

New Jersey Society for Clinical Social Work
Presents



*'Coping with and Transcending Breaks in the Treatment Frame
Occasioned by Patient Texts and Emails'*

Presented by Valerie Frankfeldt, Ph.D

2 CEUs provided by the NJSCSW, a recognized provider of Continuing Education Units by the NJ State Board of Social Work Examiners

Free to Members, \$60.00 for Non-Members

Date: Sunday, October 20, 2019

Time: 11:00 AM – 1:00 PM

*at Mountainside UMC Hackensack Hospital (in the private dining room)
1 Bay Ave. Montclair, NJ 07042*

Hi!! I hope you're well. Some things have come up.

Can we change our Tuesday 7 pm appt on July 5 to earlier???? 3 pm????

When else do you have time over the summer? We need to change the day for the summer.

I lost the receipt you gave us for May. Can I have another?

Thanks!!! Enjoy the warm weather!!

On the surface, this was a series of seemingly straightforward patient text message requests which, in fact, masked an enactment of a couple's core problem: they make agreements, but subsequently act as if an agreement had never been reached, oblivious to the fact that one member of the couple is making a unilateral change.

Patients today are texting instead of picking up the telephone and engaging in a spontaneous exchange, thereby sacrificing an impromptu, here and now, verbal exchange, revealing as it will not only substance but process data, with which we can assess affect, intent, motivation, enactment and pose follow up questions. An entire channel of potentially revealing audio exchange is missing.

Dr. Frankfeldt will discuss the dilemmas posed by ubiquitous modern digital communication and how they impact treatment. Seemingly innocuous texts and emails break the treatment frame in ways that telephone calls never did, due to their quietly interruptive nature. Modern texting practice invites the expectation of an immediate response. Digital communications exemplify a potential breaking of the frame and encourage enactments, requiring subtle, carefully considered treatment decisions. This will be a didactic presentation *and* an opportunity for the group to discuss and work on these issues as they have arisen in our practices.

Following this workshop, participants will be able to:

1. Identify 3-4 unique aspects of the limitations that text and email communication pose in the psychotherapy setting.
2. Identify and understand how the use of texting and email curtails substantive understanding of patient communications, as well encourages and facilitates impulsive acting out on the part of both the patient and the therapist.
3. Identify and treat the treatment *sequelae* inherent in receipt of or response to confounding texts and emails.
4. Identify 3-4 techniques to help facilitate the person to person (rather than digital) communication necessary to the treatment relationship.

Valerie Frankfeldt, Ph.D is the former Director of Training and current faculty member, supervisor and training analyst at Psychoanalytic Psychotherapy Study Center (“PPSC”). She is a Certified Imago Relationship Therapist and Modern Psychoanalyst. She has a special interest in the myriad ways, both positive and negative, that technology plays in shaping relationships in today’s world. She is in private practice in Greenwich Village seeing individuals and couples.

Cost: No charge for NJSCSW members to attend the workshop, \$60 fee for non-members

RSVP: Email: Jan Alderisio at jana6@optonline.net

*** Please provide contact information (email/phone #) and membership info w/your RSVP. ***

**Location: Private Dining Room: HUMC Mountainside Hospital,
1 Bay Avenue
Montclair, NJ**

Directions to Mountainside UMC Hackensack Hospital can be found at:

<http://www.mountainsidehosp.com/patient-information/directions/>

Public Transportation

For information about options including bus and rail, please see [NJ Transit](#).