

### **IPA Clinical Observation 3-Level Model Group**

- 1) A group of 10-14 psychoanalysts will use a brief history and verbatim material presented by an experienced analyst from the beginning sessions and from sessions at two later points in the psychoanalysis. Over nine hours in two sessions, the group will learn to look closely at what happens to the analyst, the patient, and the analytic couple in order to refine clinical observation, facilitated by an experienced Moderator and Reporter.
- 2) The 3-Level Model (3-LM) group will learn to focus on change (and absence of change) in the patient and in a psychoanalytic process over time. The Clinical Observation Group will make observations in a “bottom up” method, based on verbatim material, to communicate the patient’s difficulties and changes in them over time, to each other and to colleagues in the wider Mental Health Community.
- 3) The 3-Level Model group will acknowledge the richness of clinical experience by considering multiple dimensions of psychic functioning, including conflicts, defences, capacity for symbolization, the transference, the counter-transference, and contextual factors.
- 4) In discussions of the clinical material, 3LM group will establish a process of “expert validation” adding to, and correcting for, inevitable blind spots in the analyst’s awareness, in the participants’ own thinking, and in the group’s functioning.

### **REFERENCES**

- Altmann, M. (2014). Ed. *Time for Change, Tracking Transformations in Psychoanalysis – The Three-Level Model*. London: Karnac.
- Fitzpatrick Hanly, M. A., Altmann, M., Bernardi, R. Eds. (2021) *Change Through Time in Psychoanalysis, Transformations and Interventions: The Three-Level Model*. London: Routledge.
- Fitzpatrick Hanly, M. A., Gullestad, S. E., White, R. S. & Bernardi, R. (2021) Transformation and Interpretation: The Case of Adam, A Clinical Narrative and Discussion. *The Psychoanalytic Quarterly*90:439-467