

**Pacific Northwest Psychoanalytic Society
A Local Chapter of Division 39
Of the American Psychological Association**

Spring 2008 Program
Wednesday, March 5, 2008 7:30 P.M.

**“You’re just a kid!” Age & Authority in Psychotherapy
Presented by:
David L. Pressman, Ph.D.**

Meeting Location: The home of Kris Wheeler

As a therapist in training, and now as a new professional, my age frequently enters the therapeutic space. Occasionally spoken explicitly, but more often implicitly informing the language of the session, the anxiety regarding the age, knowledge, experience, and authority of the clinician is an emotion expressed collaboratively by patient and therapist. This anxiety, when inadequately managed by the therapist, threatens to undermine the confidence and trust the patient places in the therapist. For the psychologist, particularly one who is frequently younger than his patients, the seemingly constant reminders of professional hurdles regularly arouse this specific anxiety. In this seminar, we will explore how the changing landscape of psychotherapy underscores the anxiety of comfortably and confidently asserting oneself as a psychotherapist.

Objectives: In this talk, attendees will

- 1) Explore the intersection of age and professional stature in the emerging psychotherapist.
- 2) Examine the transference dynamics inherent to age dissimilarity and similarity in the therapeutic dyad.
- 3) Discuss the relevance and limitations of therapeutic authority in the contemporary context of egalitarianism and mental health consumerism.

Dr. David L. Pressman is a staff psychologist in Behavioral Health at Madigan Army Medical Center on Ft. Lewis. Dr. Pressman is the author of the article “With whom do we grieve? An examination of social & cultural determinants of grief processing in the United States and China” and the book review, “Extraordinary Grief,” and the co-author of the book chapter “Clinical interventions with the bereaved: What clinicians and counselors can learn from the CLOC study.” Dr. Pressman completed his internship at Albert Einstein College of Medicine/Montefiore Medical Center and earned his doctorate from Columbia University, Teachers College.

All programs begin at 7:30 and end at 9:30 p.m. Host homes are open at 7:00 for refreshments and conversation before each meeting. The format is lecture followed by discussion for an intended audience of clinicians with psychoanalytically oriented practices. Chapter members have paid for the meeting with their dues. Non-members are welcome to attend at a cost of \$10 at the door.

CE credits: 2.

This program, when attended in its entirety, is offered for 2 CE credits. Division 39 is approved by the American Psychological Association to sponsor continuing education credits for psychologists. Division 39 maintains responsibility for this program and its content.

Directions to Kris Wheeler's home: 5809 43rd Avenue NE, Seattle, WA

Phone: (206) 269-0160

From the north: Head east on NE 65th Street, turn right or south on 43rd Ave NE, 2 1/2 blocks

From south or Eastside: Head north on Montlake, continue past University Village until Montlake becomes Sandpoint Way.

Turn left on 40th Ave NE, right on NE 55th Street, left on 43rd Ave NE, 2 1/2 blocks.

Division 39 is committed to accessibility and non-discrimination in its continuing education activities. Participants are asked to be aware of need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. If participants have special needs, we will attempt to accommodate them. Please address questions, concern and any complaints to Barb Walkover, (206) 323-4087.