

OPC Continuing Education Program
Academic Year 2023-2024

Course:	So What Is Psychoanalysis, And How Do I Do It?
Instructors:	Alice Huang, MD Scott Vignola, LCSW
Date:	3/4/24 (evening workshop)
# Sessions:	1
Time:	6:30 – 8:00 PM

Course Description

What is psychoanalysis and what does it mean to practice psychoanalytically? This course is meant to introduce the basic concepts of psychoanalysis and situate its place (and role in genesis) in the world of mental healthcare and beyond. What does a psychoanalysis do? How is it different from other forms of treatment (such as CBT, ACT, psychiatry)? There will be a question-and-answer format driven by participants. The course is meant for non-psychoanalytic practitioners and early career clinicians to understand more about the psychoanalytic approach and how it can be developed in their clinical practice.

Learning Objectives

Members of the class should be able to:

1. Name and define the core elements of psychoanalytic/psychodynamic practice.
2. Compare and contrast psychoanalytic approaches with other clinical approaches.
3. Understand ways, practices, and opportunities to develop their own psychoanalytic practice.

Course Readings:

Shedler, J. (2010) That was then, this is now: Psychoanalytic Psychotherapy for the Rest of Us.

Please read Chapter 1 (up to page 10) to prepare for the class.

If you want to go deeper, Chapter 2 is good but long, and we may or may not get to it depending on class interest.