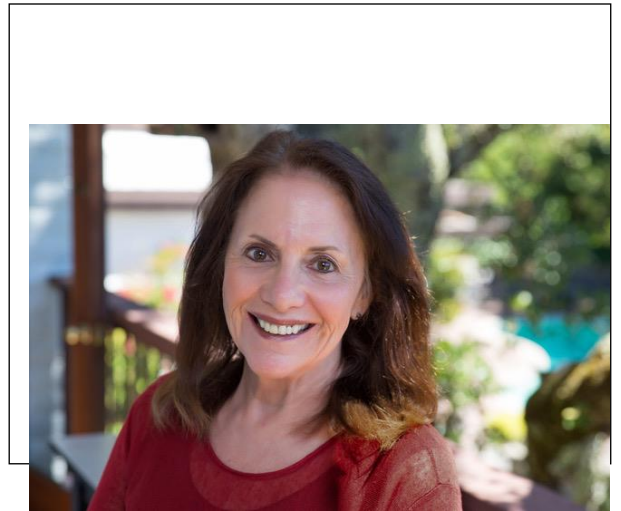




**Friday October 4<sup>th</sup> 2019**  
**DPSP International Seminar**

**Dr. Mary Lamia**

**Radisson Blu**  
**Scandinavia Hotel**  
**Copenhagen - Denmark**



## **Through the lens of affect psychology**

### **Perspectives on Narcissism, Anxiety, Grief, and ‘Compassion Fatigue’ – what is the role of shame?**

DPSP proudly presents Dr. Mary Lamia, professor at the Wright Institute in Berkeley and an outstanding, innovative clinician and researcher in affects and emotional memories.

In Dr. Mary Lamias research and clinical work, she has focused on how more than any other emotion, *the shame affect* motivates learning, growth, and a desire to change the self. Mary Lamia will explore the role of shame and other affects in several different contexts including narcissism, anxiety, grief, compassion fatigue (omsorgstræthed), and in the everyday motivation to get things done.

**9.00-10.30**

#### **Shame and Narcissism**

Narcissistic Personality Disorder can be best understood in the context of a lifetime of scripted responses to shame affect. The intense shame sensitivity and shame defenses of narcissistic patients can be challenging for therapists, yet such patients are not without a capacity for insight and change. Traditional approaches to the understanding and treatment of narcissistic pathology will be briefly reviewed with a focus on the profound impact of treatment when patients are helped to recognize, accept, and learn from their proneness to shame.

**10.30-10.45 Pause**



**10.45-12.00**

### **Misunderstood Emotional States: Anxiety and Grief**

Anxiety is a term that has been used generically and nonspecifically. The term may refer to positive or negative emotional states and has many connotations. However, because effective psychotherapeutic interventions should be tailored to each individual's needs, any given state of anxiety must be distinguished in terms of the affects that are involved in the experience.

Diagnostic manuals refer to Prolonged Grief Disorder and Persistent Complex Bereavement-Related Disorder as mental health conditions requiring treatment. The common notion that grief is time-limited has led many people to believe they should achieve some kind of closure. However, conscious and unconscious memories of our emotional resonance and experiences with someone are not erased by loss.

**12.00-13.00 Lunch**

**13.00-14.40**

### **Affects and Motivation**

Emotions are intrinsic to all human motivation. They significantly influence our lives by silently directing the decisions we make and motivating us to get things done. Moreover, how we learn from dealing with core emotions, to a great extent, makes us who we become. A marvel of evolution is that humans are not solely motivated by positive emotions. They are also motivated, and even driven to achieve, by negative emotions—a primary, powerful, and often misunderstood source of motivation.

**14.40-15.00 Pause**

**15.00-16.15**

### **Compassion Fatigue (Omsorgstræthed) and Affects in the Therapist**

The ability of the therapist to understand, monitor, and reduce intense affect in the self—particularly shame, anxiety, and depression—are important components in maintaining sufficient therapeutic objectivity to allow a highly subjective process to be effective. Mental health professionals may endure the pain of error and resulting personal stress many times in the course of their careers. This is especially the case in situations with patients that involve affective contagion, projective identification, or an erotic transference.

### **Time and Place:**

Friday October 4th 2019, 8:50-16:15. Morning Buffet & Registration 7:30.  
Radisson Blu Scandinavia Hotel, Amager Blvd. 70, Copenhagen, Denmark.



# DANSK PSYKOTERAPEUTISK SELSKAB FOR PSYKOLOGER

SELSKAB I DANSK PSYKOLOG FORENING

## Registration:

- DKK 1290: Members of the Danish Psychotherapeutic Society for Psychologists DPSP
- DKK 990: Student Members of the Danish Psychological Association
- DKK 1990: Other members of the Danish Psychological Association
- DKK 2690: Other Academics & Professionals

Fees includes tax, morning buffet, lunch and afternoon coffee & cake. EAN billing is not possible. Members of the Danish Psychological Association can apply for DPSP-membership via [dpsp.dk](http://dpsp.dk) (DKK 150 yearly)

## Application [dpsp.dk](http://dpsp.dk)

Deadline for application August 30<sup>th</sup> 2019. Rules for registration & cancellation [dpsp.dk](http://dpsp.dk)

**Merit:** Expected approved with 6 hours in specialist programs

**Organizer:** DPSP by Mette Vinum & Klaus Pedersen

