



The  
University  
Of  
Sheffield.

Centre for  
Psychological  
Services  
Research

## CPSR Workshop: Thurs 5<sup>th</sup> August

14.00 - 17.00 Workshop

17.15 - 18.15 Optional video supervision session

Main lecture Theatre, Dept. of Psychology, Northumberland Road.

### Working With Transference In Short-Term Psychotherapy: Case Examples From CAT And ISTDP

**Case presentations and discussion:**

**Professor Allan Abbass**  
Centre for Emotions & Health  
Dalhousie University, Canada

**Professor Glenys Parry**  
Centre for Psychological Services  
Research, University of Sheffield

*Transference is a term derived from psychoanalytic theory. In psychodynamic therapy, it describes the redirection of a patient's feelings for a significant person to the therapist. Cognitive analytic therapy understands transference as one example of a ubiquitous interpersonal process of 'reciprocal role enactment.' A common objective for both therapies is to recognise the transference relationship and explore its meaning in relation to the individual's presenting difficulties. Psychotherapy process-outcome research sheds further light on recommendations for working with transference.*

This is a valuable learning opportunity for training or qualified professionals working in psychological therapies to participate in clinical discussion around working with transference. Following brief overviews of the respective treatment models, case presentations by Professors Parry and Abbass using video material will illustrate principles and techniques from CAT and ISTDP. There will be a specific focus throughout on operationalising the concept of transference empirically.

This will be followed by an opportunity to observe a live ISTDP supervision of video case material led by Professor Abbass. The supervision will pay particular attention to working with transference.

**Fee: £45 professionals £35 students. Includes refreshments. Payable by credit card, cheque or invoice. To book please email Abby: [a.constantine@sheffield.ac.uk](mailto:a.constantine@sheffield.ac.uk) or call 0114 2220753**