

Clinical Division of Psychotherapy
The Hong Kong College of Psychiatrists

Co-organizer: Department of Psychiatry, Tai Po Hospital

Two days workshop on Group and Individual Psychoanalytic Therapy

Speakers:

Dr Jean Arundale *PhD* &

Dr Jason Maratos *DPM, MPhil, MInstGA, FRCPsych*

Dr Jean Arundale is an experienced consultant psychotherapist who has been practicing psychoanalysis and psychoanalytic psychotherapy in the National Health Service and privately over the last 35 years. She is a leading member of a psychodynamic psychotherapy team at Guy's Hospital, London.

Dr Arundale obtained a Ph.D. in Psychology at University College London having worked on the subject of *Psychotherapy Supervision*. She is a member and accredited *Training Analyst* of the British Psychoanalytic Association. Her orientation is informed by Kleinian and Freudian theory.

Dr Arundale has conducted seminars and supervised psychotherapists and psychiatrists in many psychotherapy training groups in London. She has presented a number of papers on a wide range of topics such as Narcissism, the Here-and-Now Interpretation, Dreams, Psychoanalytic Technique, on Sexuality and on the concept of 'The Other'. She has also given lectures in Europe and South Africa.

Dr. Arundale was the Editor of the British Journal of Psychotherapy for 9 years and has published a number of papers and chapters in books. She has recently co-edited the book, Transference and Countertransference: A Unifying Focus of Psychoanalysis, published by Karnac Books in 2010. She also co-edited Terrorism and War: the Unconscious Dynamics of Political Violence, H Karnac, London (2002).

Dr Jason Maratos is a Fellow of the Royal College of Psychiatrists, holder of the Diploma in Psychological Medicine of the Royal College of Physicians of England and a Master of Philosophy in Psychiatry of the University of London; he is a Member of the Institute of Group Analysis, London and an accredited trainer of that Institute. He has worked in the field of psychiatry since 1970 and in the field of child and adolescent mental health since 1976.

Dr Maratos' practice has been based on the scientific foundations of psychiatry combined with the humanistic contributions of psycho-analysis, Foulkesian group-analysis, attachment theory, learning theory and self psychology.

Dr Maratos has lectured in Britain and overseas (South America, Europe and China) in the field of psychiatry and psychotherapy and has published a number of articles and chapters in books internationally. His publications have appeared in English, Italian, Greek and Czech. His publications deal with matters of psychotherapy as well as psychosomatic conditions. He is recognised as a trainer by the Institute of Group Analysis and has supervised psychiatrists and psychologists in Britain, Europe and China.

Course Overview

The workshop is targeted at practicing psychiatrists, therapists and counsellors who already have some understanding of the therapeutic process. The aim of workshop is to enhance our understanding of our patients / clients psychanalytically through a combination of lectures and clinical supervision in a master class. The lectures in the morning will touch on theories in both individual and group psychoanalytic therapy, themes commonly encountered in psychoanalytic psychotherapy: the boundaries of the therapeutic relationship – and their transgression and new insights on the importance of dreams since Freud. Clinical supervision of materials from both individual and group analytic work will be conducted in the afternoon. Participants will have the chance to participate in the experiential group and experience how is it like to be in an analytic group.

Date: 20th - 21st February, 2012 (Monday & Tuesday)
Time: 09:00am to 5:30pm
Venue: Lecture Theatre, Block J, Alice Ho Miu Ling Nethersole Hospital, Tai Po
Organizer: Clinical Division of Psychotherapy, the Hong Kong College of Psychiatrists
Co-organizer: Department of Psychiatry, Tai Po Hospital

(Sponsored by Eli Lilly Asia Inc.)

Registration fee:

Members of the Hong Kong College of Psychiatrists (Fellow/member/inceptor/Affiliate)

\$800 for two days workshop;

\$500 for one day workshop

Non-members

\$1000 for two days workshop;

\$600 for one day workshop

Full workshop registration & member of Clinical Division of Psychotherapy of the Hong Kong College of Psychiatrists will be given priority for registration.

Deadline of registration: 5 February 2012

CME/CPD for Psychiatrists: 6 points per day PP-CP (List A)

Hong Kong Psychological Society: 1 point per hour, up to 6 points per day (MCHK CME pending)

Programme

DAY ONE Chairperson: Dr. Zoe Yu and Dr. Elisabeth Wong

- 08:45 Registration
- 09:00 Welcome speech
- 09:15 Introduction to basic Psycho-analytic Concepts by Dr Arundale
- 10:45 *Coffee break*
- 11:00 Introduction to Group-Analytic Concepts - Foundations of Group-Analysis in
psycho-analysis and other Humanities by Dr Maratos
- 12:30 *Lunch*
- 14:00 Clinical supervision Individual Psychoanalytic Work led by Dr Arundale
- 15:30 *Break for coffee*
- 15:45 Experiential group; Volunteers will offer to take part in a group led by Dr Maratos.
Participants are not expected to reveal confidential personal material –
but an experiential group in the context of a workshop.
- 17:15 Panel Discussion – Chaired by Hong Kong Psychiatrist, Dr Arundale and
Dr Maratos

DAY TWO Chairperson: Dr. Irene Kam

- 09:00 Registration
- 09:15 Dreams: “The Royal Road to the Unconscious” by Dr Arundale
- 10:45 *Coffee break*
- 11:00 Lecture on Creative management of the boundaries of a therapeutic relationship
by Dr Maratos
- 12:30 *Lunch*
- 14:00 Clinical supervision on group analytic work led by Dr Maratos
- 15:30 *Break for coffee*
- 15:45 Large Group Experience – integrating psycho-analytic and group-analytic modes of
thought and practice by Dr Arundale and Dr Maratos
- 17:15 Closing Plenary - Chaired by Hong Kong Psychiatrist.

Registration Form

Two days workshop on Group and Individual Psychoanalytic therapy 20 - 21 February 2012

Title: _____ Name (with surname in block letters): _____

Occupation: _____ Position held: _____

Hospital/Place of work: _____ Postal address: _____

Phone (Home/Office): _____ Fax: _____

E-mail: _____ Mobile: _____

Registration fee (Please ✓ as appropriate)

Fellow/Member/Inceptor/Affiliate of the Hong Kong College of Psychiatrists	Non-member
2-day workshop (20-21 Feb 2012) <input type="checkbox"/> HK\$800	2-day workshop (20-21 Feb 2012) <input type="checkbox"/> HK\$1000
1-day workshop (20 Feb 2012)) <input type="checkbox"/> HK\$500	1-day workshop (20 Feb 2012) <input type="checkbox"/> HK\$600
1-day workshop (21 Feb 2012)) <input type="checkbox"/> HK\$500	1-day workshop (21 Feb 2012) <input type="checkbox"/> HK\$600
I have a case to bring up for discussion in Group Supervision: <input type="checkbox"/> Yes / <input type="checkbox"/> No (Individual Psychoanalytic work / Group analytic work)	
I <input type="checkbox"/> would / <input type="checkbox"/> would not like to participate in the experiential group	

Please returned the completed form with a crossed cheque payable to
“THE HONG KONG COLLEGE OF PSYCHIATRISTS LTD.” by post to Miss Lucita Chan, Rm 906, 9/F, Hong Kong Academy of Medicine Jockey Club Building, 99 Wong Chuk Hang Rd, Aberdeen, H.K.

Remarks

1. Seats are limited and would be given on a first come first serve basis
(Full workshop registration & member of Clinical Division of Psychotherapy of the Hong Kong College of Psychiatrists will be given priority for registration.)
2. Registration will be confirmed only when full payment has been received
3. All fees are non-refundable
4. For enquiry, please contact Ms. Lucita Chan at:
Tel: 28718777 Fax: 28701391 Email: hkpsych@hkam.org.hk