

The Silvan S. Tomkins Institute
Presents The 7th Colloquium in the series
Toward a New Psychotherapy

Optimizing Connections: Problems of Intimacy, Schools and Community



19-22 October 2000, Philadelphia

Why do people like people? Why do people hate people?

The Littleton, Colorado shooting is just one incident that shows why psychotherapists must study and treat the emotions that allow connection, cause social discord, and encourage violence.

The media tells us that our world is falling apart.

Tiny children kill classmates with guns that are too easily available to irresponsible homes.

Teachers lose hope of maintaining order in their classes.

Disgruntled employees murder supervisors and co-workers.

Incivility, sexual hedonism, rowdiness, drug use, and contempt for authority are now considered normative behavior. In response to the national attention to visible and highly publicized episodes of school violence, programs have sprung up everywhere as good people attempt to make their world better. No longer can we just praise “the good old days.”

The Tomkins Institute’s Colloquium 2000 offers a fresh look at these disturbing issues. We’ll show you the basic mechanisms that govern our customs for dealing with each other and teach a whole new way of improving private and public life.

Squabbling and Estrangement

No matter what their intentions, people squabble and end up estranged. There will be presentations on the scripts that govern dating and falling in (and out of) love, the history of our approaches to marriage counseling, and on helping couples achieve intimacy. You may know this as part of the Philadelphia System.

The Philadelphia System

Just as interpersonal life extends far from home into the community, the Philadelphia System extends from the traditional office to all realms of human connection.

Dissension in school, work, clubs, bowling leagues, political parties, and any other stable group of people is more rule than exception.

Borders are lost as fights break out between fans and professional athletes. *People must learn techniques to spot trouble before it gets dangerous*, manage disputes, and make school and street safer for all of us. Responsible psychotherapy must include both awareness of these larger issues and training in the skills that can let us make a difference.

If you're a professional psychotherapist, you'll learn how you can get involved and where you're needed in the drive to curb violence in our shared world. Our information will be useful in your own life and to those who seek your help.

Colloquium 2000 is a 3-day meeting featuring plenary lectures from internationally acclaimed superstars, symposia and workshops with workers proficient in these fields, and master classes with well known therapists and teachers.

Now, more than ever, this information about the role of human emotion in the world at large is essential. Join us in Philadelphia.

President Clinton appointed Executive Director Don Nathanson to the Academic Advisory Council of the National Campaign Against Youth Violence. Under his guidance, we're focusing attention on how people connect with others to make all sorts of relationships.



Vincent van Gogh
Portrait of Camille Roulin, 1888 or 1889
Oil on canvas
17 x 13 3/4 inches
Philadelphia Museum of Art:
Gift of Mr. and Mrs. Rodolphe Meyer de Schauensee



Vincent van Gogh
Postman Joseph Roulin, 1888
Oil on canvas
17 x 13 3/4 inches
Museum of Fine Arts, Boston:
Gift of Robert Treat Paine, 2nd

Colloquium 2000 will be held in the Van Pelt Auditorium at the Philadelphia Museum of Art. The Museum has graciously invited Colloquium attendees to a private preview exhibition of Van Gogh: Face to Face.

In June, 1890, one month before his suicide, Vincent van Gogh (1853-1890) wrote, "What fascinates me much, much more than anything else in my metier is the portrait...I should like to do portraits which will appear as revelations to people in 100 years time." Van Gogh: Face to Face will focus, for the first time, on his evolving approach to the portrait throughout his tragically brief life.

Thursday, 19 October

Solis-Cohen Auditorium, Alumni Hall, Jefferson Medical College

7:00 - 10:00 PM

**Basic psychology of affect and script:
The foundations of the Philadelphia System
(Deppe, Grindlinger, Nathanson)**

Friday, 20 October

The Van Pelt Auditorium of the Philadelphia Museum of Art

8:30 - 8:45

Welcome Jonathan L. Grindlinger, MD

8:45 - 10:00

**Donald L. Nathanson, M.D.:
Affect and Script in Human Connection (Part I)**

Good studies and good sense suggest that all interpersonal life begins as the interplay of affect and continues as a series of scripts for affect management. Using this logic, we will examine a wide range of situations in which people make brief or long term connections with individuals and within communities.

10:00 - 10:30 Break

10:30 - 12:00

**Donald L. Nathanson, M.D.
Affect and Script in Human Connection (Part II)**

12:00 - 1:00 Lunch

1:00 - 2:00

**Special Exhibit Tour:
Van Gogh Face To Face, The Portraits**

This exhibit brings together for the first time the great portraits from all periods of the painter's life. Scheduled to open 22 October, a preview tour is available to those who attend the Colloquium as a gift to the Tomkins Institute from the Philadelphia Museum of Art.

1:00 - 2:00

"Facing The Demons"

Award winning Australian documentary film showing how Basch Award recipient Terry O'Connell dealt with a community disorganized by the senseless murder of an adolescent who happened to be working in a fast food shop during a robbery. (This film will also be shown during the Saturday lunch break.)

2:00 - 3:00

**The 4th Michael Franz Basch Memorial Award Lecture
Police Sergeant Terry O'Connell:
The Bad Scene as a Doorway to Change**

"I have always taken the view that for situations in which tensions and conflicts exist, or where lives have been disrupted as a result of an incident, accident, or crime, and all of these situations result in harm to individuals, families, groups, or communities to the extent that relationships are made problematic, then intelligently conceived processes that allow the interplay of human emotion should be seen as an opportunity for understanding, change, and perhaps lasting improvement."

3:00 - 3:30 Break

3:30 - 5:00

Symposium: Rebuilding and Repairing Our Community

Moderator: O'Connell;

Panelists: Abramson, Nathanson, Wachtel)

The rising tide of affective dyscontrol that threatens our way of life can be approached by innovative methods based on a secure understanding of affect and script. Sgt. O'Connell moderates a symposium based on the work of three active contributors to this effort.

Saturday, 21 October

The Van Pelt Auditorium of the Philadelphia Museum of Art

8:30 - 10:00

Norman Brown, PhD:

It Had to be You: Affect Dynamics in Dating and Romance

The process of dating allows people to learn more about each other while holding them together through their hopes for future connection. Initial attraction is based on complex processes that involve the interplay of various personal and ideological scripts through which relative strangers attempt to form a wide range of relationships.

10:00 - 10:30 Break

10:30 - 12:00

Wesley G. Novak, PhD:

Clinical Maps for the Couples Therapist

Historical review and analysis of systems for intervention with couples, using the broad array of new perspectives to examine cases from the presenter's own practice.

12:00 - 1:30 Lunch

12:00 - 1:30

Study Group Coordinator's meeting. By invitation only

12:30 - 1:30

"Facing The Demons"

Award winning Australian documentary film showing how Basch Award recipient Terry O'Connell dealt with a community disorganized by the senseless murder of an adolescent who happened to be working in a fast food shop during a robbery. (Repeat of the Friday presentation)

1:30 - 3:00

Vernon C. Kelly, Jr., MD:

Optimizing Emotional Connection in Couples: Impediment Removal Therapy

Impediments to empathy disrupt emotional connection and trigger the negative affect that motivates couples to seek therapy. Presented are a review of the scripts involved, detailed explorations of possible impediments to the interaffectivity necessary for a successful relationship, suggestions for techniques that permit the therapist to remove impediments, and ways that couples can take over this process on their own.

3:00 - 3:30 Break

3:30 - 5:00

Gary David, PhD:

Together We are Sound

People have always grouped on the basis of song, from barbershop quartets to hymns in church and chanting in many religions. Even strangers can feel connected when they sing their national anthem. This presentation introduces The Nine Stringed Harp of the Soul as a musical analogue of the affect spotlights.

Evening:

Silvan S. Tomkins Institute Annual Membership Meeting and Dinner at Bistro St. Tropez.

Sunday, 22 October

Jefferson Alumni Hall

9:00 - 10:15

Breakout Session: Choose one

Lauren Abramson, PhD:

Changing Scripts as a Community: Understanding Brings Cooperation.

Community conferencing provides people in conflict with a safe place to express all affect and a process that fosters the transformation of negative affect into positive affect. Neighborhoods, communities, and institutions in Baltimore have used this process for various kinds of conflicts. Participants will hear about the challenges and successes, and will have an opportunity to discuss the uses of this process in their own lives and communities.

David R. Cook, EdD:

Testing for Shame

This session will focus on clinical and educational uses of the Internalized Shame Scale. Clinicians who have used the ISS in their practice are encouraged to bring cases to share for discussion and feedback.

Clifford Taylor, MD:

The Chemistry of Connection:

Understanding Biological Factors in Human Attachment and Attraction

This is a presentation about visual, pure gender signals that are factors in attraction between the sexes, the role of reproductive hormones in human sexual arousal and pleasure, the role of olfactory stimuli in human attraction, and the historical role of aphrodisiacs in human sexual relationships.

Ted Wachtel:

Safer Saner Schools

Presented here is an effective approach to “social control” that relies on the free expression of affect. Videotaped examples from both schools for troubled youth and public schools will demonstrate informal and formal “restorative practices” that provide an alternative to the punitive and permissive approaches that typify current responses to misbehavior and wrongdoing in schools and society.

Ralph Jaffe, ACSW, PsyD:

Buddhist Mindfulness Practices As De-scripting Tools In Psychotherapy

This workshop will explore a Buddhist perspective on working with clients in psychotherapy. Those who attend will practice basic mindfulness and learn techniques that help promote emotional safety in psychotherapy, help clients to appreciate themselves, and develop intimacy in their relationships with others.

10:15 - 10:30 Break

10:30 - 12:00 Master Classes (First Session)

Some of our best known experts will work in an open, friendly format on your own clinical questions. You may present part of a case. The success of these small classes will be directly proportional to the care with which you choose your material. Master classes are about personal interaction, a chance to interact with people you respect. You'll make choices on a card sent with the registration materials, and the actual assignments will be made known at the meeting.

12:00 - 1:00 Lunch

1:00 - 2:30 Master Classes (Second Session)

Choose from these classes:

Jonathan L. Grindlinger, MD:

Tomkins-Talk Unplugged

There's been so much hot debate on our Listserv about theoretical issues that several SSTI members have requested an opportunity to discuss some of them in person. Training Director Jon Grindlinger will moderate a discussion on any realm of the psychology of affect and script.

Ralph Jaffe, ACSW, PsyD:

A Buddhist Twist To The Philadelphia System: Mini Case Conference

Scripts remain out of our consciousness as a function, in part, of their efficiency and speed of operation. Using case material provided by the audience, this master class will discuss ways of using mindfulness as a means of slowing down and examining scripts in the clinical setting and in our lives.

Vernon C. Kelly, Jr., MD:

Couples Therapy Techniques In The Philadelphia System.

Dr. Kelly's original contribution of a couples therapy based on the psychology of affect and script is an integral part of what has become known as The Philadelphia System. In an interactive class, he will share insights from 30 years of practice.

Marsha Schwartz Klein, MEd:

Dealing With The Obvious

Our systems for dealing with substance abuse have become so overlaid with theory that sometimes we forget the clear links between target behaviors, symptoms, and affect. Often it is the emptiness of failed relationships that predisposes people to drug abuse.

Marilyn Luber, PhD:

Focus On Sensation In EMDR

Good therapy really isn't about technique. By getting patients to focus on their bodily sensations we can teach them to name their affects so treatment can work even better.

Shelley Milestone, PhD:

Cognitive Therapy Is About Affect

The more we know about affect, the better we can pull thoughts from the periphery of consciousness toward central attention and diminished toxicity.

Donald L. Nathanson, MD:

Clues and Hints From The Philadelphia System

Brief discussions of case material provided by the audience may foster increased sophistication in the actual doing of psychotherapy.

Wesley G. Novak, PhD:

Working With "Backed-Up" Tears In Therapy

Relying heavily upon the compasses of shame and distress the presenter will lead a clinical discussion of tactics for intervention with the significant pool of negative affect that underlies and motivates our patients' presentations.

Jeanette Wright, MS, ATR:

After The Excitement Ends: Using Drawing As An Intervention In Dysphoria

Through drawing, working in dyads, and group discussion, participants will have opportunities to see how it looks and feels to magnify the connection between excitement and negative affect.

2:30 - 3:00 Wrap-Up (Nathanson)

Summary of the colloquium, self assessment test, continuing education test, and suggestions for next year.

Our Speakers:

Lauren Abramson, PhD, is an Assistant Professor of Psychology at Johns Hopkins University who worked with Silvan Tomkins and for the past 15 years has brought his ideas into her work with young children and their families. More recently, she has furthered her work with the psychology of affect and script by spearheading the use of community conferencing in Baltimore, Maryland.

Norman Brown, PhD, is Associate Professor of Humanities and Social Science at Embry-Riddle University in Daytona Beach, Florida, and co-author of the new textbook *Love and Intimate Relationships: Journeys of the Heart*.

David R. Cook, EdD, Professor Emeritus of Counseling Psychology at the University of Wisconsin, Stout, is the author of the recently published Internalized Shame Scale (ISS) and a recognized leader in the psychometric evaluation of human emotion.

Gary David, PhD, works both as a psychologist in the Los Angeles area and as a jazz musician with many highly regarded recordings. His doctoral work was in the field of epistemology as an extension of general semantics, and Dr. David is the leading advocate for the work of J. Samuel Bois.

Susan Leigh Deppe, MD, is Clinical Associate Professor of Psychiatry at The University of Vermont, practices psychiatry in Burlington where she leads study groups for the SSTI, and has acted as Faculty for courses on the psychology of affect and script for the American Psychiatric Association.

Jonathan L. Grindlinger, MD, is Training Director of the Silvan S. Tomkins Institute and practices psychiatry in Lewisburg, Pennsylvania.

Ralph Jaffe, ACSW, PsyD, is a clinical social worker, psychologist, and personal coach with a private practice in Elkins Park and Philadelphia, Pennsylvania. He has been a Buddhist practitioner for the past 25 years, has lived in a Zen Buddhist monastery in Japan, and currently practices in the Mahayana and Vajrayana Tibetan Buddhist traditions.

Vernon C. Kelly, Jr., MD, is well known as the developer of a new system of couples therapy based on the Tomkins-Kelly Blueprint for intimacy, was the first Training Director of the SSTI, and is highly regarded throughout the Philadelphia area as a clinical supervisor.

Marsha Schwartz Klein, MEd, is a member of the Executive Committee of the SSTI, one of the leading substance abuse therapists in the Philadelphia area, and widely sought as a supervisor of clinicians.

Marilyn Luber, PhD, a Philadelphia based psychologist, is internationally known as a practitioner of and lecturer on EMDR.

Shelley Milestone, PhD, recently named a Founding Fellow of Philadelphia's Academy of Cognitive Therapy, has been one of the most active in the movement to link the psychology of affect and script to traditional cognitive therapy.

Donald L. Nathanson, MD, is founding Executive Director of the Silvan S. Tomkins Institute, Clinical Professor of Psychiatry at Jefferson Medical College, author of more than 100 articles and books, and internationally known for the development of The Philadelphia System of psychotherapy. At the suggestion of President Clinton, he has been appointed to the Academic Advisory Council of the National Campaign Against Youth Violence.

Wesley G. Novak, PhD, was the first Chief Psychologist of the SSTI and practices psychotherapy in Wilmington, Delaware.

Police Sgt. Terry O'Connell was a cop on the beat in the Australian town of Wagga Wagga, New South Wales, when his interest in juvenile crime led to innovative work on what became known as the Family Group Conferencing System. As a recipient of the

Churchill Prize, he traveled throughout the world teaching Restorative Justice, influencing the formation of training groups wherever he has gone. Often opposed by proponents of traditional punitive policing, Sgt. O'Connell's work has been the subject of several recent television documentaries and magazine articles. Now he has received the Order of Australia medal, which in the old British awards system is just below a knighthood.

Clifford Taylor, MD, is a psychiatrist in private practice in Morristown, NJ, working with adolescents and adults. He is Assistant Clinical Professor of Psychiatry at The University of Medicine and Dentistry of New Jersey, and co-author of the popular book *If You Think You've Got Seasonal Affective Disorder: A Dell Guide For Mental Health*.

Ted Wachtel, Executive Director of the newly created International Institute for Restorative Practices, is the author of *Real Justice*, co-author of *A Conferencing Handbook* and *Toughlove*, and has produced a number of educational videos on conferencing and other restorative practices. Ted and his wife, Susan, founded the Community Service Foundation, which operates schools and group homes for delinquent and troubled youth in four Southeastern Pennsylvania counties.

Jeanette Wright, MS, ATR, was trained as an art therapist and practices in Des Moines, Iowa. Her innovative system of image-oriented psychotherapy, based on the psychology of affect and script as well as self psychology, has been taught at meetings of the American Psychiatric Association and throughout the Midwest.

Conference Fee*

	Early Registration by 9/15/00	Regular Registration after 9/15/00	Thursday Evening Seminar (extra)	Single Day Fee Friday, Saturday, Sunday
Individual	\$375	\$425	\$50	\$175
SSTI Members	\$325	\$350	\$35	\$150
Therapists in Training	\$325	\$350	\$35	\$150
Groups of 5 or more**	\$325	\$350	\$35	\$150
Full Time Graduate Students †	\$250	\$275	\$35	\$125

\$15 more for on-site registration. For membership rate you must have joined SSTI before the meeting or with Conference application. Fee includes refreshments, Friday, Saturday, and Sunday lunches, and handouts.

*Conference fee does not include Thursday evening lecture/seminar.

**Fee is per person. Send applications in one envelope; photocopy form if necessary. If unable to attend you may send a substitute who must so notify the folks at the registration desk.

† Students in degree-granting programs, residents, psychoanalytic candidates please enclose letter defining student status.

Requests for refunds must be written and accompanied by copy of confirmation letter. Full refund, less \$50 administrative charge, for request postmarked by 1 October 2000. No refunds given requests made after that date, although fully paid registrants unable to attend will be sent tape album and handouts. Charge for returned checks is \$20.

Conference Objectives:

Through participation in this program, you should be able to:

- 1) understand the basic neurophysiological processes that underlie the formation, maintenance, and deterioration of human relationships.
- 2) recognize and differentiate the affective phenomena that regulate human connection from those related to neocortical cognition and conscious behavior.
- 3) learn clinical interventions that directly impact all forms of human connection.
- 4) teach techniques of affect modulation to individuals, couples, and groups so that the process of change may be extended beyond the therapeutic session.
- 5) learn the skills necessary to participate as counselors in new systems of primary and secondary education devised to teach affect modulation to our children.

Expected Outcome:

Course participants will acquire a new way of understanding the importance of affect and affect modulation skills as they impact all forms of human connection, from the couple to groups, communities, and our society as a whole. The application of affect and script psychology to the realm of human relationships will provide the participant with a powerful paradigm that would not otherwise be as clearly and readily accessible. With intense attention to therapeutic technique, this conference offers material that can be put to immediate use by professionals at all levels of training and skill. A major outcome of this program will be the timely exposure to and acquisition of information and techniques neither published nor available elsewhere.

Who may attend:

Any mental health practitioner. Clinicians and graduate students currently enrolled in a training program are welcome. Those who do not have such training may write for special consideration.

Accreditation:

Continuing Education Certificates will be available for all who attend.

The basic program (Friday, Saturday, and Sunday) involves 16 hours of instruction, and the optional Thursday evening lecture/seminar an additional 3 hours, all of which is eligible for continuing education credit as follows:

The Silvan S. Tomkins Institute is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians. The Silvan S. Tomkins Institute designates this continuing medical education activity for up to 19 credit hours in Category 1 of the Physician's Recognition Award of the American Medical Association. Physician participants must have a background knowledge in psychiatry or neurology if not actually psychiatrists or neurologists. Although it is not required that a physician participant be a psychiatrist or a neurologist, it is required that they have a strong interest in understanding and treating problems with the humans emotions as they impact their practice.

The Silvan S. Tomkins Institute is approved by the American Psychological Association to offer continuing education for psychologists. The Silvan S. Tomkins Institute maintains responsibility for the program.

The Silvan S. Tomkins Institute has applied to the American Association of State Social Work Boards for permission to grant CEUs to Social Workers from 18 States.

Books and tapes will be available for purchase through the Joseph Fox Bookshop.

Application Form:

Name _____ Degree _____

Affiliation (*If applicable*) _____

Address _____

City, State, Zip _____

Phone: _____ Fax _____

E-Mail _____

Please enroll me as a member of the Tomkins Institute \$ 45

Thursday Review Lecture _____ \$ _____

Conference Registration _____ \$ _____

Total: \$ _____

Check Enclosed _____ Please charge my MasterCard/VISA

Card Number _____ Exp. Date _____

Signature (Absolutely necessary) _____

Please send payment and completed application to:

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