



Toronto Institute for Contemporary Psychoanalysis

**ESSENTIALS OF PSYCHOANALYTIC
PSYCHOTHERAPY PROGRAM**

Fall 2020 Term Syllabus & Schedule



Toronto Institute for Contemporary Psychoanalysis

Essentials Program 2020-21			
	Date	Seminar	Faculty
1	September 8	Introduction to Psychoanalysis	Turrell
2	September 15	Concepts of Development	Ets-Hokin
3	September 22	Attachment	Turrell
4	October 6	Motivations and Drives	TBD
5	October 13	Analytic Attitude	Babiak
6	October 20	Character	Babiak
7	October 27	Analytic Listening	Babiak
8	November 3	Subjectivity and the Self	Babiak
9	November 10	Psychoanalytic Interventions: Self Psychology	Babiak
10	November 17	Psychoanalytic Interventions: Contemporary Freudian	TBD
11	November 24	Object Relations – Klein	Caspary
12	December 1	British Object Relations	Caspary
13	December 8	Psychoanalytic Interventions: Klein and Winnicott	Caspary
14	December 15	Relationality	Offman
15	January 5	Psychoanalytic Interventions: Relational	Offman
16	January 12	Transference	Kay
17	January 19	Transference	Kay
18	January 26	Countertransference	Kay
19	February 2	Countertransference	Kay
20	February 9	The Unconscious I: Primary Process and the Internal Object World	Thomson
21	February 16	Unconscious II: Dissociation and the Relational Unconscious	Turrell
22	February 23	Empathy and Mentalization	Wright
23	March 2	Concepts of Change	Flax
24	March 9	Concepts of Change	Flax
25	March 23	Case Presentations	Gozlan
26	March 30	Case Presentations	Gozlan
27	April 6	Case Presentations	Gozlan
28	April 13	Case Presentations	Offman
29	April 20	Case Presentations	Offman
30	April 27	Case Presentations	Offman

HOLIDAYS

September 29 (Yom Kippur)

December 22 and December 29, 2020 (Winter Break)

March 16, 2021 (Spring Break)



Toronto Institute for Contemporary Psychoanalysis

ESSENTIALS PROGRAM 2020 – 2021 TERM 1: FALL 2020

Classes are held on Tuesday evenings, 7pm to 9pm
TICP Office & Community Clinic
427 Vaughan Road, Toronto, ON, M6C 2P1

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

TICP Statement on Learning and Ethics

TICP is dedicated to fostering a community in which faculty, candidates, and members treat one another with respect and care. These values include all teaching and learning endeavors, which should be characterized by openness and tolerance of different perspectives. TICP affirms its commitment to creating an environment free of prejudice on the basis of age, disability, ethnicity, gender, gender identity, race, religion, ancestry, sexual orientation, or socioeconomic status. All members and candidates should aspire to exemplify these ideals in their conduct in the classroom and in all other pedagogical contexts.

September 8

Introduction to Psychoanalysis

Sheri Turrell, Ph.D.

- 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 15

Concepts of Development

Emily Ets-Hokin, Ph.D.

- 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.

September 22

Attachment

Sheri Turrell, Ph.D.

- 1) Karen, Robert. (1990) "Becoming Attached". *The Atlantic*, Feb 1990; 265, 2; ProQuest. Page 35.

NO CLASS SEPTEMBER 29, 2020: YOM KIPPUR

October 6

Motivations and Drives

TBD

- 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 13

Analytic Attitude

Taras Babiak, M.D.

- 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.

October 20

Character

Taras Babiak, M.D.

- 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. Guilford 2010 pp. 61 – 113

October 27

Analytic Listening

Taras Babiak, M.D.

- 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)

November 3

Subjectivity and the Self

Taras Babiak, M.D.

- 1) Baudry, Francis. Kohut and Glover: The Role of Subjectivity in Psychoanalytic Theory and Controversy *Psychoanal. St. Child*, 53:3-24 (1998)

November 10

Psychoanalytic Interventions: Self Psychology

Taras Babiak, M.D.

- 1) Kohut, H., Wolf, E.S. (1978). The Disorders of the Self and their Treatment: An Outline. *Int. J. Psycho-Anal.*, 59:413-425

November 17

Psychoanalytic Interventions: Contemporary Freudian

TBD

- 1) Busch, Fred. *The Ego at the Center of Clinical Technique*. (1995). Northvale: Jason Aaronson, pp. 5-13; 23-28; 59-66; 81-87; 123-30
- 2) Paul Gray. *The Ego and Analysis of Defense*. (1994). Northvale: Jason Aaronson, pp. 65-102

November 24

Object Relations – Klein

Art Caspary, Ph.D., C.Psych.

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

December 1

British Object Relations

Art Caspary, Ph.D., C.Psych.

- 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

December 8

Psychoanalytic Interventions: Klein and Winnicott

Art Caspary, Ph.D., C.Psych.

- 1) Joseph, Betty. (1989) "Projective Identification: Some Clinical Aspects." Chapter 12 in *Psychic Equilibrium and Psychic Change: The Selected Papers of Betty Joseph*. Edited by Michael Feldman and Elizabeth Bott Spillius. Routledge: New York, pp. 168-180.
- 2) Ogden, Thomas. (1986) "Potential Space." Ch. 8 in *The Matrix of the Mind: Object Relations and the Psychoanalytic Dialogue*. Northvale NJ: Jason Aronson Inc. pp. 203-232, 1990.

Recommended:

Winnicott, Donald (1953) "Transitional Objects and Transitional Phenomena." *The International Journal of Psychoanalysis*. 34:89-97

December 15

Relationality

Hilary Offman, M.D.

- 1) Perlman, Frederick and Frankel, Jay (2009) "Relational Psychoanalysis: A Review". In *Psychoanalytic Social Work*, 16:105–125.
- 2) Jody Messler Davies Ph.D. (2018) The "Rituals" of the Relational Perspective: Theoretical Shifts and Clinical Implications, *Psychoanalytic Dialogues*, 28:6, 651-669.

WINTER BREAK: December 22 and December 29, 2020

SEMINARS RESUME: January 5, 2021