



Toronto Institute for Contemporary Psychoanalysis

ESSENTIALS OF PSYCHOANALYTIC PSYCHOTHERAPY PROGRAM

Fall 2018 Term Syllabus & Schedule



Toronto Institute for Contemporary Psychoanalysis

Essentials Program 2018 – 2019			
	Date	Seminar	Faculty
1	September 4	Introduction to Psychoanalysis	Baranowski
2	September 11	Concepts of Development	Ets-Hokin
3	September 25	Motivations and Drives	Haartman
4	October 2	Object Relations – Klein	Laar
5	October 9	British Object Relations	Laar
6	October 16	Subjectivity and the Self	Turnbull
7	October 23	Relationality	Offman
8	October 30	Transference	Kay
9	November 6	Transference	Kay
10	November 13	Countertransference	Baranowski
11	November 20	Analytic Attitude	Baranowski
12	November 27	Character	Babiak
13	December 4	Analytic Listening	Babiak
14	December 11	The Unconscious I: Primary Process and the Internal Object World	Haartman
15	December 18	Unconscious II: Dissociation and the Relational Unconscious	Baranowski
16	January 8	Empathy and Mentalization	Wright
17	January 15	Concepts of Change	Flax
18	January 22	Concepts of Change	Flax
19	January 29	Psychoanalytic Interventions: Contemporary Freudian	Haartman
20	February 5	Psychoanalytic Interventions: Klein and Winnicott	Haartman/Baranowski
21	February 12	Psychoanalytic Interventions: Self Psychology	Turnbull
22	February 19	Psychoanalytic Interventions: Relational	Offman
23	February 26	Case Presentations	Kay
24	March 5	Case Presentations	Kay
25	March 19	Case Presentations	Kay
26	March 26	Case Presentations	Kay
27	April 2	Case Presentations	Flax
28	April 9	Case Presentations	Flax
29	April 16	Case Presentations	Flax
30	April 23	Case Presentations	Flax

HOLIDAYS

September 18, 2018 (Yom Kippur)

December 25, 2018, January 1, 2019 (Winter Break)

March 12, 2019 (Spring Break)



Toronto Institute for Contemporary Psychoanalysis

ESSENTIALS PROGRAM 2018 – 2019 TERM 1: FALL 2018

Classes are held on Tuesday evenings, 7pm to 9pm
University of Toronto, Trinity College
15 Devonshire Place, Toronto, ON, M5S 1H8
ROOM TBA

All readings are available as PDFs on TICP's Sharefile site.*

**One book purchase required (refer to October 16^h 2018 seminar for details)*

Books may be purchased via Caversham Booksellers.

This is classified as a TICP textbook and a small student discount is provided.

www.cavershambooksellers.com | 416-944-0962 | info@cavershambooksellers.com

September 4

Introduction to Psychoanalysis Ann Baranowski

- 1) Shedler, Jonathan. (2006) "That Was Then, This is Now: Psychoanalytic Psychotherapy for the Rest of Us." (<http://jonathanshedler.com/writings>)
- 2) McWilliams, Nancy. (2004) "What Defines a Psychoanalytic Therapy?" Chapter 1 in Psychoanalytic Psychotherapy. New York: Guilford Press, pp. 1-26.

September 11

Concepts of Development Emily Ets-Hokin

- 1) Luyten, P., Mayes, L.C., Target, M., and Fonagy, P. (2012) "Developmental Research." Chapter 28 in Gabbard, G.O., Litowitz, B.E., and Williams P. Eds. *Textbook of Psychoanalysis*. Arlington VA: American Psychiatric Publishing, pp. 423-444.

NO CLASS SEPTEMBER 18, 2018 – Yom Kippur

September 25

Motivations and Drives Keith Haartman



1) Greenberg, Jay R. and Stephen Mitchell. (1983) "Sigmund Freud: The Drive/Structure Model." Chapter 2 in *Object Relations in Psychoanalytic Theory*. Cambridge Mass.: Harvard University Press, pp. 21-49.

October 2

Object Relations – Klein

Kadri Ann Laar

- 1) Mitchell S.A. & Black M.J. (1995). Melanie Klein and Contemporary Kleinian Theory. Chapter 4, A member of the PerseusIn *Freud and Beyond. A History of Modern Psychoanalytic Thought*. NY. New York: Basic Books. A member of the Perseus Books Group. (PDF)

October 9

British Object Relations

Kadri Ann Laar

- 1) Mitchell, S.A. & Black, M.J. (1995). *Freud and Beyond: A History of Modern Psychoanalytic Thought* New York Basic Books. Chapter 5, "The British Object - Relations School: W.R.D. Fairbairn and D.W. Winnicott", pp. 112-138.
- 2) Winnicott, D.W. (1971) *Playing and Reality*. "The Use of an Object and Relating through identification" pp.86-94

October 16

Subjectivity and the Self

Sarah Turnbull

***NOTE:** Students are requested to purchase the following text, available via Caversham Booksellers www.cavershambooksellers.ca and other book retailers:

- 1) Wolf, Ernest, M.D. (1998) *Treating the Self*, Guilford Press, NY. Chapters 1, 2, 3 (pp 3 - 49).

October 23

Relationality

Hilary Offman

- 1) Perlman, Frederick and Frankel, Jay (2009) "Relational Psychoanalysis: A Review". In *Psychoanalytic Social Work*, 16:105–125.
- 2) Bromberg, Philip (2009) "Truth, human relatedness, and the analytic process: An interpersonal/relational perspective". *Int J Psychoanal* (2009) 90:347–361.



October 30, November 6

Transference

Rex Kay

- 1) Cooper, Arnold "Changes in Psychoanalytic Ideas: Transference Interpretation". Amer. Psychoanal. Assn., 35:77-98.

November 13

Countertransference

Ann Baranowski

- 1) Gabbard, Glen O. (2010) "Identifying and Working with Countertransference." Chapter 8 in *Long-Term Psychodynamic Psychotherapy*. Arlington Va.: American Psychiatric Publishing, pp. 149-168.
- 2) Ehrenberg, Darlene. (2010) "Working at the Intimate Edge." *Contemporary Psychoanalysis*, 46:120-141.

November 20

Analytic Attitude

Ann Baranowski

- 1) Freud, Sigmund. (1912) "Recommendations to Physicians Practising Psychoanalysis." *The Standard Edition, Volume XII*. London, Vintage, 2001.
- 2) McWilliams, Nancy. (2004) "The Psychoanalytic Sensibility." Chapter 2 in *Psychoanalytic Psychotherapy*. New York: Guilford Press, pp. 27 – 45.

November 27

Character

Taras Babiak

- 1) D. Westen, G.O. Gabbard, & K.M. Ortigo. Psychoanalytic Approaches to Personality. O. John, R. Robins, & L. Pervin., eds. Handbook of Personality. 3rd edn. Guildford 2010 pp. 61 – 113

December 4

Analytic Listening

Taras Babiak

- 1) Fosshage, James L. Interaction in psychoanalysis a broadening horizon, *Psychoanalytic Dialogues*, 5:3, 459-478 (1995)
- 2) Comparative Clinical Methods Schema Step 1 (NAPsaC Step One CCM Protocol)



December 11

The Unconscious I: Primary Process and the Internal Object World

Keith Haartman

- 1) Freud, Sigmund. (1916) "The Dream Work." *The Standard Edition, Volume XV*. London, Vintage, 2001.
- 2) Freud, Sigmund. (1917) "Mourning and Melancholia." *The Standard Edition, Volume XIV*. London, Vintage, 2001.

December 18

Unconscious II: Dissociation and the Relational Unconscious

Ann Baranowski

- 1) Stern, Donnel B. (2010) "Unconscious Fantasy versus Unconscious Relatedness: Comparing Interpersonal/Relational and Freudian Approaches to Clinical Practice." *Contemporary Psychoanalysis*, 46:101-111.
- 2) Fosha, Diana (2013) "A Heaven in a Wild Flower: Self, Dissociation, and Treatment in the Context of the Neurobiological Core Self." *Psychoanalytic Inquiry*, 33, 496-523

WINTER BREAK: December 25, 2018 and January 1, 2019

SEMINARS RESUME: January 8, 2019