CPPNJ Fall 2018

Psychoanalytic Ideas in Everyday Practice: Introduction to Clinical Practice 102
9/5/18, 9/12/18, 9/19/18, 9/26/18, 10/3/18, 10/10/18, 10/17/18, 10/24/18, 10/31/18, 11/7/18, 11/14/18, 11/21/18, 12/5/18, 12/12/18, 12/19/18 and 1/2/19
Seth Warren, PhD
West Orange, NJ

Instructor Bio

Dr. Warren has been working primarily in private practice of psychotherapy with adults, children and couples since 1989. He has also been teaching psychotherapy theory and practice at the graduate level since 1991. He has been teaching psychotherapy theory and practice at the post-graduate level since 2003. He has been supervising graduate students and post-graduate psychoanalytic candidates since 1992. He served as Director of Training at the Institute for Psychotherapy and Psychoanalysis of New Jersey from 2008 to 2010, and has served as Director of the Center for Psychotherapy and Psychoanalysis of New Jersey from 2010 to the present.

Course Description

The purpose of this course is to provide an advanced introduction to clinical psychoanalytic concepts and 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. They will develop an increased understanding of the particular characteristics of psychodynamic psychotherapy, including recognition of relational patterns that are involved in the initial presentation of the client; distinguish relevant clinical events such as manifestations of transference and countertransference; learn how to apply psychoanalytic diagnostic concepts to their clinical work; identify salient features of the clinical process; and will be begin to compare, contrast, and synthesize major clinical concepts from both traditional and contemporary psychoanalytic theories.

Learning Objectives

Students will be able to:

Formulate their clinical work psychoanalytically. They will be able to identify what makes a treatment psychoanalytic and what differentiates psychoanalytic process from other kinds of treatments

Identify the purpose of establishing the psychoanalytic frame and put into practice the elements that create the psychoanalytic frame.

Display an understanding of psychoanalytic clinical concepts and technique and their application in the therapy process.

Articulate the special issues that arise in clinical practice.

Target Audience/Content Level
This workshop is appropriate for social workers at all levels.

**Course Syllabus**

**Class 1: The analyst:** Candidates will identify and differentiate the role and function of the psychoanalytic psychotherapist.

**Class 2: What makes a treatment “psychoanalytic”?** We will define and articulate the concept of an “analytic sensibility,” how it can be recognized and developed through didactic, clinical, and supervisory experiences.

**Class 3: The Psychoanalytic Frame I:** We will define and identify salient features of the arrangements made in psychotherapy from a psychoanalytic point of view. This will include physical and structural aspects of the relationship, including defining the idea of boundaries, professional roles and functions, ethical issues in developing a treatment contract, and increasing candidates’ sensitivity to these issues as they arise in each therapy relationship.

**Class 4: The Psychoanalytic Frame II: Money, policies, etc.** We will continue to identify the relevant features of a psychoanalytically-oriented therapy arrangement. Candidates will have increased understanding of issues around fees and fee-setting, scheduling, and other concrete matters related to the therapy arrangements. Also, candidates will apply such ideas to their own clinical work; will identify the relevant psychodynamic dimensions of such “business” arrangements, and will be able to better address such issues in clinically-relevant ways when they arise in practice.

**Class 5: Psychoanalytic Process I: How we listen; Psychoanalytic Process II: Not-knowing:** Candidates will be exposed to traditional and contemporary ways of understanding the clinical process. They will be able to identify new ways of attending to clinical material, including noticing their own psychological states and associations, and to apply such material to advancing the therapy work. We will define and articulate the idea of listening in a receptive manner, and candidates will develop increased tolerance for the inevitable uncertainties and ambiguities of clinical work.

**Class 6: Psychoanalytic Process III: Unconscious communication:** Candidates will be able to identify various concepts of the “unconscious,” and will be able to apply these to their clinical work. They will integrate such approaches to improve their recognition of unconscious processes both in their clients and in the clinical interaction. They will be able to recognize unconscious communication, and to utilize these in the service of the therapy.

**Class 7: Psychoanalytic Process IV: Reverie:** Candidates will be able to recognize and apply clinical
concepts from the work of Wilfred Bion, Thomas Ogden, and others, pertaining to the psychotherapist’s psychological functions in relation to the mind of the patient.

**Class 8: Psychoanalytic Process V: Containment and holding:** Candidates will be able to define and apply clinical concepts from the work of DW Winnicott and Melanie Klein, among others. In particular, they will be able to integrate these clinical concepts, and to apply these concepts to the clinical situation.

**Class 9: Psychoanalytic Process VI: Interpretation:** Candidates will be able to define and apply basic and intermediate concepts related to the idea of “interpretation” in psychoanalytic psychotherapy. Candidates will be able to identify, describe and apply ideas related to the therapeutic function of making interpretations, including the content of interpretations, principles related to the timing of interpretations, and to recognize signs of adverse effects of these.

**Class 10: Psychoanalytic Process VII: Emotion:** Candidates will discuss and process traditional and contemporary theories of affect, affect regulation, and the role of emotion in symptom formation, character development, and the clinical process. They will recognize and appreciate the role of anxiety and depressive affects, and increase their ability to respond to these appropriately in the clinical situation. They will integrate current research on affect attunement and regulation into clinical work. They will be able to recognize and define defense mechanisms and their relation to affects.

**Class 11: Transference and countertransference I:** Candidates will be able to define manifestations of transference and countertransference phenomena; they will be able to recognize these as they may appear in clinical work; they will apply this to respond in appropriate and clinically-relevant ways in treatment.

**Class 12: Transference and Countertransference II:** Further discussion of the above, with additional attention to clinical examples. Candidates will be able to describe appropriate clinical interventions, and also to recognize the clinical utility of countertransference. They will also be able to recognize signs in treatment of needing additional consultation or personal treatment to address impasses and other difficulties.

**Class 13: Enactment:** Students will be able to define and recognize the manifestations of clinical enactments. They will be able to respond appropriately to problematic enactments, also recognizing the clinical utility of identifying such interpersonal and relational patterns in the treatment setting.

**Class 14: Neutrality and Resistance:** The clinical concepts of ‘neutrality’ and ‘resistance’ will be defined,
identified, and explored, so that students may be able to recognize such phenomena in the treatment situation and respond to these appropriately.

**Class 15: Working with dreams:** Students will be introduced to traditional and contemporary theories on the function of dreaming. They will be able to integrate such theories and apply them to the analysis of dream material as appropriate in treatment. They will be able to interpret patients’ dreams appropriately to advance the therapy process. They will be able to utilize their own dream material to formulate clinical ideas and processes.

**References**


Ogden, T. (1999). Reverie and metaphor: Some thoughts on how I work as an analyst. International


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 #1907 from 07/09/2018 to 07/09/2020. 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, sign in and sign 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.

SPECIAL ACCOMMODATIONS NEEDED

ADA accommodations available upon request. (Required at least 14 days prior to course start date.)

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- Enclose check made payable to CPPNJ and mail to: CPPNJ, 235 Main Street, #184, Madison, NJ 07940
3- Or register online at www.cppnj.org

For more information or registration, please call 973-912-4432, visit us online at www.cppnj.org, contact us by email at cppnj@cppnj.org or at CPPNJ 235 Main Street #184 Madison, NJ 07940.