**TRUE LOVE WAYS: PSYCHOANALYSIS AND MINDFULNESS IN DIALOGUE THERAPY FOR COUPLES.**

POLLY YOUNG-EISENDRATH, PH.D.

The unique demands of “personal love” or “true love” in today’s couple require that individuals develop both psychologically and spiritually. This kind of love, which is a form of witnessing and deep personal attachment, challenges us to consider a new type of human relationship since the mid-twentieth century. When personal love is confused with the biological imperative of an attachment bond or the illusion of romance, couples therapy will fail because partners will not develop the skills they need to remain separate while together.

Drawing on object relations, Jungian theory, Dialogue Therapy for Couples, as well as mindfulness and Buddhist teachings, this presentation will introduce the unique demands of personal love that require couples to work through disillusionment, disentangle chronic projective identification, and develop on-going curiosity about self and other.

**Learning Objectives:**

At the conclusion of the presentations, the participants will be able to:

1. Define and apply the concept of projective-identification in couples therapy.
2. Compare and contrast adult pair bonding (biological attachment bond) with personal love.
3. Define “disillusionment” and its role in the development of intimacy, and provide an example of the use of conflict negotiation, and harmony skills.

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**INTRODUCTION TO CONFERENCE**

Attachment theory reminds us that relationships are essential for optimal development and a healthy balanced life. Unfortunately, our modern world is rife with an array of emotional, psychological, and spirit forming relationships. Movies, novels, soap operas, “reality” TV shows, and technology often serve as distractions from the importance of deep intimacy, reinforcing the fantasy that connectedness is easily achieved; just a “trek” away. Two fundamental disorders of our time are the fear of loneliness and the fear of growing up. The flight from loneliness propels us to the promise of ‘the great palliative cure-all’: SEARCH, FIND, AND SECURE THE ONE WHO WILL MAKE OUR LIFE WORK, be it spouse, partner, parent, child or therapist. Or what, Jungian James Hollis refers to as “THE MAGICAL OTHER” - the “one who will truly understand us, take care of us, meet our needs, repair our wounds,” and heal our history.

“**We cannot confront this tangled world alone.**

PHILOSOPHER JACOB NEEDLEMAN

If these desires represent the hidden agenda behind many of our relationships, how then can we achieve true mature love based on reciprocity and a deep knowing, one with the other? In this conference, we will explore the dynamics of intimate relationships in varying configurations: between parent and child, within the analytic dyad, and among couples that, paradoxically, brings us face to face with our- selves. Or to paraphrase a depth psychology construct: When we are able to bring the mystery that we are and engage with the mystery of another, we embark on a journey that integrates and transforms for both Self and Other.

“**Relationship is the sharing of one’s solitude with another.**

POET RAINER MARIA RILKE
in addition to doing private supervision.

B oston. H e m aintains a private practice in psychoanalysis and psychotherapy in Psychology from H arvard U niversity and for 35 years w as on the faculty of M assachusetts Institute for Psychoanalysis. H e is a faculty m em ber, PSYC H O LO GIC AL  TH EO RY . D r. Geist has been a senior supervising

Educational Objectives:
At the conclusion of the presentations, the participants will be able to:

1. Describe the importance of a shift from self-protective defensiveness to

RICHARD GEIST, M.D.
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THE ART OF RELATIONAL PROTECTIVENESS:

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