contacted distinguished Otto Kernberg to express our wish to serve as a bridge to provide for “Transference-Focused Psychotherapy” training to the mental health professionals in Turkey. And they agreed to cooperate with us to organize these trainings as the Personality Disorders Institute of the Weill Medical College of Cornell University. Upon mutual agreement, we have organized the first step of the “Transference-Focused Psychotherapy Training” on October 16-17, 2010 with the participation of distinguished John Clarkin. Along with these trainings, we will have completed the 2nd and 3rd steps of the training program of 4 stages. We believe that we will embark upon the supervision stage as the 4th step of training as soon as possible.

“Transference-Focused Psychotherapy” predominantly addresses personality disorders. Dr. Kernberg describes all clinical pictures with split object relations between the neurotic and psychotic pictures as “Borderline Personality Organization”.

Categorizing “Borderline Personality Organization” as in two groups as high-level and low-level, Dr. Kernberg also beautifully describes personality traits in terms of introversion and extroversion. According to this classification, he has included

Obsessive Compulsive, Depressive-Masochistic and Hysterical under Neurotic Personality Organization. High Borderline Personality Organization includes Dependent, Sado-Masochistic, Avoidant, Narcissistic and Histrionic personality disorders. And he includes Hypochondriacal, Schizotypal, Paranoid, Schizoid, Hypomanic, Borderline, Antisocial, and Malignant Narcissist disorders under Low Borderline Personality Organization.

Within the frame of face-to-face Psychoanalytic Psychotherapies with the patients diagnosed with Personality Disorder and cannot be taken to couch, “Transference-Focused Psychotherapy” is applied within the perspective of the “here-and-now” principle, working with the transference in the therapy room. Transference enacted with the therapist is linked to the past, using Clarification, Confrontation and Interpretation. Through these therapies conducted once to three times a week over many years, when whole object and whole self relationships are re-established, the client reaches the neurotic level. Dyadic relationships turn to triadic relationships.

These trainings have been organized to show us the milestones of this process. In addition to theoretical knowledge, attendants will benefit greatly from case supervisions as all of us will have an opportunity to observe the practical application of TFP.

We would like to thank Otto Kernberg, the Director of the Personality Disorders Institute of Weill Medical College of Cornell University, Frank E. Yeomans, the Director of Training, and John Clarkin, the Co-Director, as well as the professionals at the PDI, Eve Caligor, MD, Kevin Meehan, PhD, Monica Carsky, PhD, Mark Lenzenweger, PhD, Jill Delaney, MSW, Kenneth Levy, PhD, Diana Diamond, PhD, Mallay Occhiogrosso MD, Eric Fertuck, PhD, Barry Stern, PhD, Pamela A. Foelsch, PhD, Michael Stone, MD and Kay Haran, PhD.

With our respect and gratitude...

**Dr. Tahir ÖZAKKAŞ**  
**Psychotherapy Institute President**

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## WORKSHOP PROGRAM

### KERNBERG DAYS II

#### October 28

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- 09:00 – 10:30 Transference Focused Psychotherapy:  
Overview and update
- 10:30 – 11:00 *Coffee Break*
- 11:00 – 12:30 The Interpretive Process in the Psychoanalytic  
Psychotherapy of Borderline Personality  
Pathology
- 12:30 – 14:00 *Lunch*
- 14:00 – 15:30 A Case Presentation on  
Borderline Personality Disorder
- 15:30 – 16:00 *Coffee Break*
- 16:00 – 17:30 A Case Presentation on  
Borderline Personality Disorder

#### October 29

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- 09:00 – 10:30 Structural Interview and Countertransference
- 10:30 – 11:00 *Coffee Break*
- 11:00 – 12:30 The Almost Untreatable Narcissistic Patient
- 12:30 – 14:00 *Lunch*
- 14:00 – 15:30 A Case Presentation on  
Narcissistic Personality Disorder
- 15:30 – 16:00 *Coffee Break*
- 16:00 – 17:30 A Case Presentation on  
Narcissistic Personality Disorder

## KERNBERG DAYS III

### October 30

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09:00 – 10:30 Strategies, Tactics, and Techniques of TFP

10:30 – 11:00 *Coffee Break*

11:00 – 12:30 Setting up the Treatment Contract

12:30 – 14:00 *Lunch*

14:00 – 15:30 A Case Presentation on  
Borderline Personality Disorder

15:30 – 16:00 *Coffee Break*

16:00 – 17:30 A Case Presentation on  
Borderline Personality Disorder

### October 31

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09:00 – 10:30 The Process of Interpretation

10:30 – 11:00 *Coffee Break*

11:00 – 12:30 Maintaining Technical Neutrality

12:30 – 14:00 *Lunch*

14:00 – 15:30 A Case Presentation on  
Borderline Personality Disorder

15:30 – 16:00 *Coffee Break*

16:00 – 17:30 A Case Presentation on  
Borderline Personality Disorder

## **November 1**

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- 09:00 – 10:30 Managing Countertransference
- 10:30 – 11:00 *Coffee Break*
- 11:00 – 12:30 The Evolution of Therapy
- 12:30 – 14:00 *Lunch*
- 14:00 – 15:30 A Case Presentation on Schizoid Defenses
- 15:30 – 16:00 *Coffee Break*
- 16:00 – 17:30 A Case Presentation on Schizoid Defenses

## **November 2**

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- 09:00 – 10:30 Narcissism and Borderline Pathology
- 10:30 – 11:00 *Coffee Break*
- 11:00 – 12:30 TFP with Narcissistic Pathology
- 12:30 – 14:00 *Lunch*
- 14:00 – 15:30 A Case Presentation on  
Narcissistic Personality Disorder
- 15:30 – 16:00 *Coffee Break*
- 16:00 – 17:30 A Case Presentation on  
Narcissistic Personality Disorder



## **REFERENCE READINGS**



**Kernberg, O.F.: *Severe Personality Disorders: Psychotherapeutic Strategies*. New Haven, CT: Yale University Press. 1984.**

One of the problems plaguing the field of psychiatry has been that of differential diagnosis, especially when the possibility of borderline character pathology exists. Borderline conditions must be differentiated from, on the one hand, the neuroses and neurotic character pathology and, on the other hand, the psychoses, particularly schizophrenia and the major affective disorders.

Both the descriptive approach to diagnosis, which focuses on symptoms and on observable behavior, and the genetic approach, which emphasizes mental disorder in the patient's biological relatives, are valuable, especially with major affective disorders and schizophrenia, but, whether used singly or together, neither has proved sufficiently precise when applied to personality disorders.

I believe that an understanding of the intrapsychic structural characteristics of patients with borderline personality organization, together with criteria stemming from descriptive diagnosis, can result in a vast improvement in diagnostic precision.

Although a structural diagnosis is more difficult to carry out, requires more practice and experience from the clinician, and presents certain methodological difficulties, it has definite advantages, particularly with patients who do not fall easily into one of the major categories of neurotic or psychotic illness.

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