



2023-24 OPC Continuing Education Program

Fundamentals

Course: Fundamentals of Psychoanalytic Psychotherapy – In-Person

Instructors: Deborah Kass, LCSW - dkasslcsw@gmail.com, 503-544-4355
Aaron Lewis, PhD - alewis@aaronlewis.com, 503-567-9587

Dates: 9/20/23, 10/18, 11/15, 12/20, 1/17/24, 2/21, 3/20, 4/17, 5/15 & 6/19

Sessions: 10

Time: Wednesdays, 7:00 - 8:30 PM

Course Description

This series of ten monthly meetings is designed for clinicians interested in incorporating psychodynamic concepts and techniques into their clinical practice. This course will have a clinical focus and will provide an opportunity for participants to hear and discuss clinical material. We will apply the technique of free association as a group to understand clinical material from a psychodynamic perspective.

Learning Objectives

Following this course, participants will be able to:

1. To be able to describe the salient characteristics of a psychoanalytic psychotherapy
2. To learn how to begin a psychodynamic treatment with a patient
3. To begin applying the concept of transference to your work
4. To learn to conceptualize a case from a psychodynamic perspective
5. To feel more confident working psychoanalytically with patients

Course Readings

Session 1: 9/20/23 - What Makes a Treatment Psychoanalytic?

- Eaton, J. (2011) Ch 1: The Fate of Pain. In A Fruitful Harvest. Seattle: The Alliance Press
MRL

- McWilliams, N. (2004) *The Psychoanalytic Sensibility*. Ch. 2. Pages 27-45 in *Psychoanalytic Psychotherapy: A Practitioners Guide*. New York: Guilford Press **MRL**
- **Poetry:** *Sometimes* by David Whyte

Optional:

- Perez Foster, R. (1996) What is a Multicultural Perspective for Psychoanalysis? In *Reaching Across Boundaries of Culture and Class*. Northvale, JN: Jason Aronson. pp.3-20

Session 2: 10/18/23 - How Does Analysis Work?

- Gabbard, G. (2017) Goals and Therapeutic Action, *Long Term Psychotherapy: A Basic Text*. Virginia: American Psychiatric Association Publishing. Ch 5 **MRL**
- Akhtar, Salman. (2000) From Schisms Through Synthesis to Informed Oscillation: An Attempt at Integrating Some Diverse Aspects of Analytic Technique. *Psychoanalytic Quarterly* Issue 69: 265-274 **MRL**
- **Poetry:** *Diving into the Wreck* by Adrienne Rich

Optional (Is Psychoanalysis Effective?):

- Shedler, J. (2011) The Efficacy of Psychodynamic Therapy. *American Psychologist* 65: 98-109. **MRL**
- Cornelius, John Thor. The Case for Psychoanalysis, Version 4. YouTube (This video specifically compares therapeutic efficacy of CBT vs. Analytic Therapy)

Session 3: 11/15/23 - Listening to the Unconscious

- Lemma A. (2016) Unconscious Communication (Chapter 6) *In Introduction to the Practice of Psychoanalytic Psychotherapy (2nd Ed)*. **MRL**
- Ogden, T.H. & Gabbard, G.O. (2010) The Lure of the Symptom in Psychoanalytic Treatment. *Journal of the American Psychoanalytic Association* (58: 533-544) **PEP**
- **Poetry:** *Crooked Deals* by Hafiz

Session 4: 12/20/23 - Transference-Countertransference

- Reis, B. (2009) Performative and Inactive Features of Psychoanalytic Witnessing: The Transference as the Scene of Address. *International Journal of Psychoanalysis* (90:1359-1372) **PEP**
- Winnicott, D.W (1949) Hate in the Counter-Transference. *International Journal of Psychoanalysis* (30: 69 - 74) **PEP**
- **Poetry:** *Monsters I Met* by Shel Silverstein

Optional:

- Joseph, B. (1985) Transference: The Total Situation. *International Journal of Psychoanalysis* (66: 447-454) **PEP**

Session 5: 1/17/24 - Transference-Countertransference

- Lemma, A. (2016) Ch 8. Transference and Countertransference. In *Introduction to the Practice of Psychoanalytic Psychotherapy. 2nd Ed. UK: John Wiley and Sons.*
- Eaton, J. (2011) The Obstructive Object. In *A Fruitful Harvest*. Seattle: The Alliance Press. Ch 3 **MRL**
- Hart, A (2020) From Multicultural Competence to Radical Openness. *APsaA Journal of Special Conversations on Race*.
- **Poetry:** *Caged Bird* by Maya Angelou

Session 6: 2/21/24 - Dreams: The Royal Road

- Gabbard, G (2017) Use of Dreams and Fantasies in Dynamic Psychotherapy. *Long-Term Psychotherapy: A Basic Text, (3rd Edition)* Virginia. American Psychiatric Association Publishing. Ch 7 pp141-155 **MRL**
- Atlas, G (2013) Eat, Pray, Dream: Contemporary Use of Dreams in Psychoanalysis. *Contemporary Psychoanalysis* (49:239-246) **MRL**
- **Poetry:** *We Dream - It is Good We are Dreaming* by Emily Dickinson

Session 7: 3/20/24 - To Begin

- Lemma, A. (2016) Ch 5. Assessment and Formulation. In *Introduction to the Practice of Psychoanalytic Psychotherapy. 2nd Ed. UK: John Wiley and Sons.*
- Ogden, T.H. (1989) Ch 7. The Initial Analytic Meeting. In *The Primitive Edge of Experience*. Northvale: JN: Jason Aronson Inc. **MRL**

Poetry:

- *Stone* by David Whyte
- *You Can't Always Get What You Want* by The Rolling Stones

Optional:

- Hall, Jane. (1998). Ch 1: Setting the Stage. In *Deepening the Treatment*. New York: Jason Aronson. **MRL**

Session 8: 4/17/24 - The Frame and Boundaries

- Lemma, A. (2016) Ch 4, The Analytic Setting and the Analytic Attitude. In *Introduction to the Practice of Psychoanalytic Psychotherapy*. Wiley and Sons pp.94-127

Session 9: 5/15/24 - What to Say?

- Gabbard, G. (2017) Ch. 4. Therapeutic Interventions: What Does a Therapist Say and Do? *Long Term Psychotherapy: A Basic Text*. 3rd Ed. VA: American Psychiatric Association. **MRL**
- Ogden, T.H. (2018) How I Talk with My Patients. *Psychoanalytic Quarterly* 87. 399-413 **PEP**

Poetry:

- *For My Young Friends who Are Afraid* by William Stafford
- *In Blackwater Woods* by Mary Oliver

Session 10: 6/19/24 - Interventions

- Ogden, T.H. (1994) The Concept of Interpretive Action. *Psychoanalytic Quarterly* 63. 219-245
- Quinodoz, D. (2003) Words that Touch. *Int. J. of Psych.* (Vol 84: 1469 -1485) **MRL**

Session 10: 6/19/24 - Ideals and Termination

- Gabbard, G.O (2009) What is a "Good Enough" Termination? *Journal of the American Psychoanalytic Association*. 57: 575-594 **PEP**
- Ogden, T.H. (2005) What I Would Not Part With. *Fort Da* 11:8-17 **PEP**

Suggested Readings:

- Powell, D.R. (2018) Race, African Americans and Psychoanalysis: Collective Silence in the Therapeutic Conversation. *Journal of the American Psychoanalytic Association* (66: 1021-1049) **MRL**
- Ogden, T.H. (1994) The Analytic Third: Working with Intersubjective Clinical Facts. *International Journal of Psychoanalysis*. (75: 3-19) **MRL**
- Mitchell, S.A. (1991) Wishes, Needs and Interpersonal Negotiations. *Psychoanalytic Inquiry* (11:147-170) **MRL**
- Altman, N. (2020) Power. In *White Privilege: Psychoanalytic Perspectives*. Routledge. pp.38-41

Course: Fundamentals of Psychoanalytic Psychotherapy - Fall - Virtual
Instructors: Michael Weiner, LCSW - michaeloweiner@gmail.com
Paula Levinrad, LCSW - paula@paulalevinrad.com
Dates: 9/20, 10/18, 11/15, 12/20/23, 1/17/24
Sessions: 5
Time: Monthly - Wednesday, 7:00 - 8:30 PM

Course Description

This series of ten monthly meetings is designed to meet the needs of clinicians interested in incorporating psychodynamic concepts and techniques into their clinical practice. This course will have a clinical focus and will provide an opportunity for participants to hear and discuss case material.

Learning Objectives

Following this course, participants will be able to:

1. Describe the salient characteristics of a psychoanalytic psychotherapy.
2. Learn how to begin a psychodynamic treatment with a patient.
3. Begin applying the concept of transference to your work.
4. Learn to conceptualize a case from a psychodynamic perspective.
5. Feel more confident working psychoanalytically with patients.

Course Readings

Session 1: What Makes a Treatment Psychoanalytic?

- Eaton, J. (2011) Ch 1 The Fate of Pain. In A Fruitful Harvest. Seattle: the Alliance Press, pp.3-8
MRL
- Perez Foster, R. (1996) What is a Multicultural Perspective for Psychoanalysis? In Reaching Across Boundaries of Culture and Class. Northvale, NJ: Jason Aronson Inc. pp. 3-20
- McWilliams, N. (2004) The Psychoanalytic Sensibility. Ch 2. Pp.27-45 In Psychanalytic Psychotherapy: A Practioners Guide. New York: Guilford Press. **MRL**

Session 2: Frame and Boundaries

- Hall, Jane, (1998. Ch 1: Setting the Stage-Providing the Structure. In Deepening the Treatment. (pp. 11-40). Jason Aronson, New York. **MRL**
- McWilliams, N. (2004) Ch. 5 Boundaries 1: The Frame. In Psychanalytic Psychotherapy: A Practioners Guide. New York: Guilford Press. Pp.99-131. **MRL**

Session 3: Beginning the Treatment

- Ogden, T.H. (1989) Ch 7, The Initial Analytic Meeting. In *The Primitive Edge of Experience*. Northvale, NJ: Jason Aronson Inc. pp.169-194 **MRL**
- Cabannis, D. (2011) Creating a safe place and beginning the evaluation. Ch.3 In *Psychoanalytic Psychotherapy: A Clinical Manual*. New York: Wiley and Blackwell. pp. 15-23. **MRL**
- Altman, N. (2020) Power, In *White Privilege: Psychoanalytic Perspectives*. Routledge. pp.38-41

Session 4: Listening and Working with Unconscious Phenomena

- Eaton, J. (2011) Listening to Yourself Listening. In *A Fruitful Harvest*. Seattle: The Alliance Press. pp.125-140 **MRL**
- Akhtar, Salman (2000) From Schisms Through Synthesis to Informed Oscillation: An Attempt at Integrating Some Diverse Aspects of Psychoanalytic Technique. *Psychoanalytic Quarterly*, 69:265-274 **PEP**

Session 5: Transference

- Hart, A. (2020) From Multicultural Competence to Radical Openness. *APsA Journal Special Conversations on Race*.
- Joseph, B. (1985) Transference: The Total Situation. *International Journal of Psychoanalysis*, 66:447-454 **PEP**

Course: Fundamentals of Psychoanalytic Psychotherapy - Winter 2024

Instructors: April Crofut, MD - aprilcrofutmd@gmail.com
Richard Alden, MD - richardaldenmd@gmail.com
Kelly Reams, LCSW - kellyreamsmsw@gmail.com

Dates: 1/3, 1/17, 2/7, 2/21, 3/6, 3/20, 4/3, 4/17, 5/1, 5/15/24

Sessions: 10

Time: Wednesdays, 7:00 - 8:30 PM

Course Description

Welcome to Fundamentals of Psychoanalytic Psychotherapy. This course is designed as an introduction (or revisit) to clinical work from a psychoanalytic perspective. We have interspersed classes on core concepts in the field (such as what psychoanalytic therapists pay attention to and how) with more technique-oriented classes (on assessment, the frame/ boundaries, and interventions). We hope to make the class as relevant as possible to your work and welcome you to bring examples and material from your practice to share in class.

We will be reading from a variety of sources, including original papers and chapters from a few popular textbooks. The book that we rely upon the most, which you might consider purchasing, is the following:

Lemma, A. (2016) Introduction to the Practice of Psychoanalytic Psychotherapy. Second Edition, John Wiley & Sons Ltd, West Sussex UK.

Lastly, we have included pieces of poetry with each class session. Like poetry, psychoanalytic work is a metaphor-rich, sensory, non-linear communication of human experience. We find that reading poetry helps orient us to the kind of listening and experiencing that we do in clinical practice. We hope that you spend some time with these poems on your own, and we will read some of them together in class.

Learning Objectives

Following this course, participants will be able to:

1. Describe the unique characteristics of psychoanalytic psychotherapy, including the stance of the therapist and the mechanisms of change.
2. Identify the key sources of material used in psychoanalytic work (associations, reverie, transference, countertransference, dreams).
3. Begin to formulate cases from a psychoanalytic perspective.
4. Understand how to structure a psychoanalytic treatment.

Course Readings

Session 1: 1/3/24 - What makes a therapy “psychoanalytic”?

We will start the course with a discussion of what defines a treatment as “psychoanalytic.” Nancy McWilliams has written some of the most popular and accessible introductory texts on theory, technique, and case formulation in recent decades. In this chapter, she presents an organized overview of what she calls the “Psychoanalytic Sensibility.”

Jose Daniel Gaztambide is a psychoanalytic candidate with a background in liberation theology/ psychology who has written multiple pieces in recent years revisiting the origins of psychoanalysis as a method of understanding marginalization and exclusion, within the mind and society. Although the theological comparisons early in the paper feel a bit extraneous, I think Gaztambide offers a helpful introduction to the history and philosophical foundations/ motivations of psychoanalytic work.

- McWilliams, N. (2004) Ch 2: The Psychoanalytic Sensibility pp.27-45. In *Psychoanalytic Psychotherapy: A Practitioners Guide*. Guilford Press, New York. **MRL**
- Gaztambide, D. (2015) A Preferential Option for the Repressed: Psychoanalysis Through the Eyes of Liberation Theology. *Psychoanalytic Dialogues* 25:700-713 **PEP**
- **Poetry:** *Coal* by Audre Lorde

Session 2: 1/17/24 - How Does it Work?

Glen Gabbard is another prolific writer of accessible, introductory material on psychodynamic psychotherapy. We will use multiple pieces of his writing in this class. In this chapter from his popular textbook, he provides an organized summary of multiple aspects of the process of change in psychoanalytic therapy.

Jeffrey Eaton is a psychoanalyst in Seattle whose writing presents itself as a kind of extended poem. In this book chapter, he offers a felt sense of the orientation and intentions of psychoanalytic treatment.

The optional material below includes a now-classic paper from psychologist Jonathan Shedler summarizing research on the efficacy of psychodynamic therapy; challenging the notion that it is not an “evidence-based” treatment. It begins with a helpful review of the distinctive characteristics of psychodynamic therapy as well. If you prefer an overview of the evidence in video form, I’ve also included a YouTube video created by psychoanalyst John Thor Cornelius.

- Gabbard, G. (2017) Ch 5: Goals and Therapeutic Action. *Long-Term Psychotherapy: A Basic Text*, Third Edition, American Psychiatric Association Publishing, Arlington VA. **MRL**
- Eaton, J. (2011) Ch 1: The Fate of Pain In *A Fruitful Harvest*. Pp.3-8, The Alliance Press, Seattle. **MRL**
- **Poetry:** *Truth* by Fred Rogers
Excerpt from *The Velveteen Rabbit* by Margery Williams

Optional material (Does it work?):

- Shedler, J. (2011) The Efficacy of Psychodynamic Psychotherapy. *American Psychologist* 65:98–109. **MRL**
- Cornelius, John Thor. The Case for Psychoanalysis, Version 4.
On YouTube: <https://www.youtube.com/watch?v=IQBx5TONHac>

Session 3: 2/7/24 - Listening to the Unconscious

The primary characteristic that distinguishes psychoanalytic therapy from other forms of treatment is its focus on *unconscious* experience. But how do we identify what is unconscious?

Alessandra Lemma is a psychoanalyst in the UK who has written another popular introductory textbook on psychoanalytic psychotherapy. We will read most of it over the remainder of the course. In this chapter, she provides an organized overview of the ways we listen for unconscious material, as well as a preview of how therapists formulate interventions directed at the unconscious. We will be expanding on interventions later in the course.

The Ogden and Gabbard paper uses a case example to demonstrate how psychoanalytic practitioners orient beyond consciously reported symptoms to understand the foundations of a patient's manifest concerns.

- Lemma, A. (2016) Ch. 6 Unconscious Communication. In *Introduction to the Practice of Psychoanalytic Psychotherapy*. Second Edition, John Wiley & Sons Ltd, West Sussex UK. Pp.169-193. **MRL**
- Ogden, T. H. & Gabbard, G. O. (2010) The Lure of the Symptom in Psychoanalytic Treatment. *Journal of the American Psychoanalytic Association* 58:533-544 **PEP**
- **Poetry:** *Diving into the Wreck* by Adrienne Rich

Session 4: 2/21/24 - Assessment and Beginning

Now we turn our attention to some practical aspects of carrying out a psychoanalytic treatment. This chapter from Alessandra Lemma's textbook provides a structured overview of an approach to assessment and formulation. Tom Ogden is a gifted and creative psychoanalytic writer based in San Francisco, who co-wrote one of the papers from last class. We will read several of his papers in our remaining time together. In this "initial analytic meeting" paper, he demonstrates how psychoanalytic work can begin in our very first moments with patients.

- Lemma, A. (2016) Ch. 5 Assessment and Formulation. In *Introduction to the Practice of Psychoanalytic Psychotherapy*. Second Edition, John Wiley & Sons Ltd, West Sussex UK. pp.128-168 **MRL**
- Ogden, T. H. (1992) Comments on Transference and Countertransference in the Initial Analytic Meeting. *Psychoanalytic Inquiry* 12:225-247 **PEP**

- **Poetry:** *Caged Bird* by Maya Angelou
- Session 5: 3/6/24 - The Frame and Boundaries**

While many aspects of the psychoanalytic “frame” are shared with other forms of psychotherapy, it arguably carries more weight because of the intensity of experience that must come alive and be lived through in the treatment.

We return to Alessandra Lemma’s book to read a chapter in which she outlines concrete features of the treatment frame as well as core aspects of the stance of the therapist.

Stephen Mitchell was a central figure in the field of relational psychoanalysis. In this foundational paper, he offers a framework through which we might understand and make decisions about alterations in the frame.

- Lemma, A. (2016) Ch. 4 The Analytic Setting and the Analytic Attitude. In *Introduction to the Practice of Psychoanalytic Psychotherapy*. Second Edition, John Wiley & Sons Ltd, West Sussex UK. pp.94-127 **MRL**
- Mitchell, S. A. (1991) Wishes, Needs, and Interpersonal Negotiations. *Psychoanalytic Inquiry* 11:147-170 **PEP**
- **Poetry:** *Fences* by Fred Rogers
- **Poetry:** *You can’t always get what you want* by The Rolling Stones

Session 6: 3/20/24 - Transference-Countertransference I

All psychotherapy occurs within a relationship between a therapist and patient. In psychoanalytic work, the relationship itself is the center of our attention. We use the term “transference” to refer to the thoughts, feelings, and experiences the patient generates in relationship to the therapist and “countertransference” to refer to the therapist’s thoughts and feelings in treatment. Working “in the transference”, and using countertransference to understand what is happening, are defining technical features of psychoanalytic work.

The next two class sessions will be an introduction to recognizing and using transference and countertransference to formulate the unconscious experiences of patients and advance the therapeutic process.

The Lemma chapter provides a thorough conceptual overview. The paper by Bruce Reis uses detailed clinical material to demonstrate his particular ideas around “witnessing” in the “transference-countertransference matrix”, which involves the communication of enacted, somatically-encoded memories by traumatized patients.

- Lemma, A. (2016) Ch. 8 Transference and Countertransference. In *Introduction to the Practice of Psychoanalytic Psychotherapy*. Second Edition, John Wiley & Sons Ltd, West Sussex UK. pp.219-268 **MRL**

- Reis, B. (2009) Performative and Enactive Features of Psychoanalytic Witnessing: The Transference as the Scene of Address. *International Journal of Psychoanalysis* 90:1359-1372 **PEP**
- **Poetry:** *Benjamin, Who Came From Who Knows Where* by Mary Oliver
East Coker (excerpt) by TS Eliot

Session 7: 4/3/24 - Transference-Countertransference II

In this session, we will read two papers that address important contemporary issues in transference-countertransference.

Along with Stephen Mitchell, who we read in class 5, Lew Aron is another founding figure in what has become known as “relational” psychoanalysis. In the contemporary-classic paper included here, Aron articulates the influence of the therapist’s personhood/subjectivity. Dionne Powell’s paper explains why recognition of the social realities of racism is essential to psychoanalytic work, and demonstrates how to engage race in the transference- countertransference. This framework can be applied to other dimensions of social reality as well.

- Aron, L. (1991). The Patient’s Experience of the Analyst’s Subjectivity. *Psychoanal. Dial.*, 1(1):29-51 **PEP**
- Powell, D. R. (2018) Race, African Americans, and Psychoanalysis: Collective Silence in the Therapeutic Conversation. *Journal of the American Psychoanalytic Association* 66:1021-1049 **PEP**
- **Poetry:** *Then Your Heart Is Full of Love* by Fred Rogers
Ballad of Birmingham by Dudley Randall

Session 8: 4/17/24 - Interventions

One of the most pressing questions therapists have in learning any form of treatment is “What do I say?” In psychoanalytic work, therapists make intentional interventions that are both verbal and non-verbal.

We return to the Gabbard textbook for a structured outline of interventions, integrating some of the core concepts from earlier in the course such as neutrality and transference. This pair of papers from Thomas Ogden provides examples of both verbal and non-verbal interventions.

- Gabbard, G. (2017) Ch 4 Therapeutic Interventions: What Does the Therapist Say and Do?. *Long-Term Psychotherapy: A Basic Text*, Third Edition, American Psychiatric Association Publishing, Arlington VA. pp.75-97 **MRL**
- Ogden, T. H. (2018) How I Talk With My Patients. *Psychoanalytic Quarterly* 87:399-413 **PEP**
- Ogden, T. H. (1994) The Concept of Interpretive Action. *Psychoanalytic Quarterly* 63:219-245 **PEP**
- **Poetry:** *Touched by an Angel* by Maya Angelou

Session 9: 5/1/24 - Dreams and Fantasies

Dreams (and waking fantasies) are some of the richest sources of material offered to us by patients. Freud famously called dreams “the royal road” to the unconscious. But how do we understand and use the information presented in dreams?

In this chapter from his textbook, Glen Gabbard offers a formal outline of some key concepts in dream symbolization and interpretation, as well as some thoughts about common forms of fantasy. Gait Atlas takes us through detailed case material that demonstrates the use of dreams in an advancing a treatment.

- Gabbard, G. (2017) Ch 7, Use of Dreams and Fantasies in Dynamic Psychotherapy. *Long-Term Psychotherapy: A Basic Text*, Third Edition, American Psychiatric Association Publishing, Arlington VA. pp.141-155 **MRL**
- Atlas, G. (2013) Eat, Pray, Dream: Contemporary Use of Dreams in Psychoanalysis. *Contemporary Psychoanalysis* 49:239-246 **PEP**
- **Poetry:** *We dream — it is good we are dreaming* by Emily Dickinson
- **Poetry:** *Wishes Don't Make Things Come True* by Fred Rogers

Session 10: 5/15/24 - Ideals and Termination

Much of the work of psychoanalytic treatment centers on mourning, and the process involves a deeply intimate attachment between patient and therapist. Because of this, termination of treatment can hold particular significance and opportunity (but as Gabbard cautions, should not be idealized).

The Gabbard paper offers a realistic and humble discussion of the spectrum of experiences that might constitute “termination” in a psychoanalytic treatment. For those interested in more specific content that can arise in the termination phase, the (optional) Lemma Chapter provides a detailed overview.

Ogden’s paper offers a poignant summary of what he considers essential components of psychoanalytic work; a useful consolidation of concepts we have covered in this course.

- Gabbard, G. O. (2009) What is a “Good Enough” Termination?. *Journal of the American Psychoanalytic Association* 57:575-594 **PEP**
- Ogden, T. H. (2005) What I Would Not Part With. *Fort Da* 11:8-17 **PEP**
- **Poetry:** *In Blackwater Woods*
- **Poetry:** *We Shake with Joy* by Mary Oliver

Optional:

Lemma, A. (2016) Ch. 9 Working with Endings. In *Introduction to the Practice of Psychoanalytic Psychotherapy*. Second Edition, John Wiley & Sons Ltd, West Sussex UK. pp.269-291. **MRL**

Course: Fundamentals of Psychoanalytic Psychotherapy – Spring – Virtual

Instructors: Kathy Reicker, LCSW - kathyreicker@gmail.com, 503 224-5241

Dates: 2/21, 3/20, 4/17, 5/15, 6/19/2024

Sessions: 5

Time: 7:00-8:30 PM

Course Description

This series of ten monthly meetings is designed to meet the needs of clinicians interested in incorporating psychodynamic concepts and techniques into their clinical practice. This course will have a clinical focus and will provide an opportunity for participants to hear and discuss case material.

Learning Objectives

Following this course, participants will be able to:

1. To be able to describe the salient characteristics of a psychoanalytic psychotherapy.
2. To learn how to begin a psychodynamic treatment with a patient.
3. To begin applying the concept of transference to your work.
4. To learn to conceptualize a case from a psychodynamic perspective.
5. To feel more confident working psychoanalytically with patients.

Course Readings

Session 1: 2/21/24 - What makes a therapy "psychoanalytic"?

- Pine, F. (1997) The Four Psychologies of Psychoanalysis and their Place in Clinical Work. *JAPA.*, 36:571-596 **PEP**
- Lemma, A. (2016) Ch 4 The Analytic Setting and the Analytic Attitude. In *Introduction to the Practice of Psychoanalytic Psychotherapy*. Second Edition, John Wiley and Sons Ltd., West Sussex UK. pp.94-127 **MRL**

Session 2: 3/20/24 - How Does it Work?

- Gabbard, G. (2017). Ch 5 Goals and Therapeutic Action. In *Long-Term Psychotherapy: A Basic Text*. Third Edition, American Psychiatric Association Publishing, Arlington, Va. **MRL**
- Levy, Steven and Inderbitzin, Lawrence. (1990) The Analytic Surface and the Theory of Technique. *JAPA.*, 38:371-391

Session 3: 4/17/24 - Listening and Intervening

- Pine, Fred. (2001) Listening and Speaking Psychoanalytically - With What in Mind? IJP., 82(5):901-916 **PEP**
- Lemma, A. (2016) Ch 6 Unconscious Communication. In Introduction to the Practice of Psychoanalytic Psychotherapy. Second Edition, John Wiley & Sons Ltd., West Sussex UK. pp.169-193 **MRL**

Session 4: 5/15/24 - Transference-Countertransference

- Ogden, T.H. (1992) Comments on Transference and Countertransference in the Initial Analytic Meeting. Pl., 12:225-247 **PEP**
- Gill, Merton. (1979) The Analysis of the Transference. JAPA., 27:263-288 **PEP**

Session 5: 6/19/24 - Transference-Countertransference

- Abend, S.M. (2009) Freud, Transference and Therapeutic Action. PQ., 78:871-892 **PEP**
- Sandler J. (1976) Countertransference and Role Responsiveness. IJP, 3:43-47 **PEP**
- Carpy, D.V. (1989) Tolerating the Countertransference: A Mutative Process. IJP., 70:287-294 **PEP**

Beyond Fundamentals

Course: Beyond Fundamentals of Psychoanalytic Psychotherapy, Part A – Portland

Instructor: Cynthia Ellis Gray, MD

Dates: 10/4, 11/1, 12/6/23, 1/3/24

Sessions: 4

Time: Wednesdays, 7:00-8:30 PM

Course Description

In this course we will revisit basic analytic principles and apply them clinically. Please purchase/obtain a copy of Alessandra Lemma's Introduction to the Practice of Psychoanalytic Psychotherapy (Wiley). This text will also be used in the second part of this course, and is a solid basic text. I am using the edition published in 2006 so your page numbers may be slightly different if you have an older or newer edition but I'm sure you'll get the gist of the assignments.

I will be in touch with the group to determine presenters for each class; half of the class will be reviewing the readings, and the second half will be going over case material. The presenter will be responsible for bringing one session of typed process material for the class, with copies for all participants.

Learning Objectives

Following this course, participants will be able to:

1. Elaborate three components of the analytic frame.
2. Name three aspects of the analytic attitude.
3. Come up with three questions that assess the quality of a patient's object relationships.

Course Readings

October 4, 2023 - Lemma, Preface, Introduction: Psychoanalysis in the Twenty-First Century and Ch 1: An Overview of the Schools of Psychoanalysis: Theory and Practice, pp. xi through 72

November 1, 2023 - Lemma, Ch 2: The Process of Psychic Change, pp.73-93

December 6, 2023 - Lemma, Ch 3: The Analytic Frame and the Analytic Attitude, pp.94-130

January 3, 2024 - Lemma, Ch 4: Assessment and Formulation, pp.131-172

Course: Beyond Fundamentals of Psychoanalytic Psychotherapy, Part B – Portland
Instructor: Sara Gardiner, MD
Dates: 2/7, 3/6, 4/3, 5/1/24
Sessions: 4
Time: Wednesdays, 7:00-8:30 PM

Course Description

In the second half of this year-long course, we will continue to study basic psychoanalytic principles and their clinical application using Alessandra Lemma's foundational text, [Introduction to the Practice of Psychoanalytic Psychotherapy](#). This course is designed for graduates of Fundamentals or comparable training. We will be revisiting basic concepts you have been exposed to previously, but with more depth. You will find that in the fields of psychoanalytic psychotherapy and psychoanalysis, these concepts can be revisited many times from different vantage points and there is always more to learn.

We will have a clinical focus with a similar format to the first half of the course, with the first half of each class studying the readings and the second half listening to and discussing clinical material. As before, the presenter will bring in one session of typed process notes for the class with copies for all participants. I will be in touch to determine presenters.

Learning Objectives

Following this course, participants will be able to:

4. Discuss ways to listen for and speak to the unconscious communications of the patient.
5. Identify the use of a defense in a clinical session and be able to hypothesize why this defense has arisen in that particular moment.
6. Begin to identify transference manifestations in a clinical session.

Course Readings

All readings will be from the following book:

Lemma, A. (2016) *The Introduction to the Practice of Psychoanalytic Psychotherapy* (2nd Edition). Wiley & Sons, Ltd.

Note that this is a different edition from the one listed in the first half of the course. Hopefully it will be obvious what chapter to read. If there are any questions, please contact your instructor.

Feb 7, 2024

Chapter 6: Unconscious Communication, pp.169-193

March 6, 2024

Chapter 7: Defenses and Resistance, pp.194-218

April 3, 2024

Chapter 8: Transference and Countertransference, pp.219-268

May 1, 2024

Chapter 9: Working with Endings, pp.269-291

Course: Beyond Fundamentals: Case Conference – In Person

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Dates: 11/2, 11/16, 11/30, 12/14/2023, 1/18, 2/1, 2/15, 2/29/2024

Sessions: 8

Time: Thursdays, 7:00 - 8:30 PM

Course Description

This series of eight classes is designed to explore analytic ways of thinking and listening through clinical examples. This will be a case consultation class in which students will bring in case material that we can think about together. The focus will be on clinical moments that invite exploration — moments of feeling stuck, moments of emotion that feel uncomfortable or confusing, moments that are difficult when we do or say something we didn't intend to, etc. Our goal is to create a warm, stimulating environment to promote rich discussion of the therapeutic fundamentals behind each case presentation. This discussion is to promote psychoanalytic thinking and not intended to be supervision. This class is designed for people who have some exposure or prior experience with psychodynamic psychotherapy. Participants must be working clinically.

Learning Objectives

Following this course, participants will be able to:

1. Begin to listen for and identify transference and unconscious phenomena in the patient.
2. Recognize the clinical value of countertransference reactions in the therapist.
3. Recognize, think about, and address a patient's and therapist's enactments in a clinical encounter.

Course Readings None

Continuing Medical Education: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the American Psychoanalytic Association and the Oregon Psychoanalytic Center. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians.

The American Psychoanalytic Association designates this Live Activity for a maximum of 15.0 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS: None of the planners and presenters of this CME program have any relevant financial relationships to disclose.