

*Explorations in Mind*



Community  
Education  
at BPSI

# Course Catalog 2016-2017



B P S I

boston psychoanalytic  
society & institute

*Explorations in Mind*, the Boston Psychoanalytic Society and Institute's community education program, offers a wide range of courses to clinicians from all backgrounds, professionals in other fields, and the interested public. We hope to advance the understanding of psychoanalysis and its applications, and to develop connections with intellectual, artistic, and social issues of interest to the community at large.

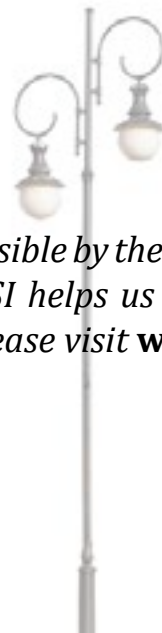
## **Our Co-Directors:**

**Holly Friedman Housman, LICSW:**

[holly@housman.org](mailto:holly@housman.org)

**Christopher Morse, PhD:**

[cmorse1@bidmc.harvard.edu](mailto:cmorse1@bidmc.harvard.edu)



*The **Explorations in Mind** program is made possible by the generous support of BPSI Members and friends. Your gift to BPSI helps us continue offering educational programming. To support BPSI, please visit **www.bpsi.org**.*

# Become a BPSI Associate\*!

BPSI is pleased to offer a range of associate affiliations which are available to clinicians and members of the community who are not psychoanalysts.\* If you are interested in one of these affiliations, click the link indicated to download and submit an application. If you have a question regarding any of these opportunities, contact Drew Brydon ([dbrydon@bps.org](mailto:dbrydon@bps.org)).

## **Community Associate (\$450.00)**

Members of the community who are interested in psychoanalysis are eligible to become Community Associates. Benefits include membership rates to all BPSI conferences, academic lectures, courses, and free tuition to all Explorations in Mind courses (including Continuing Education credits). Community Associates receive full access to BPSI's Hanns Sachs Library including: access to the library and its extensive archives; borrowing of books; bibliographic searches conducted by our librarian and archivist Olga Umansky; and access to the online database Psychoanalytic Electronic Publishing (PEP)\*\*.

## **Academic Associate (\$400.00)**

University or College Faculty members are eligible to become Academic Associates. Benefits include membership rates to all BPSI conferences, academic lectures, courses, and free tuition to all Explorations in Mind courses (including Continuing Education credits). Academic Associates receive full access to BPSI's Hanns Sachs Library including: access to the library and its extensive archives; borrowing of books; bibliographic searches conducted by our librarian and archivist Olga Umansky; and access to the online database Psychoanalytic Electronic Publishing (PEP)\*\*. Academic Associates also receive opportunities to participate in BPSI's Academic Affiliation and Research Division activities.

### **Library Associate (\$150.00)**

Members of the community who wish to join BPSI's Hanns Sachs Library and are not interested in Continuing Education credits are eligible to join as a Library Associates. Library Associates receive full access to the library including: access to the library and its extensive archives; borrowing of books; bibliographic searches conducted by our librarian and archivist Olga Umansky; and access to the online database Psychoanalytic Electronic Publishing (PEP)\*\*.

### **Student Associate (\$75.00)**

Students who are enrolled in a degree granting program are eligible to apply to become Student Associates. Benefits include membership rates to all BPSI conferences, academic lectures, courses, and free tuition to all Explorations in Mind courses (including Continuing Education credits). Student Associates receive full access to BPSI's Hanns Sachs Library including: access to the library and its extensive archives; borrowing of books; bibliographic searches conducted by our librarian and archivist Olga Umansky; and access to the online database Psychoanalytic Electronic Publishing (PEP)\*\*.

Interested in becoming an Associate Member at BPSI?

[Download an application](#) or contact Drew Brydon ([dbrydon@bps.org](mailto:dbrydon@bps.org)).

*Explorations in Mind course fees are waived for Guest Members  
(PiP Students, APsaA Fellows, Social Work Travel Grant Recipients).*

\* For Psychoanalysts who have graduated from another institute, please contact Karen Smolens ([ksmolens@bps.org](mailto:ksmolens@bps.org)).

\*\* PEP-Web subscriptions initiate the first weeks of September, November, February, and June for applicants who are approved for affiliation by the last week of the prior month.

# **Open to the Public**

## **The Evaluation and Care of Refugees and Survivors of Human Rights Violations**

Michael Grodin, MD, MA; Bennet Simon, MD, MA & Roberta Apfel, MD, MA

## **Internal Objects and Waking Dreams: Klein, Bion, and Therapeutic Action**

James Barron, PhD

## **Zombies on the Couch: The Undead in Culture and (Un)Conscious**

Janet A. English, PhD & Michele Baker, MD

## **Tennessee Williams: A Study of Three of His Plays and What They Tell Us about Marital, Family, and Sibling Relations**

Daniel Jacobs, MD

## **Building a Private Practice: Practical and Clinical Considerations**

Alistair McKnight, PsyD, LMHC & Janet Witte, MD, MPH

## **The Clinical Application of Basic Psychoanalytic Concepts: Mechanisms of Defense**

Rodrigo Barahona, PsyD, LMHC & Robin Gomolin, PsyD, LMHC

## **Open to the Public**

**WRD Fairbairn**

Jason Jones, MD

**Admitting You're White:  
Race Discussion for White People**

Cecilia Mikalac, MD

## **Open to Licensed Clinicians Only**

**Psychoanalytic Field Theory, Part I: Theory**

Jack Foehl, PhD & Chris Lovett, PhD

**Psychoanalytic Field Theory, Part II: Technique**

Jack Foehl, PhD & Chris Lovett, PhD

**Supervision of Psychotherapy**

Paul David, MD

**Empathy, Theory of Mind and Mentalization:  
Their Roles and Applications in Treatment**

Elsa Ronningstam, PhD

***Continuing Education information is different for every course:  
please pay careful attention when registering.***

# The Evaluation and Care of Refugees and Survivors of Human Rights Violations

**6 Sessions:** Tuesdays, Oct 18, 25, Nov 1, 8, 15, 22, 2016

**Time:** 7:00 pm - 8:30 pm

**Fee:** Early Bird: \$50  
Regular: \$100 (after Oct 1, 2016)

*Fee is waived for BPSI Members, Trainees, Associates, and Guests. Scholarships are available upon request.*

## **Schedule:**

7:00 pm - 8:00 pm: Lecture/Case Presentation

8:00 pm - 8:30 pm: Group Discussion

This program will be of interest to non-practitioners and practitioners at all levels of training. Continuing Education credits are offered for psychiatrists, psychologists, and social workers.

The course covers: the epidemiology of refugee trauma; background information on human rights; legal considerations specific to asylum seekers, and methods for holistically caring for survivors of torture. Through case histories participants will learn about the mental health consequences of torture, uprooting, and other human rights violations. Approaches to treating and supporting these groups will be demonstrated.

## **Michael Grodin, MD, MA**

Affiliate Scholar Member, Faculty of the Explorations in Mind program, BPSI; past co-director of Boston Center for Refugee Health & Human Rights, Boston Medical Center; Professor of Psychiatry at BU School of Medicine.

## **Bennett Simon, MD, MA**

Psychoanalyst Member, Training and Supervising Analyst (Emeritus), Faculty of the Explorations in Mind program, BPSI. Dr. Simon has several years of experience in international and domestic work with refugees and trauma.

## **Roberta Apfel, MD, MA**

Psychoanalyst Member and Faculty of the Explorations in Mind program, BPSI. Dr. Apfel has several years of experience in international and domestic work with refugees and trauma.

## **LEARNING OBJECTIVES:**

At the conclusion of this course, participants will be able to:

1. Describe the history and epidemiology of human rights violations.
2. Explain types of torture and the mental health sequelae.
3. Define the legal implications of refugees and asylum seekers.
4. Demonstrate interview considerations after seeing a simulated interview.
5. Plan mental health interviews and clinical considerations in care.
6. Discuss what psychoanalysis can bring to this work.

## Continuing Education

**Physicians:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Psychoanalytic Association and the Boston Psychoanalytic Society and Institute. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physician. The American Psychoanalytic Association designates this Live Activity for a maximum of 9 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity. **IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS:** None of the planners and presenters of this CME program have any relevant financial relationships to disclose.

**Psychologists:** The Boston Psychoanalytic Society and Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Boston Psychoanalytic Society and Institute maintains responsibility for this program and its content. This program fulfills the requirements for 9 hours of CE.

*Please note: Per APA requirements, psychologists must attend 100% of a course in order to be eligible for continuing education credit.*

**Social Workers:** Please contact the Boston Psychoanalytic Society and Institute's Administrative Office at 617/266-0953 or office@bpsi.org for more information.

*Please note: Per NASW requirements, social workers must attend 80% of a course in order to be eligible for continuing education credit.*

### Grievance Policy

Please address any questions or concerns about your experience at this or any program or event you have attended at the Boston Psychoanalytic Society and Institute to the Program Chair, via the Senior Administrator/Director of Continuing Education, BPSI, 141 Herrick Road, Newton Centre, MA 02459; office@bpsi.org; 617.266.0953.

### Cancellation Policies & Procedures

Any program participant requesting their individual program registration be canceled, must submit their request in writing via email to Drew Brydon at dbrydon@bpsi.org. For fee-based events, a request for cancellation (and refund using the original form of payment) must be received no later than 48 hours in advance of the event. Requests received later than 48 hours prior to the event will not be processed or accepted. All approved refunds are subject to a \$10.00 administrative fee.

If BPSI cancels an event, all registrants will receive a full refund of fees paid (no administration charge) no later than two business days following the scheduled date of the event, using the original form of payment.

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# Internal Objects and Waking Dreams: *Klein, Bion, and Therapeutic Action*

**8 Sessions:** Wednesdays, Oct 19, 26, Nov 2, 9, 16, 30, Dec 7, 14, 2016

**Time:** 7:00 pm - 8:30 pm

**Fee:** Early Bird: \$175  
Regular: \$225 (after Oct 1, 2016)

*Fee is waived for BPSI Members, Trainees, Associates, and Guests. Scholarships are available upon request.*

## **Schedule:**

7:00 pm - 8:00 pm: Lecture/Case Presentation  
8:00 pm - 8:30 pm: Group Discussion

This course will focus on the intrapsychic and intersubjective processes elaborated by Melanie Klein, Wilfred Bion, and several of their most creative followers. We will link their innovative thinking about how our minds work to the concept of therapeutic action. We will pay particular attention to the key concepts of the internal object world populating the theater of the mind, projective identification shaping the unconscious mutual influencing in the therapeutic dyad, and waking dream thoughts contributing to the narratives co-created by therapist/analyst and patient. Throughout the course we will illustrate the abstract concepts with clinical examples from the readings and from our own work with patients.

## **James Barron, PhD**

Psychoanalyst Member, Trustee, and Faculty in the Psychoanalytic Training, Fellowship in Psychoanalytic Psychotherapy, and Explorations in Mind programs, BPSI. Private practice in Brookline.

This program will be of interest to non-practitioners and practitioners at all levels of training. Continuing Education credits are offered for psychiatrists, psychologists, and social workers.

## **LEARNING OBJECTIVES:**

At the conclusion of this course, participants will be able to:

1. Discuss Klein's concept of internal objects.
2. Explain Klein's concept of phantasy and its relation to drive and affect.
3. Explain Klein's concept of projective identification and its subsequent elaboration.
4. Explain what Bion meant by waking dream thought and its relevance to therapeutic action.
5. Explain Bion's conception of the thinking apparatus, beta elements, and alpha function.
6. Describe the unconscious stream of communication between therapist and patient (dreams for two) and its relation to therapeutic action.
7. Explain how and why the thinking capacity of the therapeutic dyad is linked to the analytic field.
8. Discuss the connection between non-dreaming and enactment in the therapeutic encounter.

## Continuing Education

**Physicians:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Psychoanalytic Association and the Boston Psychoanalytic Society and Institute. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physician. The American Psychoanalytic Association designates this Live Activity for a maximum of 12 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity. **IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS:** None of the planners and presenters of this CME program have any relevant financial relationships to disclose.

**Psychologists:** The Boston Psychoanalytic Society and Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Boston Psychoanalytic Society and Institute maintains responsibility for this program and its content. This program fulfills the requirements for 12 hours of CE.

*Please note: Per APA requirements, psychologists must attend 100% of a course in order to be eligible for continuing education credit.*

**Social Workers:** Please contact the Boston Psychoanalytic Society and Institute's Administrative Office at 617/266-0953 or office@bpsi.org for more information.

*Please note: Per NASW requirements, social workers must attend 80% of a course in order to be eligible for continuing education credit.*

### Grievance Policy

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# Psychoanalytic Field Theory, Part I: *Theory*

**6 Sessions:** Wednesdays, Oct 19, 26, Nov 2, 9, 16, 30, 2016

**Time:** 7:00 pm - 8:30 pm

**Fee:** Early Bird: \$175  
Regular: \$225 (after Oct 1, 2016)

*Fee is waived for BPSI Members, Trainees, Associates, and Guests. Scholarships are available upon request.*

## **Schedule:**

7:00 pm - 8:00 pm: Lecture/Case Presentation

8:00 pm - 8:30 pm: Group Discussion

This course is only for licensed mental health clinicians and trainees on the path to licensure. Continuing Education credits are offered for psychiatrists, psychologists and social workers.

Psychoanalytic Field Theory is one of the key contemporary models for understanding clinical phenomena. It spans and integrates several different international schools of thought and provides a distinctive approach to listening, understanding and working in the analytic process. This course will explore and trace the development of field theory from its origins and through its various developments in contemporary practice. We will, in Part I, look at how the 'field', as opposed to the patient, is seen as the analytic object of inquiry.

## **Jack Foehl, PhD**

Psychoanalyst Member, Training and Supervising Analyst, and Faculty of the Psychoanalytic Training, and Explorations in Mind programs, BPSI. Private practice in Newton.

## **Chris Lovett, PhD**

Advanced Candidate, and Faculty in the Explorations in Mind program, BPSI. Private practice in Newton Centre.

## **LEARNING OBJECTIVES:**

At the conclusion of this course, participants will be able to:

1. Define Field Theory in relation to its origins in South American Psychoanalysis.
2. Discuss the contribution of Klein, Winnicott and Bion to the concept of the field.
3. Discuss the relationship of the contribution of the philosophical understanding of the phenomenal field to the psychoanalytic concept.
4. Summarize Ogden's relational formulation of projective identification as his contribution to an understanding of the field.
5. Compare the "third" as a field concept as used in the work of Green, Ogden and the Relational School.
6. Discuss the central contribution of the Italian School, with Ferro and Civitarese's framing of the field.

## Continuing Education

**Physicians:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Psychoanalytic Association and the Boston Psychoanalytic Society and Institute. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physician. The American Psychoanalytic Association designates this Live Activity for a maximum of 9 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity. **IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS:** None of the planners and presenters of this CME program have any relevant financial relationships to disclose.

**Psychologists:** The Boston Psychoanalytic Society and Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Boston Psychoanalytic Society and Institute maintains responsibility for this program and its content. This program fulfills the requirements for 9 hours of CE.

*Please note: Per APA requirements, psychologists must attend 100% of a course in order to be eligible for continuing education credit.*

**Social Workers:** Please contact the Boston Psychoanalytic Society and Institute's Administrative Office at 617/266-0953 or office@bpsl.org for more information.

*Please note: Per NASW requirements, social workers must attend 80% of a course in order to be eligible for continuing education credit.*

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# Zombies on the Couch: *The Undead in Culture and (Un)Conscious*

**4 Sessions:** Mondays, Oct 31,  
Nov 7, 14, 21, 2016

**Time:** 6:30 pm - 8:00 pm

**Fee:** Early Bird: \$50  
Regular: \$100 (after Oct 15, 2016)

*Fee is waived for BPSI Members, Trainees, Associates, and Guests. Scholarships are available upon request.*

**Schedule:**

6:30 pm - 7:30 pm: Lecture/Presentation

7:30 pm - 8:00 pm: Group Discussion

This program will be of interest to non-practitioners and practitioners at all levels of training. Continuing Education credits are offered for psychologists, and social workers.

It's no secret that the Zombie Apocalypse is upon us. The undead populate our culture and our patients' inner worlds. Our patients come to us haunted by their inner demons, wanting us to either cure or kill the ghosts inside them. Freud wrote that incomplete mourning portends melancholia, in which the dead or lost object remains alive within our psyches. This course examines the presence of the undead in our culture and in our consulting rooms. Using zombie genre films and accompanying texts we will consider the forms in which the dead either don't die, or come back to haunt us.

**Janet A. English, PhD**

Psychoanalyst Member, and Faculty of the Psychoanalytic Training and Explorations in Mind programs, BPSI. Private practice in Boston.

**Michele Baker, MD**

Psychoanalyst Member, and Faculty of the Psychoanalytic Training and Explorations in Mind programs, BPSI. Private practice in Brookline.

**LEARNING OBJECTIVES:**

At the conclusion of this course, participants will be able to:

1. Analyze zombie films from a psychoanalytic perspective.
2. Discuss Freud's "Mourning & Melancholia" and identify the central themes as they emerge in several horror genre films.
3. Discuss Abraham & Toruk's concept of intergenerational transmission of loss and trauma through seminal texts and horror genre films.
4. Identify and discuss cultural manifestations of the undead in current film and accompanying film theory texts.

## Continuing Education

**Psychologists:** The Boston Psychoanalytic Society and Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Boston Psychoanalytic Society and Institute maintains responsibility for this program and its content. This program fulfills the requirements for 6 hours of CE.

*Please note: Per APA requirements, psychologists must attend 100% of a course in order to be eligible for continuing education credit.*

**Social Workers:** Please contact the Boston Psychoanalytic Society and Institute's Administrative Office at 617/266-0953 or office@bps.org for more information

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### Grievance Policy

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# Tennessee Williams:

## *A Study of Three of His Plays and What They Tell Us about Marital, Family, and Sibling Relations*

**6 Sessions:** Mondays, Oct 31, Nov 7, 14, 21, 28, Dec 5, 2016

**Time:** 8:00 pm - 9:30 pm

**Fee:** Early Bird: \$50  
Regular: \$100 (after Oct 15, 2016)

*Fee is waived for BPSI Members, Trainees, Associates, and Guests. Scholarships are available upon request.*

### **Schedule:**

8:00 pm - 9:00 pm: Lecture/Presentation

9:00 pm - 9:30 pm: Group Discussion

This program will be of interest to non-practitioners and practitioners at all levels of training. Continuing Education credits are offered for psychiatrists, psychologists, and social workers.

Through the reading and study of “The Glass Menagerie”, “A Streetcar Named Desire” and “Cat on a Hot Tin Roof”, we will delve into the psychology of the characters he created as well as what we learn about marital, sibling and parental relationships from them. We will read some pertinent literary criticism about these plays and learn what personal experiences Williams drew upon to write these works.

### **Daniel Jacobs, MD**

Psychoanalyst Member, Training and Supervising Analyst, and Faculty of the Psychoanalytic Training and Explorations in Mind programs, BPSI. Dr. Jacobs has published articles on Tennessee Williams. Private practice in Brookline.

### **LEARNING OBJECTIVES:**

At the conclusion of this course, participants will be able to:

1. Explain the ways in which Tennessee Williams used his own life experience and personal conflicts in constructing three of his plays.
2. Describe the conflictual and problematic family interactions around pregnancy, sibling rivalry, and fatherhood found in Tennessee Williams’ plays.
3. Explain the role of creativity and its relation to narcissistic injury, using Tennessee Williams as an example.
4. Explain how each of the main characters in the play grow psychologically or fail to do so and why.
5. Apply one’s own observations of and emotional reactions to the characters in Tennessee Williams’ plays to discussions of participants’ case presentations.
6. Use knowledge of Tennessee Williams’ plays to develop skill in recognizing particular types of problems in marital relationships and parent-child relationships in patients’ lives.

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# Building a Psychodynamic Private Practice: *Practical and Clinical Considerations*

**4 Sessions:** Tuesdays, Nov 1, 8, 15, 22, 2016

**Time:** 7:30 pm - 9:00 pm

**Fee:** Early Bird: \$50  
Regular: \$100 (after Oct 15, 2016)

*Fee is waived for BPSI Members, Trainees, Associates, and Guests. Scholarships are available upon request.*

## **Schedule:**

7:30 pm - 8:30 pm: Lecture/Presentation

8:30 pm - 9:00 pm: Group Discussion

Establishing and growing a private practice can seem like a daunting task, particularly when considering the vast range of practical and clinical decisions to be made. From the basic question of where to locate your office, to more nuanced issues such as how to think about the initial evaluation as you develop a caseload, there are always many factors to consider.

This course is designed to provide a comprehensive overview of building a successful private practice; faculty will include representatives from four disciplines (psychiatry, psychology, social work, and mental health counseling) providing multiple perspectives while also allowing for discipline-specific questions to be addressed.

Week 1: "The Basics"

Week 2: "Staying Connected"

Week 3: "The Basics II: Clinical Issues"

Week 4: "Building the Practice You Want"

## **Alistair McKnight, PsyD, LMHC**

Candidate and ATP Graduate at BPSI. Started a part-time private psychotherapy practice in 2008, and moved to full-time private practice in Central Square, Cambridge, in 2011.

## **Janet Witte, MD, MPH**

Candidate at BPSI. Began a small private practice in 2008; currently working part-time in private practice (psychiatry, psychotherapy, analysis) in Brookline and part-time in research at MGH.

This program will be of interest to non-practitioners and practitioners at all levels of training. Continuing Education credits are offered for psychiatrists, psychologists, and social workers.

## **LEARNING OBJECTIVES:**

At the conclusion of this course, participants will be able to:

1. Describe practical and clinical implications of using different forms of communication in private practice.
2. Discuss the benefits and drawbacks of different modes of building and maintaining supervisory and collegial support systems.
3. Describe different ways in which to consider and promote diversity in one's practice and provide accessibility for under-served populations.
4. Discuss how the initial evaluation is vital in building a manageable caseload, both in gauging goodness of fit between you and the patient, and through being realistic about the potential clinical effectiveness of what you can offer to a particular patient.

## Continuing Education

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**Social Workers:** Please contact the Boston Psychoanalytic Society and Institute's Administrative Office at 617/266-0953 or office@bpsi.org for more information

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# The Clinical Application of Basic Psychoanalytic Concepts: *Mechanisms of Defense*

**4 Sessions:** Mondays, Dec 5, 12, 19, 2016;  
Jan 2, 2017

**Time:** 8:00 pm - 9:30 pm

**Fee:** Early Bird: \$175  
Regular: \$225 (after Nov 19, 2016)

*Fee is waived for BPSI Members, Trainees, Associates, and Guests. Scholarships are available upon request.*

## **Schedule:**

8:00 pm - 9:00 pm: Lecture/Presentation

9:00 pm - 9:30 pm: Group Discussion

This seminar focuses on the application of traditional psychoanalytic concepts to clinical work. Beginning clinicians, as well as non-clinicians thinking about entering the field, often find difficulty in formulating their understanding of clinical phenomena and the patient therapist interaction using psychoanalytic concepts that, in the wider field of contemporary psychotherapy, sound old and archaic. Our goal in this seminar is to demonstrate the usefulness and aliveness of traditional psychoanalytic concepts, in framing a patient's dynamics with the therapist as well as formulating the central issues determining his or her pathology and request for treatment. The basic concepts that will be the focus of this seminar are the defense mechanisms of the mind. We have narrowed our focus to emblematic primary and secondary defense mechanisms. In the former category: omnipotent control, projective identification, and splitting of the ego. In the latter category: repression, reaction formation, and sublimation.

## **Rodrigo Barahona, PsyD, LMHC**

Psychoanalyst Member, Faculty of the Psychoanalytic Training and Explorations in Mind programs, BPSI. Private practice in Brookline.

## **Robin Gomolin, PsyD, LMHC**

Psychoanalyst Member, Faculty of the Psychoanalytic Training, and Explorations in Mind programs, BPSI. Faculty in Sociology at UMASS. Private practice in Chestnut Hill.

This course is only for licensed mental health clinicians and trainees on the path to licensure. Continuing Education credits are offered for psychologists and social workers.

## **LEARNING OBJECTIVES:**

At the conclusion of this course, participants will be able to:

1. Explain the concept of "mechanisms of defense".
2. Describe how defense mechanisms manifest themselves in the patient's life and pathology.
3. Describe how mechanisms of defense manifest themselves in the clinical encounter.
4. Explain the difference between primary, or primitive defense mechanisms, and secondary, or higher-order defense mechanisms.
5. Describe the defenses of omnipotent control, projective identification, splitting, repression, reaction formation, and sexualization.
6. Describe the clinical applicability and relevance of the concepts of mechanisms of defense.

## Continuing Education

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# WRD Fairbairn

**8 Sessions:** Tuesdays, Jan 31, Feb 7, 14, 21, 28, Mar 7, 14, 21, 2017

**Time:** 7:30 pm - 9:00 pm

**Fee:** Early Bird: \$175  
Regular: \$225 (after Jan 14, 2017)

*Fee is waived for BPSI Members, Trainees, Associates, and Guests. Scholarships are available upon request.*

## **Schedule:**

7:30 pm - 8:30 pm: Lecture/Presentation

8:30 pm - 9:00 pm: Group Discussion

A battered woman returns to her physically abusive husband for the fourth time. A man ragefully quits and walks off his job after feeling taken advantage of by an unappreciative boss, and all of the man's jobs end this way. If people are logical, pleasure-seeking creatures who learn from their mistakes, then how do we explain their repetitive, contradictory and often self-destructive choices? Freud wrestled with this problem and collided with the limits of his drive theory and the "pleasure principle". About 20 years later, the Scottish psychoanalyst WRD Fairbairn offered an explanation and an alternative structural model of the mind, one that formed the basis of Object Relations Theory, and one that remains enormously useful today.

## **Jason Jones, MD**

Psychotherapist Member, Graduate of the Advanced Training Program in Psychoanalytic Psychotherapy (ATP), and Trustee, BPSI. Private practice in Belmont.

This program will be of interest to non-practitioners and practitioners at all levels of training. Continuing Education credits are offered for psychiatrists, psychologists, and social workers.

## **LEARNING OBJECTIVES:**

At the conclusion of this course, participants will be able to:

1. Identify the limits of the pleasure principle in understanding patients' behavior.
2. Describe what Fairbairn means by the "schizoid condition".
3. Describe Fairbairn's idea of "infantile dependence".
4. Demonstrate an understanding of Fairbairn's "moral defense".
5. Describe the basis of Fairbairn's structural model of the mind.
6. Explain Fairbairn's theory of how therapy works when it is useful.
7. Identify Fairbairn's use of his theories in his treatment of H. Guntrip.
8. Apply Fairbairn's theory to an analysis of Gordon-Levitt's "Don Jon".

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# Supervision of Psychotherapy

**8 Sessions:** Wednesdays, Feb 1, 15, Mar 1, 15, 29, Apr 12, 26, May 10, 2017

**Time:** 6:30 pm - 8:00 pm

**Fee:** Early Bird: \$175  
Regular: \$225 (after Jan 14, 2017)

*Fee is waived for BPSI Members, Trainees, Associates, and Guests. Scholarships are available upon request.*

## **Schedule:**

6:30 pm - 7:30 pm: Lecture/Presentation

7:30 pm - 8:00 pm: Group Discussion

Supervision is central to the teaching and learning of psychotherapy, yet supervisors often receive little or no formal training in how to supervise. In this seminar, we will explore the process of psychotherapy supervision, through readings, discussion, vignettes (provided by the instructor and members of the seminar) and live supervision (members supervising one another, observed by the group). We will examine interpersonal, theoretical, and technical issues in the supervisory process. This seminar is intended for early and experienced psychotherapy supervisors as well as those who are just starting out as supervisors. Topics to be covered include: the history of supervision, the opening phase, the supervisory frame, the learning assessment, models of supervision, supervisory interventions, authority, mutuality, intersubjectivity, the supervisor's mode of involvement, affect and boundaries in supervision, self-esteem in the supervisory relationship, and the closing phase of supervision.

## **Paul David, MD**

Psychoanalyst Member, Chair of Supervision, and Faculty of the Advanced Training Program in Psychoanalytic Psychotherapy and Fellowship in Psychoanalytic Psychotherapy at BPSI. Dr. David is a co-author of *The Supervisory Encounter*. Private practice in Brookline.

This course is only for licensed mental health clinicians and trainees on the path to licensure. Continuing Education credits are offered for psychiatrists, psychologists and social workers.

## **LEARNING OBJECTIVES:**

At the conclusion of this course, participants will be able to:

1. Discuss different models of supervision.
2. Describe the negotiation of the supervisor-supervisee contract with attention to arrangements, material to be discussed, expectations, clinical responsibility, evaluations and confidentiality.
3. Discuss options for supervisory interventions and demonstrate skill at using these interventions in conducting supervision.
4. Discuss different modes of thinking in supervision and consider these modes in evaluating the learning style of supervisees.
5. Discuss the supervisory relationship, including issues of authority, inter-subjectivity, mutuality and the supervisor's mode of involvement in the supervision.
6. Discuss the importance of the mid-year and end-year evaluations in facilitating both education and quality assurance for the supervisory relationship.
7. Discuss and analyze supervisory interactions, based on direct observation of live supervision.
8. Practice psychotherapy supervision in dyads.

## Continuing Education

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# Psychoanalytic Field Theory, Part II: *Technique*

**6 Sessions:** Wednesdays, Feb 1, 8, 15, 22, Mar 1, 8, 2017

**Time:** 7:00 pm - 8:30 pm

**Fee:** Early Bird: \$175  
Regular: \$225 (after Jan 14, 2017)

*Fee is waived for BPSI Members, Trainees, Associates, and Guests. Scholarships are available upon request.*

## **Schedule:**

7:00 pm - 8:00 pm: Lecture/Case Presentation

8:00 pm - 8:30 pm: Group Discussion

This course is only for licensed mental health clinicians and trainees on the path to licensure. Continuing Education credits are offered for psychiatrists, psychologists and social workers.

This course represents a continuation of the Field Theory, Part I course that concentrated more on the theory of the analytic field. In Part II the focus will be more on innovative ways of conceptualizing and practicing psychoanalytic technique that have emerged from the field theory literature. These include the greater emphasis on “unsaturated” versus “saturated” interpretation in the analyst’s method, as described by the Italian field theorists, as well as the observation, understanding and inclusion into the analytic therapist’s repertoire clinical phenomena such as “bastions”, “characters in the field”, “dreaming the session”, and the various manifestations of the “analytic third”.

## **Jack Foehl, PhD**

Psychoanalyst Member, Training and Supervising Analyst, and Faculty of the Psychoanalytic Psychotherapy and Explorations in Mind programs, BPSI. Private practice in Newton.

## **Chris Lovett, PhD**

Advanced Candidate, Faculty of the Explorations in Mind program, BPSI. Private practice in Newton Centre.

## **LEARNING OBJECTIVES:**

At the conclusion of this course, participants will be able to:

1. Analyze and critique aspects of psychoanalytic technique that have emerged from the South American and Italian analytic field theorists.
2. Discuss the differences in the use of ‘saturated’ vs. ‘unsaturated’ interpretations and their relation to more traditional ways of defining and employing interpretation in psychoanalytic technique.
3. Compare the various uses of the “Oneiric Paradigm” in relation to the psychoanalytic session.
4. Demonstrate methods of listening to and understanding analytic process in terms of Ogden’s concept of “talking as dreaming”.
5. Describe the evolution of analytic concepts of interpretation as they evolved from Freud, Klein and Bion into their current forms of technique as described by the Barrangers, Ferro and Ogden.
6. Assess the similarities and differences between Joseph’s “total transference” and the concept of the field in terms of its implications for clinical technique.

## Continuing Education

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# Admitting You're White: *Race Discussion for White People*

**6 Sessions:** Tuesdays, Feb 28, Mar 7, 14, 21, 28, Apr 4, 2017

**Time:** 7:00 pm - 8:30 pm

**Fee:** Early Bird: \$50  
Regular: \$100 (after Feb 11, 2017)

*Fee is waived for BPSI Members, Trainees, Associates, and Guests. Scholarships are available upon request.*

## **Schedule:**

7:00 pm - 8:00 pm: Lecture/Presentation

8:00 pm - 8:30 pm: Group Discussion

White people often feel uncomfortable discussing race issues across racial lines. The purpose of this course is to teach participants ways of understanding whiteness as a first step toward exploration of racial issues in mixed race dyads or groups. Participants will learn about the development of racial identity, the concept of white privilege, the geography of white space and how to manage their 'whiteness' when race comes up in discussions.

## **Cecilia Mikalac, MD**

Psychotherapist Member, Graduate of the Advanced Training Program in Psychoanalytic Psychotherapy, Faculty of the Explorations in Mind program, BPSI. Private practices in Worcester.

This program will be of interest to non-practitioners and practitioners at all levels of training. Continuing Education credits are offered for psychiatrists, psychologists, and social workers.

## **LEARNING OBJECTIVES:**

At the conclusion of this course, participants will be able to:

1. Define the concept of white privilege and explain its impact on whites and people of color.
2. Practice admitting whiteness in cross racial discussions.
3. List the stages of development of racial identity.
4. Compare the development of racial-identity of whites to that of nonwhites.
5. Explain racial developmental theory as it applies to her/his own racial identity.
6. Apply racial development theory and the concept of white privilege as discussed in this course to current racial issues and/or a case study presented in class.

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# Empathy, Theory of Mind and Mentalization: Their Roles and Applications in Treatment

**8 Sessions:** Tuesdays, Feb 28, Mar 7, 14,  
21, 28, Apr 4, 11, 18, 2017

**Time:** 8:00 pm - 9:30 pm

**Fee:** Early Bird: \$175  
Regular: \$225 (after Feb 11, 2017)

*Fee is waived for BPSI Members, Trainees, Associates,  
and Guests. Scholarships are available upon request.*

## **Schedule:**

8:00 pm - 9:00 pm: Lecture/Case Presentation

9:00 pm - 9:30 pm: Group Discussion

This course is only for licensed mental health clinicians and trainees on the path to licensure. Continuing Education credits are offered for psychiatrists, psychologists and social workers.

Empathy, theory of mind and mentalization are fundamental in human mental functioning and play an integral role in psychotherapy and psychoanalysis. Recent empirical and clinical studies have both helped to clarify their definitions but also to identify their complex natures and interactions, as well as their enabling conditions, and fundamental fluctuations and limitations. This course will expand and integrate the participants' knowledge and understanding of empathy, theory of mind, and mentalization; how they co-occur and interact in patients, and how to address and apply them to interventions in treatment of patients with a range of personality functioning and psychiatric conditions.

## **Elsa Ronningtam, PhD**

Psychoanalyst Member, and Faculty of the Psychoanalytic Training, and Explorations in Mind program, BPSI. Private practice in Belmont.

## **LEARNING OBJECTIVES:**

At the conclusion of this course, participants will be able to:

1. Discuss the conceptual development of empathy, theory of mind and mentalization within different theoretical traditions, and their application to treatment approaches and interventions.
2. Describe recent neuroscientific perspectives on theory of mind, emotion regulation, and empathic functioning.
3. Apply theoretical, scientific and clinical understanding of empathic processing to informed and balanced treatment interventions.
4. Discuss theory of mind and its application in treatment.
5. Describe the relevance of mentalization for treatment of severe personality disorders, and points of divergence from standard psychoanalytic technique.
6. Discuss basic mentalizing techniques and their application to problems with empathy.
7. Discuss specific challenges with severe psychopathology and suicidality, and the roles of empathy, theory of mind and mentalization.
8. Discuss how to implement new understandings of empathy, theory of mind and mentalization in own therapeutic interventions in case discussions.

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If you have any questions or if you are interested in teaching a course next year, please contact Christopher Morse, PhD at [cmorse1@bidmc.harvard.edu](mailto:cmorse1@bidmc.harvard.edu); or Holly Friedman Housman, LICSW at [holly@housman.org](mailto:holly@housman.org) or call 617.491.8743.

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