

Florida Psychoanalytic Center
Psychodynamic Psychotherapy Course (PPC) 2021-2023
Course Outline for Year 2: September 2022-May 2023

All Classes meet on Saturday afternoons from 2:00 until 5:00
at: The Florida Psychoanalytic Center Library or by Zoom
4649 Ponce de Leon Blvd. Suite 303
305.669.4353

Class format:

Class time is divided between discussion of the assigned readings, 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
Sept 17, 2022

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 session will be discussed. Case formulation and recommendation of treatment to the patient will also be discussed.

Gretchen Suarez, L.M.H.C.

Class 2
Oct. 1, 2022

The Psychotherapist's Blind Spot

This class will examine the possible vulnerabilities a clinician may have in a psychotherapeutic encounter, reasons why they may have it and possible solutions to manage the blind spots. We will be using Karen Maroda's book "The Analyst's Vulnerability" to study this phenomenon.

Manuela Menendez, Psy.D.

Class 3
Oct. 15, 2022

Countertransference

This class will introduce the concept of counter-transference and will demonstrate its manifestations in the clinical situation. The technique and importance of analysis of the counter-transference will also be discussed. Use of one's own countertransference reactions as data in the clinical situation will be covered.

Gennifer Lane –Briggs, L.C.S.W.

Class 4
Oct. 29, 2022

Shame

This class will discuss the relationship between shame and narcissism. Conceptualizations of shame as affect, defenses against shame, and technique with shame dynamics will be covered.

Dan Sheridan, Ph.D.

- Class 5
Nov. 12, 2022 **Masochism I**
This class will cover psychoanalytic concepts of masochism and sadism, introduced and explained. Self-sabotage, inhibitions to success, needs to suffer, sado-masochism relationship dynamics, and more will be covered.
Juan Rene Geada, M.D.
- Class 6
Dec. 10, 2022 **Masochism II**
This class will cover the psychoanalytic concepts of masochism and sadism, introduced and discussed. Self-sabotage, inhibitions to success, needs to suffer, sado-masochistic relationship dynamics, and more will be covered.
Juan Rene Geada, M.D.
- Class 7
Jan. 7, 2023 **Case Formulation**
This class will teach approaches to formulations a case, organizing clinical material in the moment, developing hypotheses as to the psychic, transference, and relational dynamics implied in the material, and intervening from those hypothesis will be discussed.
John Hartman, Ph.D.
- Class 8
Jan. 28, 2023 **Adolescents and Bullying**
This class will discuss therapists' difficulties in treating both the victims and the victimizers of bullying due to intense countertransference feelings such as anger, frustration, and helplessness among others. Contributing factors to bullying and treatment recommendations will be discussed.
Shirley Malove, Ph.D.
- Class 9
Feb. 11, 2023 **Relational Psychoanalysis: Theory and Technique**
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.
- Class 10
Feb 25, 2023 **Resistance**
This class will explore the psychodynamic concept of resistance - the patient's unconscious opposition to the unfolding and deepening of a psychodynamic process. We will cover the various ways through which resistance is expressed by patients. Clinical moments and examples will be presented to discuss how clinicians can work with resistance.
Stefania Prendes-Alvarez, M.D.

Class 11

March 11, 2023 **Defense Mechanisms**

This class will discuss the concept of defense and the function of defensive processes in the human mind. Techniques involved in analysis of defenses will also be discussed.
Gennifer Lane-Briggs, L.C.S.W.

Class 12

Mar 25, 2023 **Introduction to Lacan**

This class will introduce students to basic Lacanian theoretical and clinical principles. It will also demonstrate the clinical usefulness of the Lacanian approach. Lacanian thinking has been increasingly incorporated into psychoanalytic thinking and writing within all of the major psychoanalytic schools of thought.
Sheila Bravo, L.M.H.C.

Class 13

April 15, 2023 **Intergenerational Trauma**

This class will examine how unprocessed psychological trauma can be transmitted from one generation to another. We will be largely basing our class on the book, "Emotional Inheritance" by Galit Atlas.
Manuela Menendez, Psy.D.

Class 14

Apr 29, 2023 **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
Howard Benensohn, M.D.

Class 15

May 13, 2023 **Year End Panel Discussion**

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.

Penny Freedman, Ph.D., Sergio Badel, M.D., Shirley Malove, Ph.D.