

FUNDAMENTALS OF PSYCHODYNAMIC PSYCHOTHERAPY PRACTICE

Ego Psychology, Self-Psychology & Object Relations Theory

Objective 1

Participants will differentiate between cognitive behavioral therapies (CBT & DBT) and Psychodynamic psychotherapies.

Objective 2

Participants will be able to identify at least three schools of thought within the Psychodynamic Psychotherapies

Objective 3

Participants will be able to describe at least 3 ways that relational theories and practice differ from Classical Freudian Theory and Practice.

Objective 4

Participants will be able to think clinically and theoretically about contemporary psychodynamic practice.



Program Description

Clinicians will increase their theoretical knowledge and technical skill in conducting psychotherapy. Psychotherapy and counseling are both types of mental health treatment but with differences. Psychotherapy focuses more on long-term issues and growth, while counseling aims to help people resolve current issues. Psychotherapy is typically a more in-depth, long-term process that focuses on a person's feelings and past experiences. The aim will be elucidate the confluences and divergences of psychodynamic, psychoanalytic theories and practice. Clinicians will learn the differences between Ego, Self and Object Relations theoretical development. This will help equip them with skills and confidence to enhance and deepen their clinical practice.

Presenter Information:

Dr. Kimberly Benson is a psychotherapist in private practice in Sarasota, Florida. Her Masters Degree is in Clinical Mental Health Counseling and her Doctoral Degree is in Counselor Education & Supervision. She is a Licensed Mental Health Counselor and a



Registration Requirements

This program is offered to MindSol independent contractors only & not to the general public. Must hold a license as an LMHC, LCSW, LMFT, CAP, CAC or be registered as an Intern with the appropriate board.

- **Total number of CE hours offered- (2)**
- This program is held in person only.
- This program is held Tuesdays from 11:45-12 on July 07, 2026.
- **Provider Contact information:** MindSol Wellness Center

Mailing Address:

715 North Washington, Suite E,
Sarasota, Florida 34236

Telephone: 941.256.3725

To Confirm your attendance and sign up, please email:
mindsolsarasota@gmail.com

For more information please visit:

www.mindsolsarasota.com

Qualified Supervisor. Her career began 2002 where she began working in community-based mental health treating severe and persistent mental illness. Her professional development has encompassed the treatment for addictive disorders now known as Substance Use Disorders (SUD). She is certified as an Addiction Professional (CAP), International Certified Alcohol & Drug Counselor (ICADC), Certified Clinical Trauma Professional (CCTP). She has additional experience and conducted research in a rural village in Kandaria Village Africa, studying the affects of Expressive Arts Therapy with adolescent girls whom were victims of sexual crimes. Currently Dr. Benson is underway obtaining her certificate in Psychoanalytic Psychotherapy with the Institute of Advanced Psychological Studies.

Theoretical orientation is Psychodynamic Psychotherapy. Her independent private practice includes working with individuals, couples and families as well as providing clinical supervision to licensed an pre-licensed professionals. Additionally Dr. Benson serves as the Clinical Director of both MindSol Wellness Center & Sarasota Addiction Specialists in Sarasota, Florida.

“Fundamentals of Psychodynamic Psychotherapy Practice has been approved by NBCC for NBCC credit.

MindSol Wellness Center is solely responsible for all aspects of the program. NBCC Approval No().”