

Withdrawal, Silence & Loneliness: *Psychotherapy of the Schizoid Process*

Live event with
Dr Richard G. Erskine

Live event in London
17 & 18 November 2023, Friday & Saturday

Times on both days:
10:00am to 4:00pm, London UK

Venue:
Broadway House, Tothill Street, London SW1H 9NQ

CPD hours: 10 / CE credits: 10

Limited number of super early bird tickets at £179 only (a saving of £70)

Early bird tickets: £199

Regular price: £249

All live attendance tickets now include complimentary access to a video recorded version for 1 year



Note: no online streaming is available for this event, a serving of tea coffee and pastries will be available at the event daily, please bring your own lunch

The Schizoid Process has been described as a split in a person's sense of self that results in living a social façade. The British Object Relations school of psychoanalysis described the Schizoid Process as **a violent splitting of the self, accompanied by excessive internal criticism that results in the other being experienced as a persecutor**. These coping dynamics are observable in our clients' silence, loneliness, and relational withdrawal.

These forms of coping with relational challenges are acutely reflected in the lives of many clients who come to psychotherapy and counselling with symptoms of depression, relational difficulties and/or social anxiety. Often, **such clients find themselves continually plagued by internal criticism and shame as a primary way of organizing their emotional experiences**.

Dr Erskine posits that a splitting of the self can be present, yet unrecognized in many clients. He offers several ways of understanding and empathetically working with clients' Schizoid Process. Such clients require the psychotherapist's **consistent attunement to their affective state**, a sense of meeting their sadness with compassion, their fear with security, and their anger with a sense of being taken seriously in the expression of that anger.

Through case studies and clinical examples, the workshop provides us with an understanding of the Schizoid Process and focuses on:



- **The four different levels of psychological splitting** and how we can work therapeutically with the concomitant psychological fragmentation
- Drawing on Object Relations and Integrative Psychotherapy, the workshop explains multiple methods and styles of intervention specifically designed to work with:
 - Attachment Patterns of the social self
 - **The frightened, vulnerable self**
 - **The internal saboteur** and
 - The encapsulated self
- How the Schizoid Process relates to some of our clients who present as depressed, shy, reticent or fearful of intimate relationships
- The therapeutic significance of both internal criticism and shame – especially in cases where shame has become a protective dynamic for the client to avoid vulnerability, humiliation and loss of contact-in-relationship with others.

Dr Erskine will **illustrate the self-stabilizing process of internal splitting and highlight the correlations with various forms of self, the five components of shame, the dynamics of compliance and withdrawal, alternating attachment patterns and the function of internal criticism.**

Overall, the workshop draws on Developmentally-based, Relationally-focussed techniques from Integrative Psychotherapy to emphasize the importance of understanding the client's phenomenological experience, the significance of silence and the need for patience when the client struggles to voice their internal sensations and feelings; so we can effectively address the resolution of loneliness, internal criticism, compliance and relational withdrawal.

Learning Objectives:

- **Discuss the four different levels of psychological splitting** and how we can work therapeutically with the concomitant psychological fragmentation
- Explain methods and styles of intervention specifically designed to work with:
 - Attachment Patterns of the social self
 - **The frightened, vulnerable self**
 - **The internal saboteur** and
 - The encapsulated self
- Explain how the Schizoid Process relates to some of our clients who present as depressed, shy, reticent or fearful of intimate relationships
- Discuss the therapeutic significance of both internal criticism and shame – especially in cases where shame has become a protective dynamic for the client to avoid vulnerability, humiliation and loss of contact-in-relationship with others.
- Explain **the self-stabilizing process of internal splitting**
- **Discuss the correlations with various forms of self, the five components of shame, the dynamics of compliance and withdrawal, alternating attachment patterns and the function of internal criticism.**
- Discuss the importance of understanding the client's phenomenological experience, the significance of silence and the need for patience when the client struggles to voice their internal sensations and feelings
- Explain how we can effectively address the resolution of loneliness, internal criticism, compliance and relational withdrawal.

About the speaker

Richard G. Erskine, Ph.D., is a Clinical Psychologist and Training Director of the *Institute for Integrative Psychotherapy* (New York City and Vancouver). Originally trained in client-centered child therapy, Dr Erskine



also studied Gestalt therapy with both Fritz and Laura Perls. He is a certified clinical Transactional Analyst and a Licensed Psychoanalyst who has specialized in psychoanalytic self-psychology and object-relations theory. His work is an integration of these concepts and more than forty years of clinical experience, which has included working with disturbed children, inmates in a maximum security prison, borderline and narcissistic clients, post-traumatic stress and dissociative identity disorders. Recently his research and clinical practice have focused on the treatment of the schizoid process and on the psychotherapy of obsession. He is the author of several books and scores of articles on psychotherapy theory and methods. His best-selling book (with Jan Moursund and Rebecca Trautmann) is *Beyond Empathy: A Therapy of Contact-in-Relationship* (1999, Brunner/Mazel) and in 2015, he has published *Relational Patterns, Therapeutic Presence* (Karnac). His latest book *Early Affect Confusion: Relational Psychotherapy for the Borderline Client* is being released in January 2022 by *nscience publishing house*.

© nscience 2023 / 2024

There is no known commercial support for this program

For more information on how to access webinar joining links, handouts and video recordings please visit <https://www.nscience.uk/faqs/>

Questions and requests for information: customerservices@nscience.co.uk

If you have a disability, please contact us in advance of the course so we can accommodate your needs:

customerservices@nscience.co.uk

US: +18337161044

UK/Europe:
+44(0)2070961722

Australia:
+1800861953



nscience UK is approved by the American Psychological Association to sponsor continuing education for psychologists. nscience UK maintains responsibility for this program and its content.