

*The Irish Forum for Psychoanalytic Psychotherapy & The Irish Forum
for Child and Adolescent Psychoanalytic Psychotherapy Present*

Mindfulness in Psychodynamic Psychotherapy *A Clinical Seminar with Michael DelMonte*



Saturday 28th April 2012 @ 10.00 am - 1.00 pm
*Brandsma Room, Ground Floor
Carmelite Community Centre
56 Aungier Street, Dublin 2*

CLINICAL SEMINAR SERIES 2011-2012

This new clinical seminar series offers an opportunity for psychoanalytic psychotherapists, trainees and those from other organisations and related fields (psychiatry, psychology, counselling) working with patients to come together to discuss matters relating to clinical practice. Each seminar features an experienced psychoanalytic psychotherapist or psychoanalyst who will begin by giving a short lecture on her/his clinical work, followed by ample time for questions and discussion. After a tea and coffee break, delegates will return for an hour-long clinical discussion on the theme of the seminar facilitated by the guest speaker. Each speaker will recommend an article on the theme of her/his seminar which will offer an introduction to some of the issues which will be discussed. Articles are available electronically in advance of each seminar, upon receipt of the booking form and registration fee. Each seminar has been awarded CPD points by the psychoanalytic psychotherapy section of the Irish Council for Psychotherapy (ICP). **There are a limited number of places available so early registration is advised.**

THE PRESENTATION

This paper examines the role of enhancing awareness, via the ancient practice of Eastern mindfulness, in dealing with the human quest for meaning and in alleviating suffering. Our dogmatism, clinging attachments, rigid identifications, experiential avoidance, somatisation and other obstacles to evolving conscious symbolisation, are examined. This is done from various Western psychodynamic perspectives inspired by Freud, Jung, Bion, Matte Blanco, Lacan and Assagioli - among others. Potential pitfalls on the path of consciousness enhancement are also discussed. The practice of mindfulness, like psychoanalysis, offers a gentle challenge to those psychological defences which tend to distort or restrict our conscious experiences.

Western psychotherapy praxis has typically been characterised by confidence in the ability of the logical, analytical and thinking mind to resolve most forms of psychological distress, e.g. from the use of Freud's "talking cure" to cognitive therapy's dialogues "cognitive restructuring". However, there may be times when much older Eastern approaches to resolving human suffering are useful, for example, by the fostering of reflective silence as in meditative practice, with its emphasis on the intuition emergent from the resultant "no thought" state, as well as from the mindfulness of the embodied mind in the here and now.

REFERENCES

- DelMonte, M. M. (2011). Mindfulness: Psychodynamic Perspectives. Paradoxia: Journal of Nondual Psychology, 3, 1-26.
- Moncayo, R. (2003). The finger pointing at the moon: Zen Practice and the practice of Lacanian psychoanalysis. In J. D. Sanfran (Ed). Psychoanalysis and Buddhism: An Unfolding Dialogue, New York: Wisdom Publishers.
- Pelled, E. (2007). Learning from experience: Bion's concept of reverie and Buddhist meditation: A comparative study. International Journal of Psychoanalysis, 88, 1507-1526.
- Rubin, J. B. (1985). Meditation and psychoanalytic listening. Psychoanalytic Review, 72(4), 599-613.

SPEAKER

Dr. Michael (Michelo) DelMonte was born in The Hague, The Netherlands, but completed his secondary school education in Dublin. He attended Trinity College Dublin where he obtained an Honours B.Sc. in Genetics and later again in Psychology. He next obtained a Higher Diploma in Education, as well as a research M.Sc. and Ph.D. from Trinity College on psycho-physiological, personality, mindfulness and other aspects of meditation, while working in the Psychosomatic Unit of St. James's Hospital, Dublin. Michelo then attended University College Dublin where he obtained an M.Psych.Sc. in Psychotherapy. Alongside these studies Michelo became increasingly involved in psychoanalysis.

For nearly 30 years Michelo has conducted individual, couple, family and group psychotherapy in St. Patrick's University Hospital (linked to Trinity College) and St. Edmundsbury Hospital where he is Principal Psychologist. He is also a part-time lecturer in the Department of Psychiatry, Trinity College. Michelo has published circa 80 articles and chapters in professional journals and books on various aspects of psychotherapy, mindfulness, meditation and evolutionary psychology.

Michelo was co-founder in 1990 in Tokyo of "The Transnational Network for Physical, Psychological and Spiritual Well-Being". He has been an invited guest speaker at more than two dozen international symposia and conferences – some of which were linked to his Transnational Network interests.

Michelo is a member of the Irish Forum for Psychoanalytic Psychotherapy, The Irish Constructivist Psychotherapy Association, The College of Psychoanalysts in Ireland, The British Psychological Society, Fellow of The Irish Psychological Society and associate member of The Irish Analytical Psychology Association.

Aileen Young is a Jungian Analyst working in private practice in north Co. Dublin.

Having originally trained as a Psychoanalytic Psychotherapist she pursued a training in Analytical Psychology and is now a member of the International Association of Analytical Psychology.

Aileen has given introductory lectures in Analytical Psychology on many trainings, including the MSc in Adult Psychoanalytic Psychotherapy in Trinity College, MSc in Child Art Psychotherapy, Mater Hospital, and Diploma in Psychoanalytic Studies, Dublin Business School.

SCHEDULE

10.00-10.10 Welcome and Opening Remarks

10.10-10.50 Lecture by Michael DelMonte

10.50-11.20 Questions and Discussion

11.20-11.50 Tea and Coffee Break

11.50-12.50 Clinical Discussion Facilitated by Michael DelMonte

12.50-13.00 Thanks and Closing Remarks

VENUE

This clinical seminar takes place in the Brandsma Room on the ground floor of the Carmelite Community Centre, 56 Aungier Street, Dublin 2 (next door to the Whitefriar Street Carmelite Church). Delegates can download directions to the venue by putting in a search for 'Carmelite Community Centre, Aungier Street, Dublin 2' at the following site: <http://www.maps.google.ie> Car-parking facilities are available in the White Friar Street

Car Park at a cost of €2.50 per hour. The Stephen's Green Shopping Centre Car Park is also a short walk away.

TEA AND COFFEE

There is a coffee shop on the ground floor of the Carmelite Community Centre which sells tea, coffee and snacks for a reasonable price.

ORGANISERS

This event is jointly organised by the Irish Forum for Psychoanalytic Psychotherapy (IFPP) and the Irish Forum for Child and Adolescent Psychoanalytic Psychotherapy (IFCAPP). Further information about the IFPP can be found here: <http://www.ifpp.org> Further information about the members of the IFCAPP can be found on the website for the Irish Council for Psychotherapy: <http://www.psychotherapy-ireland.com>

UPCOMING EVENTS

Further information about this and other upcoming events organised by the IFPP and the IFCAPP can be found at <http://www.ifpp.org>

REGISTRATION AND FURTHER INFORMATION

To register, delegates should contact Ann Daly: amdps@indigo.ie

The registration fee for the event is:

- * €20 full members (IFPP or IFCAPP)
- * €25 non-members
- * €10 associate members (IFPP or IFCAPP)
- * €10 students/trainees

Please complete the registration below and send with your payment. Cheques, postal orders or bank drafts should be made payable to 'The Irish Forum Psychoanalytic Psychotherapy' and posted to Ann Daly, 'Clinical Seminar Series 2011-2012', The Irish Forum for Psychoanalytic Psychotherapy, 73 Quinn's Road, Shankill, County Dublin. Payment of the registration fee secures a place at the seminar. Include your name and email address as receipt of payment will be confirmed by email.

Please note: there are a limited number of places available so early registration is advised

BOOKING FORM: MINDFULNESS IN PSYCHODYNAMIC PSYCHOTHERAPY Please complete this form and return to: Ann Daly, 73 Quinn's Road, Shankill, County Dublin. Tel: 01-2722105, Fax: 01-2722111. The appropriate fee must complete this form. Thank you.

Name: _____

Address: _____

Telephone: _____ Email _____

Organisation: _____ Profession: _____

I enclose a cheque/postal order/bank draft for € _____ to be made payable to 'IFPP' for:

(please tick one)

Full Member (IFPP or IFCAPP)	€20	_____
Non-Member	€25	_____
Associate Member (IFPP or IFCAPP)	€10	_____
Reduced Fee (Student/Trainee)	€10	_____

Bookings will not be accepted without payment.

All papers will be e-mailed on registration.