

Ontario  
Psychiatric  
Association



Psychotherapy Section's  
2019 FALL CONFERENCE



**DREW WESTEN**

*Bridging science and practice:  
how long does change really take  
in psychotherapy?*

Saturday, October 26, 2019  
ESTATES OF SUNNYBROOK  
2075 Bayview Ave., Toronto, ON

DREW WESTEN, Ph.D. is Professor in the Departments of Psychology and Psychiatry at Emory University. He formerly taught at the University of Michigan and Harvard Medical School. He has written on a wide range of topics on the diagnosis and treatment of adolescents and adults; personality and eating disorders; the interface of neuroscience and psychodynamics; and differentiating “evidence-based” from “empirically supported psychotherapies.” Dr. Westen is the author of three books and over 150 scholarly articles, including *The Political Brain: The Role of Emotion in Deciding the Fate of the Nation*, which has influenced campaigns and elections around the world, ...and a frequent contributor on CNN, in *The New York Times*, and *The Washington Post*.

TOPIC OF THE CONFERENCE

**BRIDGING SCIENCE AND PRACTICE:  
HOW LONG DOES CHANGE REALLY TAKE  
IN PSYCHOTHERAPY?**

For three decades the prevailing wisdom has been that long-term therapy is a thing of the past, and that we can treat virtually anything in 16 weeks. Research on personality pathology as a vulnerability factor for non-psychotic disorders, the slow rate of change in unconscious (or implicit) processes, and long-term outcomes in brief clinical trials converges on the opposite conclusion: that to help our patients, we usually have to help them change enduring personality dynamics and not just current symptoms. The therapeutic techniques that alter personality dynamics and symptoms are sometimes the same, sometimes different, and sometimes at odds, but the evidence shows that they can rarely be accomplished in 16 sessions by clinicians of any theoretical orientation.

LEARNING OBJECTIVES

Participants will increase their knowledge of:

1. The data on the role of personality as a vulnerability factor for all nonpsychotic forms of psychopathology in adults and adolescents.
2. Comprehensive case formulation of personality and psychopathology in adults and adolescents.
3. The importance of treating personality, and the different evidence-based principles and techniques required in treating current symptoms vs. underlying personality dynamics that confer vulnerability.

PROGRAM

8:30 am	Registration and Breakfast
9:00 am	Welcome and Introductions
9:15 am ...Q&A@ 10:15 am	Session I + Q&A
10:30 am	Refreshment Break
10:45 am ...Q&A@ 11:45 am	Session I ... <i>Continued</i> + Q&A
12:00 noon	Luncheon
1:00 pm ...Q&A@ 2:00 pm	Session II + Q&A
2:15 pm	Refreshment Break
2:30 pm ...Q&A@ 3:30 pm	Session II ... <i>Continued</i> + Q&A
3:45 pm	Closing Remarks and Conclusion

PLANNING COMMITTEE

Pamela Stewart, FRCPC (Chair)  
Joy Albuquerque, FRCPC  
Doron Almagor, FRCPC  
Bushra Khan, FRCPC  
Jan Malat, FRCPC  
Jon Novick, FRCPC  
Hilary Offman, FRCPC  
Madhu Vallabhaneni, FRCPC  
Halyna Troian, CAE