

the green-eyed monster which doth mock the meat it feeds on.
Jealousy: manifestations, meanings and clinical challenges

Dr Jan McGregor Hepburn

Video Course
CPD/CE credits: 3

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The interpretations of jealousy have been many and varied, throughout psychotherapeutic literature. Freud located the experience of jealousy within the drama of the Oedipus Complex while Mollon linked jealousy with shame. In its dramatic real-world manifestation, we come across *morbid jealousy* or the *Othello syndrome* as part of romantic and sexual relationships - which can show up as **obsessions; sexual dysfunctions, paranoia, difficulties forming relationships and experience delusions**. Even in its less acute manifestations, jealousy shows up in **myriad presentations including stalking, violence and substance misuse**.

Whatever the lens we see jealousy through as an emotion, we can observe in our clinical settings that patterns of jealousy, and the responses to it, present us with a number of challenges:

- Jealousy of others can make it impossible to accept anything good, and being the object of jealousy can **make the individual afraid to develop and inhabit a healthier position**
- Jealousy can overwhelm our clients, causing them to be **disproportionately anxious about losing access to a position or person** - often a loved one, leading to negative relationship loops, misdirected ire at self and others and sustained distrust in relationships
- Jealousy can prompt obsessive behaviours, actions with harmful intent and maladaptive social behaviours towards romantic partners, co-workers, friends, family and self
- Jealousy can suppress feelings of achievement of success and **create opportunities for passive aggressive behaviours** emanating from negative affect, or in severe circumstances show up as psychopathic affect
- In today's world, jealousy **in virtual settings (social media) can accentuate feelings of negative self-worth** and create scenarios of perceived inadequacy
- Morbid jealousy, meanwhile, can lead to a destructive cycle of obsession, violence and paranoia

In almost all cases, jealousy's maladaptive underpinnings can be perceived as active and destructive.



At this intellectually stimulating and therapeutically oriented seminar, Dr Jan McGregor Hepburn draws on practical learnings from psychodynamic, cognitive and object-relations domains – to help us delve deep into the complications that jealousy presents in our clinical settings and uses case-vignettes to specifically discuss:

- The differences between jealousy and envy and how this impacts on ways of **working with morbid jealousy**
- How discerning the patterns of jealousy can help us interpret and work therapeutically
- Comprehending the different elements of jealousy
- **How the experience of jealousy has changed in the age of social media**
- Getting to grips with the internal origins of jealousy and its destructive aims
- Understand how jealousy can attack the therapeutic process and how to manage situations where jealousy is directed at the therapist
- Working with **clients who fail to recognise jealousy led attacks by others**, or their own feelings of jealousy

Jan will also schedule to discuss case examples that delegates may bring and share ideas with practitioners on how they can work effectively with these clinical challenges.

Overall, the aim of the webinar is to gain a deeper understanding of *the underlying nature of jealousy*, with a view to guiding our therapeutic endeavours.

Learning Objectives:

- Explain the internal origins of jealousy, its destructive aims and discuss the differences between jealousy and envy and how this impacts on ways of **working with morbid jealousy**
- **Discuss how the experience of jealousy has changed in the age of social media**
- Discuss how jealousy can attack the therapeutic process and how to manage situations where jealousy is directed at the therapist

About the speaker

Dr Jan McGregor Hepburn has a background in Social Work Management and Psychoanalytic Psychotherapy and is a trainer for the North of England Association for Training in Psychoanalytic Psychotherapy. She was the Registrar of the British Psychoanalytic Council for 15 years and currently chairs the Professional Standards Committee. She is the author of several papers, most notably those published in the British Journal of Psychotherapy and European Psychotherapy Journal. She has presented papers at conferences and devised and facilitated both seminars and workshops on a variety of subjects to both management dynamics and clinical topics.

She is part of the ScopEd project which is the collaboration between BACP, UKCP and BPC to map the core competencies for clinical work. She is on the Reading Panel of the British Journal of Psychotherapy and has a doctorate from the University of Northumbria. Her latest book: *Guilt and Shame, A Clinician's Guide* is out now with *nscience publishing house*.

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