



The Columbia University
Center for Psychoanalytic Training and Research

Training in Transference-Focused Psychotherapy

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Transference-Focused Psychotherapy (TFP) is a manualized, evidence-based treatment for severe personality disorders, in particular borderline and narcissistic personality disorders. To address the clinical needs of this challenging patient population, TFP combines a psychodynamic approach with structure and limit-setting. The goals of the treatment are ambitious - personality change, as reflected in the patients' functioning and satisfaction in their interpersonal and work lives, as well as symptom change.

TFP builds on a psychodynamic object relations model of psychological functioning. The treatment focuses on internalized images of self and other that organize the patient's interpersonal experience. The exaggerated, distorted, and unrealistic internal images of self and other characteristic of severe personality disorders are associated with problems in mood regulation, self-esteem, and interpersonal relationships. The aim of the treatment is to modify these internalized relationship patterns by exploring them as they are activated in the therapeutic relationship and in the patient's interpersonal life. The ultimate aim is to create more stable, realistic and better-integrated experiences of self and other, leading to improved interpersonal functioning and adaptation to life.

The Course

This course will begin with review of the principles and techniques of TFP. It will then move on to case material. The instructors will provide the initial case material, including videos of sessions that illustrate management of typical situations. After this introductory phase, the course will shift to primarily discussion and supervision of participants' cases. After completing this course participants should have acquired the fund of knowledge and clinical skills to be a competent TFP therapist. Participants will receive a certificate from the Columbia University Center for Psychoanalytic Training and Research for the year-long course.

The training will be open to licensed Psychiatrists, PhDs and PsyDs

The course will meet weekly from September through June

Tuesdays from 2:15 to 3:45 PM

286 Madison Avenue, Suite 1602 (corner of East 40th Street)

Cost: \$3,000.00

For an application please e-mail Judy Mars at jk52@columbia.edu

For further information about the program,

please contact Eve Caligor, MD at eve.caligor@gmail.com

or Frank Yeomans, MD, PhD at fyeomans@nyc.rr.com