

Florida Psychoanalytic Center
Psychodynamic Psychotherapy Course (PPC)
Brochure

The Florida Psychoanalytic Center takes great pleasure in offering a two-year Psychodynamic Psychotherapy Course designed to develop the knowledge, technical skill, and effectiveness of mental health clinicians from all disciplines who are interested in learning more about psychoanalytic ways of working. The Psychodynamic Psychotherapy Course (PPC) offers its participants an opportunity to:

- Increase their theoretical knowledge and technical skill in conducting psychoanalytic psychotherapy.
- Enhance their capacity to engage patients in the therapy process.
- Increase their ability to deepen treatment and to deal effectively with difficult treatment issues.
- Enjoy stimulating discussion with colleagues.
- Engage in supervision with highly trained practitioners.
- Meet, get to know, and get to be known by, the psychoanalytic community.

EDUCATIONAL PROGRAM

The Course consists of two complementary parts:

1. Didactic Classes that discuss psychoanalytic theory, technique of psychoanalytic psychotherapy, and psychoanalytic understandings of psychopathology.
2. Supervision of each participant's clinical work by members of the PPC Faculty. The faculty consists of psychoanalysts and advanced candidates of the Florida Psychoanalytic Institute.

Didactic Seminars and Clinical Conferences are held approximately every other Saturday afternoon for a total of 15 classes per year. Each class is led by one or more faculty members. The use of several teachers enables course participants to be exposed to a variety of ways in which to understand psychoanalytic theory and technique.

The Florida Psychoanalytic Center
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<http://floridapsychoanalytic.org>

Components of the Didactic Classes:

The ***theoretical component*** focuses on psychoanalytic theories of mental life including the nature of unconscious processes, intra-psychic conflict, relationality, and the role of human interaction in shaping the development of both personality and psychopathology. The faculty will provide readings on and will integrate clinical presentations with didactic lecture and class discussion.

The ***clinical component*** builds on the theoretical material to develop a psychodynamic approach to the therapeutic process. We will examine therapeutic treatment from the vantage points of drive theory, ego psychology, object relations theory, self-psychology and relational theory.

The ***technique component*** includes the evaluation phase of treatment, psychodynamic diagnosis, treatment goals, therapeutic process, resistance, interpretation of defense, conflict resolution, transference/countertransference, working through, and termination.

The ***case material component*** involves inviting students to present their own psychotherapy case material in classes, if desired. Classes focus on the integration of theory and clinical work. The case material component of the classes (along with individual supervision) is intended to illustrate in vivo the psychotherapeutic process as it relates to the didactic elements of the curriculum.

REQUIREMENTS TO EARN A CERTIFICATE OF COMPLETION

The PPC awards a Certificate of Completion to those who satisfy all the requirements of the course. In order to receive a Certificate of Completion, participants must attend at least 13 classes per year and obtain psychodynamic supervision of cases. The supervisor must be a member of the PPC faculty. Non-PPC-Faculty supervisors may be used in special cases where licensing issues apply. This is evaluated on a case-by-case basis. There are two supervision options:

You do not need to earn the certificate to participate. For example, you may take classes but not supervise. You simply won't receive the certificate.

Weekly or bi-weekly individual supervision. The certificate of completion requires weekly individual supervision for one year or bi-weekly individual supervision for two years. The supervisor and supervisee negotiate the supervision fee. Every effort will be made by Course Directors and faculty to provide supervision at affordable rates.

Shared supervision. Supervision can also be shared with one other supervisee. Sharing supervision is a way to reduce the financial burden of supervision. Shared supervision must be done weekly rather than bi-weekly for one year.

Participants are encouraged to discuss their special needs with the Course Director by phone or email: Course Director is Lynne Harkless, Ph.D. (305) 926-1133, LHarkless1@aol.com

SCHEDULE

There are approximately 15 classes per year, divided into two semesters. Classes meet every two to three weeks, on Saturday afternoons, from 2:00 to 5:00. One article is assigned to read in preparation for each class. The required reading is not excessive. Optional reading is available for students who wish to read more.

SAMPLE CURRICULUM (subject to adjustments)

YEAR I – CLASS TOPICS

Introduction to Psychodynamic Psychotherapy and Psychoanalytic Ways of Thinking
Introduction to the Five Major Theoretical Frameworks within Psychoanalysis
The Evaluation Phase
Beginning the Treatment
Conflict and Compromise Formation
Defenses
Transference
Countertransference
Relational Theory and Technique
Classical Theories of Infancy and the First 3 Years of Life
Contemporary Theories of Infancy: Attachment and Object Relations Theory and the First Three Years of Life
The Oedipal Phase
Latency
Pre-Adolescence and Adolescence
Adulthood and Middle Age
Crises in Adult Life: Divorce, Losses, and Transitions

YEAR 2 – CLASS TOPICS

Mentalization and Affect Regulation
The Concept of Developmental Lines
Transference (and Countertransference).
Countertransference (and Transference).
Deepening the Work, Part 1
Deepening the Work, Part 2
Working with Resistance
Difficult Moments of Resistance
Depression
Shame
Narcissism
Masochism
Organizing Clinical Material
Psychoanalytic Approaches to Eating Disorders and Body Image Issues
Termination

FEES

Tuition for the PPC is \$600.00 per semester, \$1,200.00 per year.

ELIGIBILITY

The Psychodynamic Psychotherapy Course is designed for psychology and psychiatry interns and residents, private practice clinicians of all disciplines, and clinicians who work in other settings as well. Participants who are in private practice or employed in other settings must have a masters degree or higher and be licensed in their specialty. For unlicensed clinicians, we may be able to work out a special arrangement. This will be evaluated on a case-by-case basis.

The faculty recommends that Course participants engage in their own psychotherapy or psychoanalysis in conjunction with the course, especially if they have no previous experience in psychotherapy. Personal therapy is not required but is highly recommended. The Course Directors are available to assist in confidential referrals.

Please feel welcome to call or email any of us if you have any questions or would like any more information. We want you to feel comfortable to explore your options with us.

COMMITTEE FOR THE PSYCHOTHERAPY COURSE

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