

*Explorations in Mind*



Community  
Education  
at BPSI

# Course Catalog 2018-2019



**B P S I**

boston psychoanalytic  
society & institute

# Join the BPSI Community

*Thank you for your interest in  
the Boston Psychoanalytic Society and Institute.*

BPSI welcomes clinicians, scholars and members of the community interested in psychoanalysis.

Located at 141 Herrick Road in Newton Centre, Massachusetts, BPSI offers post-graduate training in psychoanalysis and psychoanalytic psychotherapy, classes for clinicians and non-clinicians, and a wide-ranging series of public lectures, seminars and events. Supported by our in-house Hanns Sachs library with its extensive book, journal, and archive collections and knowledgeable library staff, BPSI is a place of creative collaboration among a diverse gathering of people devoted to the study, practice, and application of psychoanalytic ideas. It is a home for professional development and lifelong learning.

Members of the community (clinician and non-clinician) who are interested in psychoanalysis are invited to become Community Partners. Benefits include:

- Membership rates to all BPSI conferences and academic lectures
- Free tuition to all Explorations in Mind courses
- Full access to BPSI's Hanns Sachs Library and its extensive archives, book-borrowing privileges
- Access to the online database Psychoanalytic Electronic Publishing (PEP)

For questions or to receive an application, please contact Drew Brydon, Systems & Resource Administrator ([dbrydon@bps.org](mailto:dbrydon@bps.org)).

*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)

**Chris Lovett, PhD:**  
[cglovett44@gmail.com](mailto:cglovett44@gmail.com)

*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 make a gift to BPSI, please visit **www.bpsi.org**.*

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***Continuing Education information is different for each course:  
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# Applying Systems Psychodynamics: *Enhancing Role Effectiveness in Organizations*

**10 Sessions:** Wednesdays, Oct 3, 17, 24, 31; Nov 7, 14, 28; Dec 5, 12, 19, 2018

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

**Fee:** Early Bird: \$275 (*Use code: EB2018ASP2*)  
Regular: \$350 (*as of Sept 14, 2018*)

*Fee is waived for Early Career Clinicians and BPSI Members, Trainees, and Partners. Scholarships are available upon request.*

**Schedule:** 7:00 pm - 8:30 pm: Discussion of theory & applications; 8:30 pm - 9:00 pm: Reflections on Group Process

This seminar is open to participants from multiple disciplines including scholars, clinicians, management consultants, and organizational leaders and practitioners. Continuing Education credits are offered for physicians, psychologists, and social workers.

## **LEARNING OBJECTIVES:**

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

1. Discuss the impact of role, authority, and primary task on organizational performance.
2. Identify the impact of boundaries on organizational functioning.
3. Describe two common dilemmas you face in your role(s) in organizations.
4. Provide an example of how unconscious dynamics affect group functioning.
5. Link in-role functioning to effective and creative use of authority.
6. Discuss the usefulness of systems psychodynamics thinking in role consultation.
7. Describe the negotiated use of interpretation to facilitate collaborative learning.
8. Examine the impact of projective identification on the consulting relationship.
9. Differentiate between the constructive and destructive impact of social defenses in organizations.
10. Describe how containing anxiety influences efforts to manage organizational change.

## **James Barron, PhD**

Chair, Board of Trustees; Faculty, Psychoanalytic Training, Fellowship, and Explorations in Mind programs; Former faculty, The Levinson Institute for Executive Education, and Director of Executive Education for Innosight; Private practice, Brookline, MA.

## **Harry Spence, JD**

Trustee Member, BPSI; Former Professor of Practice, Harvard Graduate School of Education, Doctor of Education Leadership Program; Lecturer, Harvard Kennedy School of Government; Deputy Chancellor, New York City School System; Receiver, City of Chelsea; Receiver, Boston Housing Authority; Commissioner, Massachusetts Department of Social Services; Court Administrator, Massachusetts Trial Court, and other public and private sector leadership positions. Long time staff member for group relations conferences.

As we engage with groups and organizations in our work and personal lives, we encounter challenges and dilemmas in our individual organizational roles, and we experience varying degrees of organizational dysfunction. Understanding and applying systems psychodynamics derived from psychoanalysis, group relations, and open systems theory can help us:

- Enhance creativity, effectiveness, and authority in our individual roles;
- Develop more satisfying links with the institutional/organizational mission;
- Contribute to improved organizational functioning.

This course is open to students (clinicians, educators, consultants, organizational practitioners, administrators, and others) who have taken the theory course (*Applying Systems Psychodynamics: Enhancing Leadership in Organizations*), or have participated in a Group Relations Conference, or who have become familiar with systems psychodynamics through other pathways. Please contact the instructors if you have a question regarding eligibility. The course will emphasize group discussion of case studies presented by guest faculty who are experienced organizational consultants and practitioners, we will invite seminar participants to present their own organizational challenges for consideration by the group.

To complement the learning within the seminar, we also strongly recommend that participants, enroll in the non-residential training event, *Leading from Experience: Developing the Consultative Stance*, Nov. 9-11, 2018 at the Austen Riggs Center in Stockbridge, MA.

## 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 20 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 20 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:** Application for social work continuing education has been submitted. Please contact us at office@bpsi.org or 617-266-0953 for the status of the social work CE accreditation.

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

**Licensed Mental Health Clinicians:** NBCC credits are not available for this course.

*Please note: Licensed Mental Health Clinicians may request continuing education credit on an individual basis from NBCC, through their Continuing Education Credit Verification process.*

### 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.

### 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.

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# Mourning in America: *Psychoanalytic Perspectives on Climate Change*

**6 Sessions:** Tuesdays, Oct 16, 23, 30; Nov 6, 13, 20, 2018

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

**Fee:** Early Bird: \$150 (*Use code: EB2018PCC*)  
Regular: \$200 (*as of Oct 5, 2018*)

*Fee is waived for Early Career Clinicians and BPSI Members, Trainees, and Partners. Scholarships are available upon request.*

## **Schedule:**

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

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

This program is open to non-practitioners and practitioners at all levels of training. Continuing Education credits are offered for physicians, psychologists, and social workers.

Climate change is one of the most polarizing issues of our day. This course will explore the ways in which people understand, process, and defend against this existential crisis. Through their participating in this course clinicians will be able to increase their awareness about their patient's anxiety about climate change and use this awareness to make effective clinical interventions.

## **Janet English, PhD**

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

## **Cris Ratiner, PhD**

Candidate Member, and Faculty of the Explorations in Mind program, BPSI. Private practice in Cambridge, MA.

## **LEARNING OBJECTIVES:**

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

1. Summarize the scope and focus of environmental psychology as it relates to climate change.
2. Discuss how social and group identity influence people's opinions about climate change.
3. Apply psychoanalytic theory to an understanding of people's reactions to climate change.
4. Summarize basic problems in educating and communicating about climate change.
5. Assess the challenges environmental groups face when educating the public about climate change.
6. List and discuss epistemological issues in understanding the implications of climate change.



# 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:** Application for social work continuing education has been submitted. Please contact us at office@bpsi.org or 617-266-0953 for the status of the social work CE accreditation.

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

**Licensed Mental Health Clinicians:** NBCC credits are not available for this course.

*Please note: Licensed Mental Health Clinicians may request continuing education credit on an individual basis from NBCC, through their Continuing Education Credit Verification process.*

## Cancellation Policies & Procedures

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# Identifying and Treating Narcissistic Disorders

**8 Session:** Tuesdays, Dec 4, 11, 18, 2018;  
Jan 8, 15, 22, 29, Feb 5, 2019

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

**Fee:** Early Bird: \$195 (*Use code: EB2018IND*)  
Regular: \$250 (*after Nov 16, 2018*)

*Fee is waived for Early Career Clinicians and BPSI Members, Trainees, and Partners. Scholarships are available upon request.*

## **Schedule:**

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

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

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

Pathological narcissism and narcissistic personality disorder are challenging conditions to treat in psychotherapy. This course will focus on identifying patients struggling with these conditions, the developmental origins, and approaches and interventions to promote change in psychotherapy.

## **Elsa Ronningstam, PhD**

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

## **Igor Weinberg, PhD**

Psychotherapy Student Member, and Faculty of the Explorations in Mind program, BPSI.

## **LEARNING OBJECTIVES:**

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

1. Identify signs, patterns and problems associated with pathological narcissism.
2. Recognize fluctuations and regulation of self, emotions, self-esteem and identity related to disordered narcissism.
3. Recognize signs of avoidant and dismissive attachment, and early role assignments.
4. Assess the impact of comorbid mental conditions and life events on narcissistic disorder.
5. Discuss psychoanalytic theories and treatment modalities for narcissistic personality disorder.
6. Apply strategies and interventions in alliance building and early treatment of patients with narcissistic disorder.
7. Recognize transference, countertransference and attachments.
8. Discuss clinical applications and assess approaches to promote engagement in treatment and change in patients with pathological narcissism and narcissistic personality disorder.

# 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:** Application for social work continuing education has been submitted. Please contact us at office@bps.org or 617-266-0953 for the status of the social work CE accreditation.

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

**Licensed Mental Health Clinicians:** NBCC credits are not available for this course.

*Please note: Licensed Mental Health Clinicians may request continuing education credit on an individual basis from NBCC, through their Continuing Education Credit Verification process.*

## Cancellation Policies & Procedures

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# Supervision of Psychotherapy

**8 Sessions:** Wednesdays, Jan 16, 30, Feb 13, 27, Mar 13, 27, Apr 10, 24, 2019

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

**Fee:** Early Bird: \$225 (*Use code: EB2019SUP*)  
Regular: \$300 (*after Dec 28, 2018*)

*Fee is waived for Early Career Clinicians and BPSI Members, Trainees, and Partners. Scholarships are available upon request.*

## **Schedule:**

6:30 pm - 8:00 pm: Group discussion, case presentations, live supervision, didactic presentations

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

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 relations, and the closing phase of supervision.

## **Paul David, MD**

Psychoanalyst Member, Chair of Supervision, Advanced Training Program in Psychoanalytic Psychotherapy (ATP), and Faculty of the Explorations in Mind programs, BPSI. Assistant Professor of Psychiatry, Part-Time, Harvard Medical School. Dr. David is a co-author of *The Supervisory Encounter*. Private practice in Brookline.

## **LEARNING OBJECTIVES:**

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

1. Discuss different models of supervision, including the didactic (or patient-centered) model, the countertransference (or therapist-centered) model, and the relational (or relationship-centered) model.
2. Negotiate 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 gain 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

**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:** Application for social work continuing education has been submitted. Please contact us at office@bps.org or 617-266-0953 for the status of the social work CE accreditation.

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

**Licensed Mental Health Clinicians:** NBCC credits are not available for this course.

*Please note: Licensed Mental Health Clinicians may request continuing education credit on an individual basis from NBCC, through their Continuing Education Credit Verification process.*

### Cancellation Policies & Procedures

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# WRD Fairbairn

**8 Sessions:** Mondays, Feb 4, 11, 25, Mar 4, 11, 18, 25, Apr 1, 2019

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

**Fee:** Early Bird: \$195 (*Use code: EB2019WF*)  
Regular: \$250 (*after Jan 18, 2019*)

*Fee is waived for Early Career Clinicians and BPSI Members, Trainees, and Partners. Scholarships are available upon request.*

## **Schedule:**

7:00 pm - 7:30 pm: Lecture/Presentation

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

This course is open to non-practitioners and practitioners at all levels of training. Continuing Education credits are offered for psychologists and social workers.

## **Jason Jones, MD**

Psychotherapist Member, Graduate of the Advanced Training Program in Psychoanalytic Psychotherapy (ATP), Faculty in the Explorations in Mind program, BPSI. Graduate of the Austen Riggs Center Fellowship, Family therapist at the Gunderson Program at McLean Hospital. Private practice in Belmont.

## **LEARNING OBJECTIVES:**

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

1. Identify the limits of the pleasure principle in understanding people's behavior.
2. Describe what Fairbairn means by the "schizoid condition".
3. Demonstrate an understanding of Fairbairn's "moral defense".
4. Describe the basics of Fairbairn's structural model of the mind.
5. Apply Fairbairn's structural model of the mind to clinical scenarios.
6. Explain Fairbairn's theory of how a successful therapy works.
7. Identify Fairbairn's use of his theories in his treatment of Harry Guntrip.
8. Apply Fairbairn's theories in an analysis of Joseph Gordon-Levitt's "Don Jon".

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 underappreciative boss, and all of the man's jobs end this way. If people are logical, pleasure seeking creatures who learn from their mistakes, 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 form the basis of Object Relations Theory, and one that remains enormously useful today.

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

**4 Sessions:** Tuesdays, Feb 19, 26, Mar 12, 19, 2019

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

**Fee:** Early Bird: \$75 (*Use code: EB2019BPP*)  
Regular: \$100 (*after Feb 1, 2019*)

*Fee is waived for Early Career Clinicians and BPSI Members, Trainees, and Partners. Scholarships are available upon request.*

## **Schedule:**

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

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

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

Using a small-group seminar format, this four-session course offers a forum in which participants can think through, from a psychodynamic perspective, some complex clinical challenges involved in building a successful private practice. We will focus on issues such as money, beginning and deepening treatment, diversity, and developing your professional support system and referral structure. The course instructors will provide references for information relating to more practical issues such as record-keeping and maintaining HIPPA compliance, and some class time will be dedicated to discussing these matters. This course is designed to allow an exploration of a few crucial components 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. *This course will be taught in two concurrent sections.*

## **Benjamin Herbstman, MD, MHS**

Candidate Member, and Faculty in the Explorations in Mind program, BPSI. Lecturer, part-time, Harvard Medical School. Assistant Psychiatrist, McLean Hospital. Private practice in Cambridge, MA.

## **Sarah L. Lusk, PhD**

Psychoanalyst Member, Candidate in Child and Adolescent Psychoanalysis Training, and Faculty of the Explorations in Mind program, BPSI. Private practice in Cambridge, MA, seeing children, adolescents, families, and adults.

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

Candidate Member, Graduate of the Advanced Training Program in Psychoanalytic Psychotherapy (ATP), and Faculty in the Explorations in Mind Program, BPSI. Private practice in Cambridge, MA.

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

Psychoanalyst Member, and Faculty in the Advanced Training in Psychoanalytic Psychotherapy (ATP), and Explorations in Mind programs, BPSI. Staff psychiatrist and supervisor, Massachusetts General Hospital. Private practice in Brookline, MA.

## **LEARNING OBJECTIVES:**

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

1. Consider and identify the psychodynamic issues involved in setting up and maintaining a private practice.
2. List three practical and clinical implications of using different forms of communication in private practice.
3. Discuss how to set up, manage, and address financial matters.
4. Describe three factors involved in building a manageable and fulfilling caseload.



## 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 6 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 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:** Application for social work continuing education has been submitted. Please contact us at office@bpsl.org or 617-266-0953 for the status of the social work CE accreditation.

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

**Licensed Mental Health Clinicians:** NBCC credits are not available for this course.

*Please note: Licensed Mental Health Clinicians may request continuing education credit on an individual basis from NBCC, through their Continuing Education Credit Verification process.*

### 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@bpsl.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.

### 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@bpsl.org; 617.266.0953.

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# James Baldwin: *His Life, Our Times*

**6 Sessions:** Mondays, Feb 25, Mar 4, 11, 18, 25, Apr 1, 2019

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

**Fee:** Early Bird: \$195 (*Use code: EB2019JB*)  
Regular: \$250 (*after Feb 8, 2019*)

*Fee is waived for Early Career Clinicians and BPSI Members, Trainees, and Partners. Scholarships are available upon request.*

## **Schedule:**

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

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

This course is open to non-practitioners and practitioners at all levels of training. Continuing Education credits are offered for psychologists and social workers.

## **Dan Jacobs, MD**

Psychoanalyst Member, Training and Supervising Analyst, and Faculty of the Psychoanalytic Training and Explorations in Mind programs, BPSI. Dr. Jacobs holds a master's degree in English Literature and has previously taught Explorations in Mind courses that focus on the connections between literature and psychoanalysis. Private practice in Brookline, MA.

## **LEARNING OBJECTIVES:**

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

1. Describe how Baldwin's view of the African American experience might influence our treatment of patients of all color.
2. Describe the common defenses oppressed people use to survive.
3. Describe how being a minority a developing affects the sense of self.
4. Compare the black experience of discrimination during Baldwin's lifetime and the present day.
5. Familiarize oneself with the psychological roots of prejudice.
6. Increase awareness of racism in the mental health organization to which participants belong.

"The power of the white world is threatened whenever a black man refuses to accept the white world's definitions." -- James Baldwin

We will examine the life and writings of James Baldwin with emphasis on his relevance to today's conversations on race relations in America. We will study not only what Baldwin says but how he says it—his prose style, his use of images and metaphors. *Dialogues, The Fire Next Time, Going to Meet the Man, and Go Tell It on the Mountain* will be among the works discussed. The work of Baldwin sheds light on prejudice in America and, through discussion and opportunities for reflection, may serve to sensitize clinician participants to prejudice in their field of mental health and, perhaps, in their practices.

## 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 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:** Application for social work continuing education has been submitted. Please contact us at office@bps.org or 617-266-0953 for the status of the social work CE accreditation.

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

**Licensed Mental Health Clinicians:** NBCC credits are not available for this course.

*Please note: Licensed Mental Health Clinicians may request continuing education credit on an individual basis from NBCC, through their Continuing Education Credit Verification process.*

### Cancellation Policies & Procedures

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# Applying Systems Psychodynamics: *Enhancing Leadership in Organizations*

**10 Sessions:** Wednesdays, Mar 20, 27, Apr 3, 10, 17, 24, May 1, 8, 22, 29, 2019

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

**Fee:** Early Bird: \$275 (*Use code: EB2019ASP1*)  
Regular: \$350 (*after Mar 1, 2019*)

*Fee is waived for Early Career Clinicians and BPSI Members, Trainees, and Partners. Scholarships are available upon request.*

**Schedule:** 7:00 pm - 8:30 pm: Discussion of theory & applications; 8:30 pm - 9:00 pm: Reflections on Group Process

This course is open to participants from multiple disciplines including scholars, clinicians, management consultants, and organizational leaders and practitioners. Continuing Education credits are offered for physicians, psychologists, and social workers.

Effective leadership or consultation in an organizational context requires an understanding of such powerful factors as leader-follower dynamics, social defenses in response to primitive anxieties, tensions between work groups and basic assumption groups, and the interplay of roles, tasks, and boundaries. The goal of this seminar is to introduce students to the analysis of unconscious dynamics in group life, using the conceptual tools of systems psychodynamics along with experiential learning and case examples. Systems psychodynamics, first articulated by Bion in the early 1960's, is an interdisciplinary approach that draws on insights from group relations theory, psychoanalysis, and open systems theory. From these vantage points, we will examine the forces, conscious and unconscious, that shape behavior in groups and organizations, and that facilitate or hinder effective leadership or consultation. This seminar is open to participants from multiple disciplines including scholars, clinicians, management consultants, and organizational leaders and practitioners. To provide a rich experiential component, we strongly encourage students in the seminar to participate in a weekend Group Relations Conference, April 26 - 28, 2019, in Brookline, MA.

## **James Barron, PhD**

Chair, Board of Trustees; Faculty, Psychoanalytic Training, Fellowship, and Explorations in Mind programs; Former faculty, The Levinson Institute for Executive Education, and Director of Executive Education for Innosight; Private practice, Brookline, MA.

## **Harry Spence, JD**

Trustee Member, Faculty in the Explorations in Mind program, BPSI; Former Professor of Practice, Harvard Graduate School of Education, Doctor of Education Leadership Program; Lecturer, Harvard Kennedy School of Government; Deputy Chancellor, New York City School System; Receiver, City of Chelsea; Receiver, Boston Housing Authority; Commissioner, Massachusetts Department of Social Services; Court Administrator, Massachusetts Trial Court, and other public and private sector leadership positions. Long time staff member for group relations conferences.

## **LEARNING OBJECTIVES:**

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

1. Describe the conceptual origins of the systems psychodynamic perspective.
2. Explain what Bion means by the terms 'work group' and 'basic assumption group'.
3. Explain how focusing on the organization's primary task can reveal important aspects of unconscious organizational life.
4. Apply the concept of social defense to explain how organizations use seemingly rational strategies to manage primitive anxieties.
5. Employ the group-as-a-whole perspective to examine groups as multi-level systems.
6. List three goals of participants in Balint Groups, and define the role of the Balint group leader.
7. Examine how unconscious fantasies pressure individuals to step out of their authorized roles.
8. Examine the ways in which powerful projective processes operate in large groups.
9. Link the concept of the basic assumption group to the paranoid-schizoid position.
10. Analyze and discuss the interaction of organizational culture and organizational change.

## 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 20 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 20 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:** Application for social work continuing education has been submitted. Please contact us at office@bpsi.org or 617-266-0953 for the status of the social work CE accreditation.

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

**Licensed Mental Health Clinicians:** NBCC credits are not available for this course.

*Please note: Licensed Mental Health Clinicians may request continuing education credit on an individual basis from NBCC, through their Continuing Education Credit Verification process.*

### Cancellation Policies & Procedures

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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.

### Grievance Policy

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# Psychoanalytic Perspectives on Bereavement and Mourning

**6 Sessions:** Wednesdays, Mar 6, 13, 20, 27,  
Apr 3, 10, 2019

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

**Fee:** Early Bird: \$195 (*Use code: EB2019PBM*)  
Regular: \$250 (*after Feb 15, 2019*)

*BPSI Members, Trainees, and Partners. Scholarships  
are available upon request.*

## **Schedule:**

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

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

This course is open to intermediate and advanced  
licensed mental health clinicians.

Continuing Education credits are offered for  
physicians, psychologists, and social workers.

Loss and mourning are part of every successful  
psychoanalytic treatment. This course will  
sample readings from every era of psychoanalytic  
thinking beginning with a close reading of  
Freud's "Mourning and Melancholia" through  
more contemporary views of bereavement and  
mourning. Readings and a brief video will sample  
memoir that capture the texture of loss and its  
aftermath. The concept of loss and bereavement  
will be extended beyond death and touch on  
the full range of losses that must be grieved.  
Participants will be encouraged to present clinical  
material from their practice.

## **Stephanie Brody, PsyD**

Psychoanalyst Member, Supervising and Training  
Analyst, and Faculty of the Psychoanalytic Training  
and Explorations in Mind programs, BPSI. Clinical  
Instructor in Psychology, Department of Psychiatry,  
Harvard Medical School and Clinical Associate (part  
time). Attending Psychologist, Pavilion Unit, McLean  
Hospital. Private practice in Lexington, MA.

## **Joseph M. Schwartz, PhD**

Psychoanalyst Member, ATP Supervisor, and Faculty  
of the Psychoanalytic Training, Advanced Training  
in Psychoanalytic Psychotherapy Training (ATP),  
Fellowship in Psychoanalytic Psychotherapy, and  
Explorations in Mind programs, BPSI. Private  
practice in Cambridge, MA.

## **LEARNING OBJECTIVES:**

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

1. Describe the process of mourning leading  
to identification in Freud's landmark work  
"Mourning and Melancholia".
2. Identify the clinical characteristics  
distinguishing normal from complex mourning.
3. Identify factors that predispose patients to  
difficulties in the process of grieving personal  
losses.
4. Describe modifications of the classical  
psychoanalytic understanding of mourning  
development by contemporary Neo-Kleinian  
and Relational theorists.
5. Identify and develop skills to address  
narcissistic defenses against mourning.
6. Facilitate the development of commemorative  
rituals in patients struggling with unresolved  
grief.

## 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:** Application for social work continuing education has been submitted. Please contact us at office@bpsi.org or 617-266-0953 for the status of the social work CE accreditation.

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

**Licensed Mental Health Clinicians:** NBCC credits are not available for this course.

*Please note: Licensed Mental Health Clinicians may request continuing education credit on an individual basis from NBCC, through their Continuing Education Credit Verification process.*

### Cancellation Policies & Procedures

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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.

### Grievance Policy

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# The Poetics of the Body

**5 Sessions:** Tuesdays, Apr 9, 16, 23, 30, May 7, 2019

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

**Fee:** Early Bird: \$195 (*Use code: EB2019PB*)  
Regular: \$250 (*after Mar 22, 2019*)

*Fee is waived for Early Career Clinicians and BPSI Members, Trainees, and Partners. Scholarships are available upon request.*

## **Schedule:**

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

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

Discussions about the presence of physicality and having a body are finding their way into the office and our psychoanalytic literature. While it has been common to look at the body with medically and characterologically ill patients, there has been less attention given to the body as the register of experiential encounters within the therapeutic process. How does having a body influence our thinking in regards to our theory making, the use of language, and engaging certain registers of relational experiences, including the transference and counter-transference? As we engage the psychodynamic literature, and work with poetry, we will elaborate our ideas and experiences about the body and embodiment in our clinical work. Participants are encouraged to bring clinical and experiential knowledge to class to further our understanding of the theoretical material. [The title of this course is obtained from Hoffman, A. G. "Is Psychoanalysis a Poetics of the Body?" in *American Imago*. It refers to Aristotle's notion of *poetics* as the art that uses language as its medium.]

## **Lucinda DiDomenico, MD**

Psychoanalyst Member, Co-Chair of the Academic Lecture Committee, and Faculty of the Advanced Training Program in Psychoanalytic Psychotherapy (ATP) and Explorations in Mind programs, BPSI. Supervisor, Department of Psychiatry, Tufts Medical Center. Private practice in Newton Centre, MA.

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

## **LEARNING OBJECTIVES:**

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

1. Describe your understanding of how somatic experiences and embodiment contribute to your work with patients.
2. Describe how in the respective papers, feminist theory and the neurosciences have elaborated the influences of the body in our psychoanalytic theory making.
3. Describe the contribution of each paper regarding its understanding how the body contributes to the development of language of psychic experience.
4. Describe two ways in which two bodies in the therapeutic space contribute to transference and relational issues.
5. Describe how somatic counter-transference may be used in therapeutic work with patients.



## 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 7.5 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 7.5 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:** Application for social work continuing education has been submitted. Please contact us at office@bpsi.org or 617-266-0953 for the status of the social work CE accreditation.

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

**Licensed Mental Health Clinicians:** NBCC credits are not available for this course.

*Please note: Licensed Mental Health Clinicians may request continuing education credit on an individual basis from NBCC, through their Continuing Education Credit Verification process.*

### Cancellation Policies & Procedures

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### Grievance Policy

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# Psychoanalysis and Buddhism: *A Deepening Dialogue*

**7 Sessions:** Wednesdays, Apr 17, 24, May 1, 8, 15, 22, 29, 2019

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

**Fee:** Early Bird: \$195 (*Use code: EB2019PBD*)  
Regular: \$250 (*after Mar 22, 2019*)

*Fee is waived for Early Career Clinicians and BPSI Members, Trainees, and Partners. Scholarships are available upon request.*

## **Schedule:**

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

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

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

The intensely psychological, phenomenological and introspective nature of Early Buddhism makes it a logical topic for psychoanalytic exploration and comparison. Both traditions value subjectivity, and propose that healing arises from examining the contents of the heart and mind with an attitude of neutrality and acceptance in order to gain insight. This course will employ a traditional tripartite structure found in Buddhism (ethical training, personal investigation, and the attainment of insight into the working of the heart/mind), to examine the many overlapping themes of psychoanalysis and Buddhism, and explore ways in which these two wisdom traditions may complement one another in the service of healing. Each session will include a brief period of guided meditation.

## **Axel Hoffer, MD**

Psychoanalyst Member, Supervising and Training Analyst, and Faculty of the Psychoanalytic Training and Explorations in Mind programs, BPSI. Dr. Hoffer regularly presents on the topic of meditation and psychoanalysis. He is Editor of *Freud and the Buddha: The Couch and the Cushion* (Karnac: London, 2015) and has submitted a paper for publication titled, "Psychoanalysis as a two-person meditation: Free association, Meditation and Bion".

## **Delia Kostner, PhD**

Psychoanalyst Member, Faculty of the Psychoanalytic Training and Explorations in Mind programs, BPSI. Dr. Kostner has lectured on psychoanalysis and Buddhism throughout the Northeast and has contributed chapters on this topic in two recent edited volumes, including *The Couch and the Cushion: What Psychoanalysis and Buddhism Can Learn from Each Other*. Private practice in Amherst, MA.

## **LEARNING OBJECTIVES:**

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

1. Describe the history of Buddhism in psychoanalytic thought and discuss ways in which the two overlap and diverge in their goals.
2. Discuss the concept of "sila", or ethics in Buddhist thought, as it pertains to the ethical practice of psychoanalytic psychotherapy.
3. Describe at least two ways in which free association and mindfulness meditation instructions overlap and are mutually enhancing.
4. Describe and discuss the place of compassion and friendliness in psychoanalytic treatment.
5. Discuss and analyze the similar and differing views of suffering in psychoanalysis and Buddhism.
6. Demonstrate an understanding of conventional and Buddhist understanding of self and "not-self".
7. Reflect upon and discuss the impact of a personal meditation practice on the work of psychoanalytic psychotherapy.

# Continuing Education

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**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 10.5 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:** Application for social work continuing education has been submitted. Please contact us at office@bpsi.org or 617-266-0953 for the status of the social work CE accreditation.

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

**Licensed Mental Health Clinicians:** NBCC credits are not available for this course.

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If you have any questions or if you are interested in teaching a course next year, please contact Holly Friedman Housman, LICSW ([holly@housman.org](mailto:holly@housman.org)), or Chris Lovett, PhD ([cglovett44@gmail.com](mailto:cglovett44@gmail.com)).

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