

WCM Department of Psychiatry

Cognitive Behavioral Therapy Seminar

Psychology CE Announcement

“Transference and Countertransference Issues in CBT”

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Postdoctoral Fellow

New York-Presbyterian Hospital Westchester Division

Thursday, May 30th, 2024

12:00pm – 1:00pm

<https://weillcornell.zoom.us/j/95987937902>

Meeting ID: 959 8793 7902

1 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact wcmpsychiatryce@med.cornell.edu for additional CE information

SPEAKER: Dr. Mann has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Sasha Mann, PhD, is a postdoctoral fellow in adult outpatient psychology at the New York-Presbyterian Westchester Behavioral Health Center. She earned her BA in comparative literature at Smith College and a master’s degree and PhD in clinical psychology at Long Island University-Brooklyn. She completed a predoctoral internship at Silver Hill Hospital and at the William Alanson White Institute, where she received extensive training in trauma and substance use disorders. She has trained in diverse settings, including in school counseling, community outpatient, residential hospital, and major urban medical centers. Her dissertation investigated the relationships between attachment, anxiety, and shame, and her clinical work is consistently informed by attachment theory and research. Dr. Mann’s fellowship focuses on evidence-based treatments for adults with anxiety, mood, perinatal, and personality disorders, including DBT and Transference-Focused Psychotherapy (TFP).

Abstract:

This presentation provides a basic introduction to transference and countertransference issues in CBT. While traditionally psychodynamic concepts, transference and countertransference are essential and impactful forces in any psychotherapy. This talk will identify strategies for CBT therapists to use countertransference to enhance therapeutic outcomes. Additionally, the talk will address the challenges and ethical considerations in navigating both transference and countertransference issues in CBT treatment.

Learning Objectives:

1. Identify and describe at least two common patterns of transference that can emerge in CBT treatment, including how these patterns may influence the therapeutic process.
2. Explain the concept of countertransference and identify two examples of their own countertransference reactions as a CBT therapist.
3. Apply strategies to effectively address and utilize transference and countertransference phenomena in CBT to enhance the therapeutic alliance and treatment outcomes.

References:

1. Roscoe, J., & Taylor, J. L. (2023b). Maladaptive therapist schemas in CBT practice, training and supervision: A scoping review. *Clinical Psychology & Psychotherapy/Clinical Psychology and Psychotherapy*, 30(3), 510–527. <https://doi.org/10.1002/cpp.2802>
2. Praško, J., Ocisková, M., Vaněk, J., Burkauskas, J., Šlepecký, M., Bite, I., Krone, I., Sollár, T., & Juškienė, A. (2022b). Managing transference and Countertransference in Cognitive Behavioral Supervision: theoretical framework and clinical application. *Psychology Research and Behavior Management*, Volume 15, 2129–2155. <https://doi.org/10.2147/prbm.s369294>
3. Gelso, C. J., & Kline, K. (2021). Some directions for research and theory on countertransference. *Psychotherapy Research*, 32(1), 46–51. <https://doi.org/10.1080/10503307.2021.1968529>