

**Working with variations of narcissism/esteem sensitivity in clinical practice:  
The Masterson Approach (an integration of object relations, self psychology,  
attachment theory and neuroscience).**

**Starts 15 October 2024**  
**Duration – 9 weeks**  
**Tuesdays 6pm – 7.15pm**  
**Online via Zoom**  
**Cost – \$650**



Working with narcissistic clients can be challenging considering their focus on perfection, the pull for fusion and the associated pressures in therapeutic interactions. This workshop is aimed at facilitating a deeper understanding of the internal structure of esteem sensitive clients and how to form a therapeutic alliance from which clients can begin to explore the extraordinary vulnerability that underpins this disorder of self.

*This 9-week workshop will cover:*

- \*Introduction to the Masterson Approach*
- \*Narcissism through a Masterson lens – from esteem sensitivity to disorder of self*
- \*Differential diagnosis and types of narcissism – grandiose, closet, devaluing*
- \*Intrapsychic structure*
- \*Defence mechanisms – fusion and externalizing defences*
- \*Internal working models of attachment - the implicit procedural memory*
- \*Attunement, therapeutic alliance and clinical interventions – understanding narcissistic vulnerability*
- \*Transference-acting out and counter-transference with a narcissistic client.*
- \*Shorter-term vs longer-term therapy – containment versus working through*

Lize Ligthelm is a clinical psychologist in private practice in Auckland. She has worked in both public and private settings in South Africa and New Zealand. Her private practice is focused on long-term psychotherapy and clinical supervision. Her areas of interest are treatment of disorders of self, complex and sexual trauma, somatic symptoms, the therapeutic relationship and supervision. She is on the faculty of the Masterson Institute Australia where she lectures and supervises.

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