

CLINICAL FORUM

Saturday, 12 December 2015

11am – 1pm

The Danger of Getting Better

SPEAKER:

Liat Levy

Getting better is painful as it often involves a degree of overwhelming sadness, and a capacity to mourn. In the process of attempting to help our patients, one may become aware of 'a force which is defending itself by every possible means against recovery and which is absolutely resolved to hold on to illness and suffering' (Freud 1937).

Specifically during treatment the availability of someone who is emphatic, reliable and constant provides an arena where archaic relationships get repeated, as well as providing an entirely new experience for the patient. Such dynamic is likely to stir up a wide array of contradictory feelings such as, yearning, hunger of wanting more, uneasy feelings of greed and envy, as well as feelings of love and hate transferred from early frustrating objects. Thus in the attempt to help our patients, we stir up affects and longings that are truly difficult to bear.

In this clinical forum Liat will describe a case of a long term patient. Focusing on some of the challenges, as well as the ways in which the therapy aimed to support and promote psychic change, in such manner that it is not acted out nor defended against, but rather tolerated within the patient's psychic life.

Liat Levy

Liat is an experienced Adult Psychotherapist and Supervisor. She is qualified as a Psychoanalytic (Attachment-based) Psychotherapist, as well as, an Integrative Psychotherapist.

Liat is a Training Therapist, Supervisor, and a teacher on the training programme at the Bowlby Centre. For the last ten years she has worked, part-time, as a Senior Adult Psychotherapist within the NHS for Lambeth Integrative Psychological Therapy, which is part of South London and Maudsley Trust. Liat has a lively private practice based in North London, where she offers psychotherapy, as well as clinical supervision.