***Florida Psychoanalytic Center***

***Psychodynamic Psychotherapy Course (PPC) 2020-2021***

***Course Outline for Year II: September 2020 – June 2021***

***All classes meet on Saturday afternoon from 2:00 until 5:00 via Zoom.***

***An invite will be emailed before each class.***

*fl.psychoanalytic.center@gmail.com*

*305.669.4353*

***Class Format:***

*Class time is divided between discussion of the assigned readings and presentation of relevant clinical material by the instructor, and discussion of students’ case material from their clinical work. Each student is asked to think about a case that is relevant to the class topic. Discussing cases is the most effective means of illustrating immediate clinical application of the class topic. Presentation of cases is meant to be informal. Students who are not currently seeing patients can draw on past clinical work.*

***Course Outline and Schedule:***

Class 1
September 12, 2020 **The Frame and Boundaries**

 *This class will discuss the crucial role of boundaries as an anchor for both safety and*

*deepening in the clinical work. Patients challenge the frame and boundaries continually*

*in myriad ways. This class will illustrate conceptual frameworks for grappling with boundary challenges and for using one’s countertransference responses as a means of understanding what is happening.*

Michelle Paley, M.D., Gina Joy-Reyes, Psy.D.

Class 2
October 3, 2020 **Deepening the Treatment**

*This class will discuss how to approach and conduct the initial evaluation sessions with a new patient. Specific areas to focus on in evaluation will be outlined. Technique in initial sessions will be discussed. Case formulation and recommendation of treatment to the patient will also be discussed.*Julio Calderon, M.D.

Class 3
October 17, 2020 **Working with Resistance**

*Resistance is experienced when uncomfortable/painful affects surface in the Clinical Setting. The presence of the therapist creates “Transference Resistance.” This is paradoxical to the wish to get better. Working with Transference Resistance is the bulk of clinical work in the psychoanalytic setting. The historical evolution of the term, “resistance” will be reviewed, with focus on Freudian and Contemporary Ego Psychological usage. Technical and theoretical aspects of working with resistance in the therapeutic relationship will be discussed.*Saida Koita, M.D.

Class 4
October 31, 2020 **Eating Disorders**

*While many DSM diagnosable disorders can be understood psychoanalytically, Eating Disorders in particular require a psychodynamic lens in order to be more fully understood. Discerning the symbolic representation of food, feeding/consuming/ingesting, and the people (objects) involved in these dynamics is essential in determining appropriate approaches to treatment. In this class, participants will be able to develop a preliminary psychoanalytic formulation for a patient presenting with an eating disorder, discuss technical and substantive interventions in treatment, and make a determination of the therapists own limitations or broader capacity in treating such a patient. A case will be presented if participants have not been exposed to/do not have clinical material. Acquiring supervision and assessing dangerousness will also be reviewed.*

Autumn Ning, M.D.

Class 5
November 14, 2020 **Depression**

*Various approaches to conceptualizing the dynamics of depression will be discussed. The relationship of depression to anger, attachment and object ties will be illustrated. Clinical work with depressive affects and dynamics will be demonstrated.*

Gennifer Lane Briggs, L.C.S.W.

Class 6
January 9, 2021 **Narcissism**

*This class will discuss definitions of narcissism and how to understand just what this phenomenon involves Kohut’s view of narcissism, healthy narcissism, narcisstic transferences, narcissistic rage, and narcissistic vulnerability will be discussed. Technique will be demonstrated with clinical material. Critiques of Kohut and other views of narcissism will be discussed.*

Sergio Badel, M.D.

Class 7
January 23, 2021 **Borderline Personality Disorder and Mentalization**

*This class will discuss new understandings of borderline personality disorder and outline treatment approaches that are showing to be helpful:  General Psychiatric Management, Mentalization Based Therapy, Transference Focused Psychotherapy and Dialectical Behavior Therapy.  These approaches offer interventions that can be integrated into everyday practice.*

Teresa Carreno, M.D., Ana Erikson, M.D.

Class 8
February 6, 2021 **Masochism**

*The psychoanalytic concepts of masochism and sadism will be introduced and explained.  Self-sabotage, inhibitions to success, needs to suffer, sado-masochistic relationship dynamics, and more, will be covered.*

Juan-René Geada, M.D.

Class 9
February 20, 2021 **Differences in the consulting room: When our patient is not “like us”**

*In this class, we will examine the concept of cultural competence and the impact that it has on the therapeutic relationship. We will explore how cultural differences between the clinician and the patient can be understood through the idea of the “Cultural Third” that exists in the consulting room. Lastly, we will discuss how a lack of cultural competency can negatively impact the patient, the clinician, and treatment.*

Manuela Menendez, Psy.D.

Class 10
March 6, 2021 **Object Relations Theory and Techniques**

*This class will introduce fundamental object relations ideas but will emphasize the theories of Melanie Klein. The relevance of Klein’s work to our understandings of transference-countertransference and ideas of projection and projective identification will be discussed.*

Alessandra Barroso, L.M.H.C.

Class 11
March 20, 2021 **Interpersonal Psychoanalysis**

*The Interpersonal school of psychoanalysis offers a contrast to the classical view that 'individuals determine relationships;' it believes, instead, that 'relationships determine individuals.' This clinically-focused class will introduce key clinical concepts and techniques from the Interpersonal psychoanalytic school, such as participant observation, the detailed inquiry, and isomorphic transformations. Application of these concepts will be illustrated through discussion of a clinical case.*

Eugenio Duarte, Ph.D.

Class 12
April 10, 2021 **Relational Psychoanalysis**

*This class will introduce the major theoretical underpinnings of the relational approach to psychotherapy and psychoanalysis. Relational notions of unconscious, self-states, dissociation, co-creation, and the therapeutic relationship will be covered. Clinical examples will be presented.*

Luly Casares, Ph.D., Claudia Pimental-Leiva, Ph.D.

Class 13
April 24, 2021 **Gender and Sexuality**

*Gender and sexuality have until recently been viewed through strictly biological lenses.  In this class, basic terminology and contemporary theoretical paradigms will be reviewed.  The ideas of influential writers on gender and sexuality will be presented to illustrate the progression of thought surrounding these concepts.*

Eugenio Duarte, Ph.D.

Class 14
May 8, 2021 **Termination**

*Since all treatment begins with the understanding that it will one day end, issues of attachment, separation, loss and  termination must be carefully explored  throughout the treatment, preparing the way for a  successful termination.  We strive for  a poignant parting rather than an unpleasant break up.  But there are more controversies about termination than any other  phase of treatment.  Boundary  violations and other  disruptions  are more likely to occur in this phase than any other. How does the therapist know  when treatment should end? Who brings it up?  Are there  " techniques for termination" ? What  do we do if the patient wants to come back?   How much time do we  allow for a termination process? Are there differences in termination between psychotherapy and psychoanalysis? We will explore all of these issues, studying the writings of Ernst TIcho, Glen Gabbard and Steve Levy and  case  material.*

Stefan Pasternack, M.D.

Class 15
May 22, 2021 **Year End Panel Discussion (Faculty TBA)**

*This format for this class is different from other PPC classes. This special second annual year-end class will be open to other therapists from the community at large. A panel of 2-4 analysts will listen to student’s present cases just as one would present in individual supervision. Each analyst will conceptualize the case and offer possibilities for intervention based on their unique theoretical leanings and personal analytic styles. The material for the class is dependent on the students having cases in mind to discuss. Cases do not need to be prepared formally. They can be presented informally, just as one would in individual supervision. The purpose of this class is to show how psychoanalytic concepts can be immediately relevant to the students’ daily clinical work and to help students in developing their own identity as clinicians by offering experiential exposure to a wide array of clinical identities within psychoanalysis.*