

The Rockland County Chapter  
Of the New York State Society for Clinical Social Work  
*Invites you to an Educational Presentation:*

*Balancing Act:  
Openness Between Psychodynamic Therapy and DBT  
to Enrich Our Psychotherapy Practice*

By Elizabeth Cohn Stuntz, LCSW-R

**SUNDAY, April 28, 2013**

10am: Board Meeting

11am: Case Discussion Group

12:00-1:30pm: Lunch (included) and Presentation

Wisdom comes through many cultures in different forms. Approaches from outside our field often dovetail with our analytic tradition and can open new ways to conceptualize and tools to actualize our work.

DBT, a philosophy of, and ways to, non-judgmentally pay attention to and accept the whole picture enhances the practice of psychodynamic therapy. Mindfulness provides techniques for optimal listening, which facilitates access to one's own unconscious emotions and thoughts. A balance of psychodynamic and DBT inspired practice encourages an openness to a fuller view of the patient, looking at all sides of emotions, thoughts and behaviors.

Elizabeth Cohn Stuntz, in private practice in Mamaroneck, is on the WCSPP faculty teaching the Adolescent Course for the Child and Adolescent Program. She taught the Countertransference Course in the Analytic Program, and she is a Zen meditation student of Marsha Linehan.

This program is Free for Students & Members;

Non-Members - \$15; Seniors - \$5.

1.5 CEU's will be available for purchase of an additional \$5.

St. Thomas Aquinas College, 125 Rte. 340, Sparkill, NY

Driving Directions: PIP South to Exit 6E. Right onto Orangeburg Rd. At 3<sup>rd</sup> traffic light, right onto Rt. 303. At 1<sup>st</sup> traffic light, left onto Rt. 340. At 1<sup>st</sup> traffic light, turn right into McNelis Commons. Note the campus map on your right and locate the "dining hall."

For additional information, please call Education Chair, Aimee Restifo, at (201)-741-8876 or Beverley Goff at (845)-735-7349.

