

PRACTICE- BASED PSYCHODYNAMIC LEARNING CENTER—COURSES

Location: 40 West 13 Street, New York, NY 10011

GUIDE

Courses: Live Lectures, Presentations, Workshops; Online Availability

12-week courses meet for 90 minutes each, **total 18 contact hours**

Workshops meet for 180 minutes, **total 3 contact hours**

Fall Term: September 13, 2016 – December, 1, 2016; Winter Term: January 10, 2017- March 30, 2017; Spring Term: April 18, 2017 – July 11, 2017

Time: 7:00-8:30 pm or 9:00-10:30 pm, Tuesday & Thursday, and Saturday.

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- **PPLC01: Developing Psychodynamic Listening Skills** - Susan Mitchell, 18 contact hours

This course deals with listening to the patient in psychodynamic treatment, understanding the nature of the patient's and therapist's conscious and unconscious thoughts and feelings, watching carefully for non-verbal expressions and learning to use effectively what we hear and see in the treatment.

After attending the course, participants will be able to

- Identify the issues that arise in the treatment, including how to listen and investigate the patient's stated interest in therapy as well as the unspoken dimensions of the patient's presentation.
- Define and discuss the therapeutic frame, including time, frequency, fees and boundary issues.
- State how he/she would clarify with the patient the advantages of increased self-reflectiveness, self-understanding and clarification of what the patient might want to change.
- Describe legal and ethical issues in treatment, including confidentiality, note taking, digital issues, and the extent and limitations of self-disclosure on the part of the analyst.

- **PPLC02: Psychodynamic Diagnosis** - Michael Spier, 18 contact hours

This course focuses on the diagnosis of psychopathology, as connected to psychodynamic theories of psychology, in contrast to the descriptive approach of current DSM and ICD diagnoses. The course will look at psychodynamic ideas of personality structure and connect diagnosis with clinical utility and character organization. Developmental levels of personality organization will be explored alongside clinical implications in working with different diagnostic categories. Each diagnostic category will be explored in terms of the following: drive, affect and temperament; defensive and adaptive processes; transference and countertransference; therapeutic implications; and differential diagnosis.

After attending the course, participants will be able to

- Define the following psychodynamic concepts for each of the diagnostic categories: narcissistic, schizoid, depressive, masochistic, obsessive, hysterical and dissociative.
- Define drive, affect and temperament.
- Describe defensive and adaptive processes, transference and countertransference.
- Explain differential diagnosis.

- **PPLC03A: Psychodynamic Case Presentation and Supervision** – Dru Ornstein, 18 contact hours

In this course, students will present clinical vignettes and receive supervision. During the process of presenting cases, students will receive an introduction to certain core psychodynamic concepts such as:

engaging patients in the treatment, listening psychodynamically, transference, countertransference, unconscious communications and empathy.

After attending the course, participants will be able to

- Discuss clinical material incorporating psychodynamic concepts.
- Utilize psychodynamic listening skills.
- Identify transference and countertransference dynamics in clinical situations.
- Discuss personal empathy in clinical settings.

- **PPLCW1: Workshop on Couples Therapy** - Claire Steinberger, 3 contact hours

This workshop introduces a psychodynamically-oriented approach to couple dynamics. It will explore the differences between individual (one-person) and couple (two-person) models and view the therapist as a “participant-observer” in a three-person field. Clinical presentation integrates object relations and relational paradigms, applying contemporary research in attachment, self psychology, development, and narcissistic trauma. The mystery of couple attraction, “birds of a feather” phenomenon, and the interlocking transference and “collusion” in the context of loving engagement and destructive struggle will be explored. The workshop offers clinical case vignettes and experiential components. It highlights the challenges in clinical practice.

After attending the course, participants will be able to

- Identify the psychodynamic principles underlying the unconscious dynamics of a couple.
- Apply psychodynamic interventions to the treatment of couples, including containment, interpretation and other clinical techniques.
- Distinguish between the organization of the individual, the couple and a third-party dynamic system.

- **PPLC04: Using the Therapeutic Relationship in Clinical Practice** – Montana Katz, 18 contact hours

This course will cover different aspects of the therapist-patient relationship as a significant factor in the therapeutic process. The readings and class discussions will explore the roles of the therapist and of the patient, techniques for listening to the patient, techniques for exploring what experiences, feelings, and memories are unfolding within a session, the clinical concepts of transference and countertransference, how to use them in sessions, and the therapist’s self-revealing versus self-disclosure. There will be a focus on the therapeutic concepts involved in the readings and an emphasis on clinical application. Each class meeting will include ample clinical examples that demonstrate the concepts and techniques from the readings.

After attending the course, participants will be able to

- Describe the different roles of the therapist and the patient within a therapeutic process.
- Describe the concepts of transference and counter-transference.
- Apply the concepts of transference and counter-transference in clinical work.
- Describe different listening techniques of the therapist such as listening-to-listening, other-centered listening, empathic listening, oneiric listening, and reverie,
- Apply different techniques of therapeutic listening to distinguish therapist revelation from self-disclosure.

- **PPLC05: Infant Development and Attachment** – Susana Martinez, 18 contact hours.

During the last forty years there have been important findings in the areas of attachment and infant development, as well as on how such findings can better inform treatment with children and adults. In this twelve-week course, we will study some of these findings and examine how they contribute to psychoanalytically informed psychotherapy. We will pay particular attention to (1) infant development in the first year of life, with an emphasis on the infant's capacities for self organization; (2) the implicit, nonverbal procedures that organize not only mother-infant dyads but also adult interactions; (3) the importance of self- and interactive regulation; (4) the different attachment styles in infants and adults and how to understand and apply attachment theory clinically; and (5) findings on disorganized attachment and its connection to dissociative and borderline states.

After attending the course, participants will be able to

- Explain "the competent infant" during the first year of life.
- Explain the difference between procedural/implicit and verbal/explicit modes of interaction.
- Describe the dyadic systems model of self and interactive regulation in mother-infant and patient-therapist dyads.
- Discuss the different attachment styles and how to identify and use them clinically.
- Explain the link between disorganized attachment and dissociative and borderline states.

- **PPLC03B: Psychodynamic Case Presentation and Supervision** - Art Pomponio, 18 contact hours

In this supervision experience, students will present clinical vignettes and receive supervision. During the process of presenting cases, students will receive an introduction to certain core psychodynamic concepts such as: engaging patients in the treatment, listening psychodynamically, transference, countertransference, understanding unconscious communications and empathy.

After attending the course, participants will be able to

- Discuss clinical material incorporating psychodynamic concepts.
- Utilize psychodynamic listening skills.
- Identify transference and countertransference dynamics in clinical situations.
- Discuss personal empathy in clinical settings.

- **PPLCW2: Workshop on Working with People with a Trauma Background** - Susan Tye, 3 contact hours

This workshop will focus on early Relational trauma, how to recognize its sequelae or derivatives, and clinical interventions in response to it. Early trauma interferes with the development of certain capacities or ego strengths that are important in psychodynamic psychotherapy, e.g., tolerance of affect, especially of a disturbing nature, and the capacity for self-reflection. What do these capacities look like in the clinical situation?

After attending the course, participants will be able to

- Explain the impact of abuse, neglect, loss, or illness on trauma.
- Assess how the frequency and severity of trauma experience affect the nervous system.
- Discuss the work of Allan Schore, Bessel van der Kolk and Philip Bromberg.
- Describe the role of memory in working with traumatized patients.
- Explain clinical interventions to achieve safety, awareness and stabilization.

- **PPLC06: Meeting and Keeping Patients** – Neil Herlands, 18 contact hours

Engaging and holding on to psychotherapy patients is a craft. Much of the beginning clinician's skills are based on intuition, empathy, and a desire to help. These are the rudiments that will accompany the psychodynamic therapist throughout his career. However, there is also a set of techniques, originally codified from within the psychoanalytic establishment and then amended to keep pace with varying patient populations, alternative theoretical approaches and cultural shifts that have influenced how we practice today. These skills can be learned in clear and systematic ways. The early, middle and later phases of treatment will be distinguished stopping along the way to examine practical issues such as constructing the frame, setting and adjusting fees, analyzing vs. managing transferences, countertransference, termination etc.

After attending the course, participants will be able to

- Explain the method to engage patients.
- Discuss how to maintain the frame, which includes setting or adjusting fees, frequency of sessions, etc., and sustain patients over time.
- Identify transference and countertransference in working with different patient populations.

- **PPLC03C: Psychodynamic Case Presentation and Supervision** – Art Pomponio, 18 contact hours

In this supervision experience, students will present clinical vignettes and receive supervision. During the process of presenting cases, students will receive an introduction to certain core psychodynamic concepts such as: engaging patients in the treatment, listening psychodynamically, transference, countertransference, understanding unconscious communications, and empathy.

After attending the course, participants will be able to

- Discuss clinical material incorporating psychodynamic concepts.
- Utilize psychodynamic listening skills.
- Identify transference and countertransference dynamics in clinical situations.
- Discuss personal empathy in clinical settings.

- **PPLCW3: Workshop on Integrating Spirituality and Psychodynamic Therapy** – Ruth Rosenbaum, 3 contact hours

This workshop will demonstrate how an integration of spiritual and psychodynamic perspectives in the mind of the therapist can enhance psychodynamic work, strengthen the therapeutic alliance, and help overcome therapeutic impasses. Shifts in conceptualizations of time and space that are implied by a spiritual perspective will be explored with a focus on clinical applications. The workshop will also address a variety of spiritual experiences reported by patients, offering ways of understanding and incorporating them into therapeutic work. The distinction between psychosis and unusual spiritual experiences will be discussed.

After attending the course, participants will be able to

- Define spirituality and its relationship to psychodynamic psychotherapy.
- Describe how integrating psychodynamic and spiritual perspectives can expand possibilities for positive therapeutic outcome and help move through impasses.
- Explain how the intersubjective field that emerges from the relationship between patient and therapist forms the common ground of psychotherapy and spirituality

- Discuss some of their own cases from an integrated psychodynamic/spiritual framework

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PPLC – REGISTRATION AND TUITION

Costs for Certificate Program

\$3,600 for eight 12-session courses (including three 12-session group case presentation and supervision courses) and three workshops. A registration fee of \$150 per year is due at the Fall registration. This fee includes the right to use NPAP's library and access to the Psychoanalytic Electronic Publishing (PEP) digital repository of professional articles and books.

Costs for Individual Courses and Workshops

Students may elect to take single courses or workshops for a tuition cost of \$400 and \$100, respectively. A registration fee of \$50 is due at time of registration. Access to the NPAP library and PEP is not included in this fee.

Fees are subject to periodic review and change by the Board of Trustees of the Training Institute of NPAP. The yearly registration fees are nonrefundable and are required of all course attendees, whether they are taking courses each term or not, whether they have elected to take a year's leave of absence or have been granted an extension of this absence.

The same tuition and fees are charged to students whether they attend courses and workshops at NPAP or online.

Refunds for Courses – Professionals who are unable to attend a course for which they have registered may obtain a fifty percent refund, if they notify the Registrar in writing, no later than one week after the class has met. After one week into the term, no tuition will be refunded. An administrative charge of \$10 will be incurred.

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National Psychological Association for Psychoanalysis, SW CPE is recognized by the New York State Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0139.