



CAPCT

CANADIAN ASSOCIATION OF PSYCHOANALYTIC CHILD THERAPISTS

CAPCT Committee for Continuing Education and Professional Development

Therapeutic Work with Twins

PRESENTER

Lynda Phillips

SUPERVISOR

Sally Doulis

TIME AND PLACE

Monday, April 16, 2018

7:30 p.m. – 9:30 p.m.

NEW LOCATION: Toronto Lawn Tennis Club

44 Price Street, Toronto, Ontario

Parking - Green P on Price St, across from Terroni's on Yonge St.

Subway access: Summerhill, walk 1 block south on Yonge; Rosedale, walk 1 block north on Yonge

TLTC is the end of Price St, walk through the gate, turn left, ring bell and ask for the CAPCT

ABSTRACT

I am going describe my year-long psychoanalytic work with nine-year-old twin boys. Often in psychotherapy siblings are seen by different therapists, but in this case after completing my assessment I chose to continue to work with both boys due to the intertwined nature of their relationship, and consequently their sense of self. When I began to work with the twins there was a sense of a shared or joint identity – a “We-self” rather than an “I-self” (Lewin, 2016). It was my belief that this joint identity was created in order to provide the interpersonal safety that was not available to them as children due to their mother’s severe mental health difficulties. “Where the narcissistic aspects of the twin relationship predominate, the ideal twin-breast becomes concretely identified with the other twin. . . This may lead to an enmeshed twin relationship in which each twin feels dependant on the other twin for his identity, indeed for his survival; but it also creates a relationship in which the twins feel trapped, suffocated in a deadly tangle. . . This maladaptive twin relationship may emerge when there has not been enough attention and containment by the parents (Lewin, p.17)”. My work with the twins has focused on helping them develop separate identities – a separate sense of self. This presentation describes the year long journey of psychotherapy with the twin boys to do this.



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LEARNING OBJECTIVES

1. Consider the impact of feeling felt and understood in the context of a therapeutic relationship rather than a chaotic one, and the affect it might have on developing separate minds of the twins.
2. Consider the power of the systems approach (parents, school, consultation) in addition to individual psychotherapy.
3. Consider the differing interactive effects on the twin boys with a mother with borderline personality disorder

ABOUT THE PRESENTERS

Dr. Lynda Phillips is a CICAPP Candidate in the Child and Adolescent Psychoanalytic Training program, and a Professor in the Department of Child and Youth Care Counselling at Douglas College. She has an immense breadth and depth of knowledge in the areas of child development, attachment, mental health in young children and early life trauma. She has been the principle investigator in two international research projects – Children’s understanding of the lived experience of HIV, and *A Day in the Life* of a Child Entering School: Migrant Children in Transition. Both projects address how children make meaning from their lived experiences of adversity. She is a member of the Western Canada Infant Mental Health Network and is the organising Chair for the Seattle Schore Institute. This institute meets quarterly, under the direction of Dr. Allan Schore, to discuss the neurological foundations of attachment. Dr. Phillips was the lead evaluator for *Vancouver and Surrey FASD Roundtables Collaborative*, and *Promising Practices: Innovation in Services to Children and Youth with Mental Health Disorders*. She was also a Canadian Institute of Health Pre-doctoral Fellow to Dr. Lynn Miller, principal investigator on the *FRIENDS for Life Primary Prevention* Project, funded by the Lions Gate Healthcare Research Foundation and the Canadian Institute of Health Research in 2003. FRIENDS for Life is an evidence-based, school-based, anxiety prevention and resiliency program, that is now sponsored by the BC Provincial Government, and is taught in most grade three classrooms across the Province. Lynda’s doctoral work focused on children’s understanding of progressive illness. She has a small private practice in Vancouver, BC and on Bowen Island where she lives.

Sally Doulis, M.S.W., R.S.W., Dip.TCPP is a Registered Social Worker, and she has post-academic training in: 1) intensive child psychotherapy at the Toronto Child Psychoanalytic Programme (TCPP), 2) marital therapy with Dr. Kas Tuters and Emotion Focused Therapy for Couples with an Emotional Injury with Dr. Leslie Greenberg; 3) trained and worked with Elizabeth Tuters in Infant-Parent Ppsychotherapy (IPP) and 4) High Conflict in Custody Disputes. Sally has served as Past-President of the Toronto Child Psychoanalytic Programme (TCPP) where she continues to be on Faculty and is a Supervisor (the training programme is now called, Canadian Institute for Child and Adolescent Psychoanalytic Psychotherapy (CICAPP)). Sally has worked in the field of children’s mental health as a therapist, supervisor and teacher for many years. She



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served as past Head of the Individual Psychotherapy Program at the Hincks-Dellcrest Centre. She has a private practice providing individual (child, adolescent and adult) psychotherapy, infant-parent psychotherapy with the under fives and their families, marital therapy, counseling to divorcing families, and custody/access assessment through the Office of the Children's Lawyer. In 1990 Sally left the Hincks-Dellcrest Centre and Canada and went sailing in the Mediterranean for six months of the year for fifteen years. In the year 2000, Sally combined her love of cooking with her love of working with children when she published a cookbook, The La Fenice Cookbook, by Luigi Orgera and Sally Doulis. The cookbook was undertaken to raise funds for the training of child psychotherapists.

PROFESSIONAL DEVELOPMENT

These continuing education and professional development hours can be used towards your continuing education, professional development portfolio for your respective colleges, including the College of Registered Psychotherapists of Ontario (CRPO).

Please Note: Open only to CAPCT members. Registration is FREE.
For more information and to RSVP please contact 416.690.5464 or [EMAIL](#)

[RSVPs](#) appreciated.