

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

Fall 2009 Program

Wednesday, November 4, 2009

7:30-9:30 P.M., doors open at 7:00

**“The Capacity to Be Alone In the Presence of Another:
musing on Winnicott’s essential paradox for clinical practice”**

Presented by: Jeanne Castle, M.A., ADTR

Meeting Location: The home office of Jeanne Castle, M.A., ADTR

In our consulting rooms we may find ourselves bearing witness to the experience of someone who enters an unselfconscious playground of being themselves. There may be silence, or there may occur an intimate glimpse of the self-in-discovery through the expressions of word, dream or gesture. Through this matrix -- both unspoken and spoken -- patient and therapist experience some essential bit of the real, the truth of personal living.

In this seminar we will consider one of Winnicott’s most unique and paradoxical theoretical contributions, which helps us in the life long work of emotional growth and development. There will be both verbal and gently experiential explorations, which will give a deeper sense of the underlying importance of this capacity from which mature creative life can sprout.

After attending this seminar, participants will be able to:

- 1) Define and discuss the implications of this essential paradox: the capacity to be alone in the presence of another.
- 2) Understand physical and emotional achievements facilitated by what Winnicott calls “ego-relatedness.”
- 3) Explore the clinical significance of this theoretical concept.

Jeanne Castle, M.A. is a licensed psychotherapist and Board Certified dance/movement therapist. She has been in private practice since 1986.

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 for psychologists. Division 39 maintains responsibility for this program and its content. The instructional level is intermediate. Free to members, \$15 for non-members.

Directions to home Jeanne Castle's: 7317 23rd Avenue Northeast, Seattle , Washington 98115

(206) 528-0245. The office is behind the house, located in the Ravenna Valley , north of the University of Washington by 5 minutes. Home and office are green with white trim, nestled under a *large* stand of trees. Walk down the driveway, through the trellised gate, and around back to the work studio.

The location is easily reached, situated between the larger arterioles of Northeast 65th and 75th, just two blocks west of 25th Northeast.

Heading North on I-5, take the Lake City Way exit, then fork right onto the NE 73rd street exit; **cross Roosevelt** (which is a one-way heading South) and proceed to 12th, which is a one way street heading North; **turn onto 12th** and go one block to the light (NE 75th) and **turn right; follow NE 75th to 23rd NE** and **turn right onto 23rd**. I am about two thirds way down the block, on the right.

If you are heading South on I-5, take the 85th/80th Streets exit (Exit 172). Stay in the left lane, proceeding on the 80th Street ramp; veer left onto the overpass, and as you find yourself crossing over the freeway, immediately get in your right hand lane; there will be a sign which reads “to I-5 South” and then a sign which says “NE 75th”; stay on this street, which turns into 75th NE ; follow the directions above, once on 75th.

PNPS and Division 39 are committed to conducting all activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. 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 Bev Osband, (206) 324-5455.