



IGA
INSTITUTT FOR GRUPPEANALYSE



Mentalizing the Matrix. New Perspectives of 'Ego Training in Action'

27th – 28th August 2010.

Venue: Thon Conference Vika Atrium

Oslo, Norway.

It is more than fifty years since Foulkes first described the process of group analytic psychotherapy as 'ego training in action' (1957). Drawing from the insights of self psychology and the object relations approach, the concept was taken up and reworded by Dennis Brown who spoke of 'self development through subjective interaction' (1994). Meanwhile our understanding of the metapsychology of the ego and its actions within the therapeutic process in individual and group analysis has become enriched even more by the findings of attachment theory as developed by Bateman, Fonagy, Main and Target and also by recent research into the neurobiological foundations of attachment behaviour, affect regulation and memory systems.

The 38th GAS Autumn workshop in 2009, on this topic became very popular and was soon overbooked. The workshop was very successful and it was decided to repeat it as a co-operation between GAS, London and IGA, Norway in 2010. The main themes will be the same, as well as most of the speakers. The workshop will last for two days (Friday-Saturday).

The aim of the workshop is to introduce the concept of mentalizing and mentalization based treatment (MBT) with particular reference to groups. The programme includes lectures and expert panel discussions as well as MBT skill training groups and small discussion groups. Invited key note speakers and staff members are Prof. Sigmund. Karterud, Øyvind Urnes (Norway), Thomas Bolm, Ulrich Schultz-Venrath (Germany), Catherine Freeman (UK).

There are limited places available so early registration is recommended.

Registration fee **Members of GAS (London) and IGA (Norway) NOK 2900**
including lunch: **Non-members NOK 3400**

For further information and registration visit:

www.iga.no/news-workshop-mentalizing-the-matrix-27th-28th-august-2010-in-oslo-norway/

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Mentalizing the Matrix

Oslo: August 27-28, 2010

Arr: Institute of Group Analysis, Norway and Group Analytic Society, London

This workshop will be a kind of repetition of the very successful workshop arranged by GAS in London 29.10-01.11.2009. The main themes will be the same, as well as most of the speakers, although the program will be somewhat condensed to fit into the frame of two days:

Friday 27th August:

08.00 Registration/Administration
08.30 Thor Kristian Island: Welcome
08.40 Dieter Nitzgen: Ego training in action. Past and present perspectives
09.05 Sigmund Karterud: Evolutionary perspectives on mentalization
09.45 Øyvind Urnes: Mentalizing and attachment
10.30 Refreshments
11.00 MBT skill training groups
12.30 Lunch
13.30 Sigmund Karterud: Reflective functioning in clinical discourse
14.15 Ulrich Schultz-Venrath: The therapeutic stance in MBT
15.00 Refreshments
15.30 Small discussion groups
17.15 Plenary discussion. Chair: Dieter Nitzgen
17.45 End

Saturday 18th August:

08.30 Thomas Bolm: What works for whom and why? Borderline and trauma-related states as mentalization deficit disorders and their treatment by MBT.
09.15 Sigmund Karterud: Mentalization-based group therapies in different settings. Similarities and differences between psychodynamic and MBT group therapies.
09.45 Øyvind Urnes: Mentalization-based interventions. An overview
10.30 Refreshments
11.00 MBT skills training groups
12.30 Lunch
13.30 Catherine Freeman: The function of the group in MBT
14.15 Thomas Bolm: Group analysis and MBT. Status quo and future.
14.40 Sigmund Karterud: Group analysis and MBT. Status quo and future.
15.00 Refreshments
15.30 Small discussion groups
17.15 Plenary discussion and closing remarks. Chair: Dieter Nitzgen
17.45 End