

Florida Psychoanalytic Center
Psychodynamic Psychotherapy Course (PPC) 2023-2025
Course Outline for Year 1: September 2023-May 2024

All Classes meet on Saturday afternoons from 9:00 until 12:00
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 9, 2023

Introduction

This introduction class will provide students with an overview of core psychodynamic concepts, as well as the history of psychodynamic theories. Students will gain a beginning appreciation of how to think about their patients through a psychodynamic lens. Opportunities to discuss case material will be provided.

Gretchen Suarez, L.M.H.C., Daniel Sheridan, Ph.D., Stefania Prendes-Alvarez, M.D.

Class 2
Sept 30, 2023

Classical (Freud)/Ego Psychology

This class will discuss Freud's early theories of psychic development. We will explore Freud's psychosexual stages, the tripartate model (id, ego, and superego), the topographic model (unconscious, preconscious, and conscious), the development of defense mechanisms, and the concept of psychic determinism. Clinical examples will also be used to illustrate how these mental processes can be made visible in psychodynamic work.

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

Class 3
Oct. 7, 2023

Kleinian

This class aims to introduce students to the work of Melanie Klein. The class will trace the development of Klein's ideas and how her work with children led her to develop a novel theory about the role of the object in the internal world. We will also briefly go over how Klein's model of Object Relation has evolved and expanded by the work of contemporary Kleinians. technical issues such as working in the here and now, the use of countertransference, and projective identification will be discussed.

Alessandra Barroso, L.M.H.C.

Class 4
Oct. 21, 2023

Object Relations

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.

Manuela Menendez, Psy.D.

Class 5
Nov. 4, 2023

Bion/Field Theory

This class will provide an introductory overview of Bion's psychoanalytic theories and principles of field theory within psychoanalysis. Key concepts such as 'container-contained' and 'alpha/beta functions' will be addressed while also employing field theory as a novel approach to understanding the analytic relationship.

Daniel Sheridan, Ph.D.

Class 6
Nov. 18, 2023

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.

Claudia Pimental-Leiva, Ph.D., Julissa Senices, Ph.D.

Dec. 9, 2023

SOCIAL

Class 7
Jan. 20, 2024

Analyst's Vulnerability

This class will discuss personal motivations for becoming psychotherapists and how our childhood experiences influence our perceptions of our world and how we work with patients. We will discover how becoming self-aware of our personal history can facilitate our work as therapists. Students will be able to describe examples of therapists' needs using clinical material.

Gretchen Suarez, L.M.H.C.

Class 8
Feb. 10, 2024

Evaluation Phase/Beginning Treatment

This class will cover the evaluation phase and beginning of the treatment. Setting the frame will be discussed, including frequency, session length, fees, and explaining the process of treatment. Resistance in the early phase of treatment will be discussed.

Elise Suna, L.M.F.T.

Class 9
Feb. 24, 2024

The Frame

This course will examine the significance of the analytic frame in psychoanalytic therapy. The term "frame" in psychoanalysis refers to the parameters, restrictions, and rules that establish the context and framework of the therapeutic relationship and process. Both psychoanalytic and psychodynamic therapy place great importance on the therapeutic frame. We will investigate the various norms and practices that define the psychoanalytic "frame." and the essential elements of the analytic "frame" will be specified. Students will learn the repercussions of lacking a stable "frame", such as how boundaries can be breached and thought can be destroyed. Students will understand the analytic frame, its significance, and how to maintain it for effective psychotherapy upon completion of this course.

Manuela Menendez, Psy.D.

Class 10
March 9, 2024

Defenses

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.

Seth Lobdell, Ph.D.

Class 11
March 23, 2024

Conflict and Compromise Formation

This class will discuss the concept of conflict in depth. Conflict as a foundational concept in psychoanalytic thinking and working will be elaborated. Compromise formations as solutions to problems of intrapsychic conflict will also be covered.

Daniel Sheridan, Ph.D.

Class 12
April 6, 2024

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 13
April 20, 2024

Transference and Countertransference

This class will introduce the concepts of transference, countertransference, and unconscious enactments, and will demonstrate their manifestations in the clinical situation. Techniques for exploring these phenomena in the clinical situation will also be discussed. Special emphasis will be placed on use of one's own experience as data in the clinical situation.

Eugenio Duarte, Ph.D.

Class 14
May 4, 2024 **Principles of Interpretations & Dreams**
Gina Joy Reyes, Psy.D.

Class 15
May 18, 2024 **Panel (Topic TBD: Building a practice, pursuing psychoanalytic training, case presentation)**

June 1, 2024 **SOCIAL**