



Toronto Institute for Contemporary Psychoanalysis

**ESSENTIALS OF PSYCHOANALYTIC  
PSYCHOTHERAPY PROGRAM**

**Winter/Spring 2021 Term Syllabus & Schedule**



## Toronto Institute for Contemporary Psychoanalysis

<b>Essentials Program 2020-21</b>			
	<b>Date</b>	<b>Seminar</b>	<b>Faculty</b>
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	Newman
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	Newman
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)



**ESSENTIALS PROGRAM 2020 – 2021**  
**TERM 2: WINTER/SPRING 2021**

Classes are held on Tuesday evenings, 7pm to 9pm

**\*NOTE: Due to ongoing concerns regarding COVID-19 and physical distancing protocols mandated by Public Health authorities, all TICP candidates will continue to participate in the scheduled weekly seminars via videoconference (Zoom) for the Winter/Spring 2021 term.** We will re-evaluate a return to the classroom site for in-person learning based on guidance from public health officials. TICP is committed to providing a safe and healthy learning environment for all students and faculty at TICP and will continue to follow all advise from public health authorities on this matter.

*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.

January 5

**Psychoanalytic Interventions: Relational**

Hilary Offman, M.D.

- 1) Hoffman, Irwin (1994) Dialectical Thinking and Therapeutic Action in the Psychoanalytic Process. *Psychoanalytic Quarterly*, 63:187-218

January 12, 19

**Transference**

Rex Kay, M.D.

- 1) Cooper, Arnold "Changes in Psychoanalytic Ideas: Transference Interpretation". *J. Amer. Psychoanal. Assn.*, 1987, 35:77-98.
- 2) Fossaghe, James "Toward Reconceptualizing Transference: Theoretical and Clinical Considerations", *Int. J. Psycho-Anal.* 1994, 75:265

January 26, February 2

**Countertransference**

Rex Kay, M.D.

- 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.

February 9

**The Unconscious I: Primary Process and the Internal Object World**

Clive Thomson, Ph.D., RP

- 1) Freud, Sigmund. (1923). The Ego and the Id. *The Standard Edition of the Complete Psychological Works, Volume XIX*. London, Vintage, 2001, pp. 1-66.

February 16

**Unconscious II: Dissociation and the Relational Unconscious**

Sheri Turrell, Ph.D.

- 1) Bruce Bradfield M.A. (2011) The Dissociation of Lived Experience: A Relational Psychoanalytic Analysis of the Intergenerational Transmission of Trauma, *International Journal of Psychoanalytic Self Psychology*, 6:4, 531-550.
- 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
- 3) **VIDEO:** [https://www.youtube.com/watch?v=e\\_5h3y-lz7M](https://www.youtube.com/watch?v=e_5h3y-lz7M) This video offers a broad overview of the concept of dissociation. It gets started at 4:58, describes a view of treatment near the end.

February 23

**Empathy and Mentalization**

David Wright

- 1) Taggart White, M. and Bakur Weiner, M. (1986) CH 3 Empathy and the SelfObject, in The Theory and Practice of Self Psychology.
- 2) Hill, Daniel "Affect Regulation Theory: A Clinical Model", CH 6 pp 99-111

March 2, 9

**Concepts of Change**

Michelle Flax

- 1) Mitchell, S., Black, M. (1995) "Controversies in Theory." Chapter 8 in *Freud and Beyond*. New York: Basic Books, pp. 206-228.
- 2) Mitchell, S., Black, M. (1995) "Controversies in Technique." Chapter 9 in *Freud and Beyond*. New York: Basic Books, pp. 229-254.

**PLEASE NOTE: NO CLASS MARCH 16, 2021 (Spring Break)**

March 23, 30, April 6

**Case Presentations**

Oren Gozlan, Psy.D., C.Psych.

April 13, 20, 27

**Case Presentations**

Hilary Offman, M.D.