

The New Jersey Institute for Training in Psychoanalysis

#S206 - Case Seminar: Working Alliance

COURSE DESCRIPTION: Zetzel was among the first to use the term, “therapeutic alliance.” However, it was Greenson who described the therapeutic alliance as a working collaboration between analysand and analyst. It is based upon the idea that this particular alliance is an example of a largely non-neurotic, rational support that the patient derived from his/her analyst. To the degree that a sound therapeutic alliance is a good predictor of success in therapy, its importance can not be underestimated. Thus, we will focus on fostering, developing, strengthening, and ultimately solidifying a healthy bond between analyst and analysand.

ABOUT THE INSTRUCTOR: Howard Craig Cutler, LCSW, NCPsy.A

Howard Craig Cutler, LCSW, NCPsy.A is the founder and president of Equality Mental Health, LLC, a dedicated practice for the LGBTQ+ community in River Edge, New Jersey. Howard is an experienced licensed clinical social worker and certified psychoanalyst and has been in private practice for over 20 years. He is a graduate of the Silberman School of Social Work at Hunter College in New York City and the New Jersey Institute (NJI) for Training in Psychoanalysis in Teaneck, New Jersey. Howard currently provides clinical and psychoanalytic supervision to graduate and psychoanalytic candidates and teaches on the topic of the working alliance at the NJI. Past work experiences include, the Director of the Clinic of the New Jersey Institute in Teaneck, New Jersey, Director of the Hudson County Services of the Jewish Family Service of Metrowest in Bayonne, the Assessment Coordinator at the Renfrew Center in Ridgewood, New Jersey, specializing in eating disorders and complex trauma, and medical social worker at St. Mary Hospital in Hoboken. Trained as a community organizer, Howard was part of the working group to create the Pride Center of New Jersey in Highland Park, has facilitated HIV support groups for the Jewish Family Service of Metrowest, led psychoeducation workshops for Easton Mountain in Greenwich, New York and has provided individual, couples, and family psychotherapy for members of the LGBTQ+ community.

COURSE OBJECTIVES:

At the end of this course the candidate will be able to:

- Define and describe the concept of working alliance.
- Describe how the understanding of the working alliance has changed over time.
- Identify the factors that contribute to a good working alliance.
- Identify several interventions that help work through breaches in the working alliance.

Target audience: Suitable for social workers, licensed professional counselors and other mental health professionals



