

Emotion is a royal road to cognition: Transference and counter transference in CBT

Diana Kljenak

University of Toronto, Canada

Cognitive behavior therapy (CBT) is an evidence-based therapy used to effectively treat a number of mental health disorders. Traditionally, CBT has been thought of as a treatment modality that is technique-based and not concerned with the therapeutic relationship than other forms of psychotherapy. In this workshop, a basic CBT model will be reviewed. Participants will learn how transference and counter transference can be understood through a CBT lens. Case examples will be used to illustrate how cognitive and behavioral techniques could be effectively used to recognize and manage counter transference. Participants will be able to practice these techniques in pairs. They will be able to reflect on the use of these techniques in their own practice regardless of their preferred psychotherapeutic modality.

Biography

Diana Kljenak is an Assistant Professor and a Cognitive-Behavior Therapy Lead for the University of Toronto. She is a Staff Psychiatrist in the Community Mental Health Program at the University Health Network in Toronto and a Consulting Psychiatrist for the Central Toronto and Regent Park Community Health Centers. Her primary teaching and clinical interests include both collaborative care and psychotherapy. She is a Psychotherapy Coordinator at the UHN Centre for Mental Health as well as the CBT Psychotherapy Core Curriculum Block Coordinator and CBT seminar Co-lead. She is a collaborative care Supervisor and CBT Supervisor at the UHN Centre for Mental Health. She is the President of the Ontario Psychiatric Association and a Co-chair of the Ontario Coalition of Psychiatrists. She is active in the Canadian Psychiatric Association as a Member of its Membership Affairs Committee. She was formerly a Co-chair of the Collaborative Mental Health Working Group at the University of Toronto. She has also been invited as a Visiting Professor to University of Tampere and Southern Psychiatric and Substance Abuse Centre, Helsinki, Finland. She is the 2012 recipient of the Ivan L Silver Award for Excellence in Continuing Mental Health Education, University of Toronto.

Diana.Kljenak@uhn.ca

Notes: