CPPNJ Spring 2019

Psychoanalytic Ideas in Everyday Practice: Introduction to Clinical Process II (104)
January 2019-May 2019
12:15pm-1:45pm
Mary Lantz, LCSW
408 Bloomfield Avenue, Suite B
Montclair, NJ 07042

Dates
January 30
February 6, 13, 20 and 27
March 6, 13 and 27
April 3, 10, 17 and 24
May 1, 8 and 15

Instructor Bio
Mary Lantz, LCSW, has had a private practice with individuals and couples, in New York City and Montclair, NJ, for over 20 years. She is a licensed clinical social worker and psychoanalyst, completing her analytic training from the Center for Psychoanalysis and Psychotherapy of NJ in CPPNJ) in 2011. Her theoretical interests include relational theory, object relations theory, attachment theory and psychodynamic approaches to couples therapy. Specialty areas include depression and anxiety, parenting (adolescent conflicts, separation-individuation issues, adult children with aging parents, new mothers), Alzheimer’s and dementia, end-of-life issues.

Mary is a member of the National Psychological Association of Psychoanalysis (NPAP) as well as CPPNJ. She currently serves as a supervisor at NPAP and is a member of the Supervision Committee and she is a teacher, supervisor and training analyst at CPPNJ. She teaches the Gender, Sexuality and Race class for CPPNJ’s Supervision Training Program. Prior to her career as a psychoanalyst, Mary taught adults and adolescents for fifteen years and was an Associate Professor at Rutgers University.

Course Description
The purpose of this course is to provide the candidate with an introduction to clinical psychoanalytic concepts and the therapy process. Presentation of the theoretical underpinnings of analytic technique will be discussed as well as the “nuts and bolts” of how to establish the structure for psychoanalytic practice. Candidates will be introduced to a range of clinical issues and common problems encountered in psychoanalytic work.
Learning Objectives

1. Candidates will be able to discriminate what is primary to and secondary to the psychoanalytic process.

2. Candidates will be able to define and utilize theory as a self-organizing function for the analyst.

3. Candidates will demonstrate an understanding of the use of the couch from a post-modern relational perspective and make clinical assessments using this integration.

4. Candidates will be able to judge and weigh the impact of the metaphor of depth and surface on the psychoanalytic discourse and the underlying assumptions that may impact their work with patients.

5. Candidates will consider what is meant by unconscious meaning: is it an objective presence or an absence, something missing from experience; is it fully formed waiting to be uncovered or it is merely awaiting discovery, something is being newly formulated?

6. Candidates will be able to identify and evaluate the contextual nature of attachment in human development and the analytic setting.

7. Candidates will appraise their own countertransference responses to the existential issues implicit in working with the trauma patient.

8. Candidates will consider the centrality of right brain structures and unconscious processes including: the essential role of implicit communication; implicit affect and regulation; and, implicit processes in early development and psychopathogenesis.

9. Candidates will explain dissociation as a communication process.

10. Candidates will consider how experience is born and structured in the body and as psychoanalysts we need not or even cannot necessarily translate this experience into declarative discourse.

11. Candidates will consider Freud’s formulation of the body, the historical impact of his assumptions about the body and the current post-modern impact on his thinking.

12. Candidates will consider the psychological experience of sexual longing, think of the erotic experience as a state of consciousness that connects with material registered in the body.

13. Candidates will integrate into their clinical work an attention to transference-countertransference lust, erotic unknowing, racism in the clinical setting, and, shame, embarrassments and humiliation in relation to gender and sexuality.

14. Candidates will consider the cocreation of a lived, relational unconscious and working in the analytic dyad, while focusing attention to this allows for greater interpersonal spontaneity and creative self-expression both within the dyad and in the greater world for the patient.
Candidates will consider how narrative emerges from a developmental perspective and how an ever-evolving self emerges from this process.

Course Outline and Bibliography

No formal breaks will be given for this 1½ hour class.

Guided discussion of reading assignments and clinical examples will be held at each class.

Discussion of a 3-5 page writing requirement and reading assignments will be held during the first class.

Week 1 What is Psychoanalysis?

The instructor will explore with students what is primary to and secondary to the psychoanalytic process. Instructor will increase students awareness and knowledge of psychoanalytic concepts such as transference, interpretation and others as instruments in achieving a goal rather than the goal itself.

Week 2 Psychoanalytic Theory and Technique

The instructor will define and utilize theory as a self-organizing function for the analyst. Instructor will help candidates explore and understand that theory and technique are a framework within which to evaluate the analyst's choices related to the analyst-patient dyad within clinical moments of the treatment.

Week 3 Use of the Couch

The instructor will address the use of the couch from a post-modern relational perspective and develop students' capacity to make clinical assessments using this integration.

Week 4 What Constitutes Depth Within the Analytic Perspective

The instructor will explore with candidates the concepts of Surface and Depth in psychoanalysis and will help candidates understand, judge and weigh the impact of the
metaphor of depth and surface on the psychoanalytic discourse and the underlying assumptions that may impact their work with patients.

**Week 5 What is the Unconscious**
The instructor will address what is meant by unconscious meaning: is it an objective presence or an absence, something missing from experience; is it fully formed waiting to be uncovered or is it merely awaiting discovery, something is being newly formulated?

**Week 6 Attachment and the Development of Psychoanalytic Thinking**
The instructor will be able to identify and evaluate candidate’s capacity to understand the contextual nature of attachment in human development and the analytic setting.

**Week 7 Issues of Disorganized Attachment and Affect Regulation**
The instructor will appraise students’ countertransference responses to the existential issues implicit in working with the trauma patient. The instructor will assist candidates to identify strategies for affect regulation, defensive processes and enactments as they emerge in the clinical process.

**Week 8 Neuropsychoanalysis and Regulation Theory**
The instructor will increase students awareness of and knowledge about the centrality of right brain structures and unconscious processes including: the essential role of implicit communication; implicit affect and regulation; and, implicit processes in early development and psychopathogenesis.

**Week 9 Dissociation**
The instructor will explain dissociation as a communication process so that students will be able to define the relationship between affect regulation, enactment and the development of symbolic functioning. The instructor will consider and identify the necessity of the development of affect regulation as the core to the therapeutic process when working with trauma and its sequelae.

**Week 10** Psychoanalysis and the Body
The instructor will address and explore with candidates how experience is born and structured in the body and as psychoanalysts we need not or even cannot necessarily translate this experience into declarative discourse.

**Week 11** Psychoanalysis and the Body
The instructor will increase awareness and knowledge of Freud’s formulation of the body, the historical impact of his assumptions about the body and the current post-modern impact on his thinking. The instructor will stress the body as experience known from the inside out rather than the outside in and as both subject and object, and as both a fact and an idea.

**Week 12** Psychoanalysis and Sexuality
The instructor will explore and examine the psychological experience of sexual longing, think of the erotic experience as a state of consciousness that connects with material registered in the body.

**Week 13** Psychoanalysis, Gender and Sexuality
The instructor will address with students the need to integrate into their clinical work an attention to transference-countertransference lust, erotic unknowing, racism in the clinical setting, and, shame, embarrassments and humiliation in relation to gender and sexuality.

**Week 14** Imagination and the Unconscious
The instructor will explore with candidates the cocreation of a lived, relational unconscious and working in the analytic dyad, so that they will understand that this allows for greater interpersonal spontaneity and creative self-expression both within the dyad and in the greater world for the patient.

**Week 15** Narrative

The instructor will discuss how narrative emerges from a developmental perspective and how an ever-evolving self emerges from this process. The instructor will address the need for candidates to be able to apply applications of these ideas to the clinical situation with a focus on an elaborative rather than an interpretive stance.

CEs Offered

22.5 CEs are offered to social workers.

Course Approval Statement and Expiration Date

This course is approved by the Association of Social Work Boards – ASWB NJ CE Course Approval Program Provider #66 Course #2177 from 12/04/2018-12/04/2020. Social workers will receive the following type and number of credit(s): Clinical Social Work Practice: 22.5

Course Completion Requirements/How Certificate will be Awarded

Students are required to complete the course requirements in order to receive credit – attend class, signing in and signing out of each session, complete the required paper, participate in class and complete the course evaluation. CE credit will be allotted on the basis of actual number of classes attended. Certificates will be mailed after the last class is held.

CONTINUING EDUCATION CREDIT HOURS

Please contact CPPNJ at 973-912-4432 or cppnj@cppnj.org for information about continuing education credit hours for social workers.

COURSE REFUND POLICY

Up to one month before a course starts there will be a full course refund less a $50 administrative fee. Less than one month before a course starts there will be a $50 administrative fee and the payment will be applied to a future course. Once a class starts, there will be no refunds. Extraordinary circumstances will be reviewed on an individual basis.

INSTRUCTIONS:

1- Fees:
   • $400 course fee
• Annual Candidates’ Organization fee is $40
2- Register online at www.cppnj.org