The School of Psychology invites you to a Special Seminar with

Dr. Sigal Zilcha-Mano

The Derner Institute of Advanced Psychological Studies, Adelphi University, New York

On:

”The interpersonal interior of psychotherapy”

Tuesday, February 18th 2014, at 09:00
Faculty room

How and why patients improve during psychotherapy? How important is the relationship between the patient and the therapist to the success of treatment? What elements influence this relationship? In this talk I will describe studies that focus on the alliance as a mechanism of change in psychotherapy. In the first study, we examined whether the alliance the patient creates with the therapist is merely a by-product of symptomatic changes or rather, whether the alliance is an active ingredient in bringing about therapeutic change. The second study that I will describe examined factors influencing the formation of the alliance with the therapist. Specifically, to what extent do patients view their therapists in ways similar to the ways in which they view other people in their lives? Finally, given the influence of relationships outside of treatment on the alliance with the therapist, and the effect of that alliance on treatment outcomes, one may ask- “Is there a room for optimism-Is there an opportunity for change in the patient's interpersonal patterns through short-term dynamic treatment?”

Answers to this question can be found in the third study that I will describe

You are invited!