



Toronto Institute for Contemporary Psychoanalysis

# **ESSENTIALS OF PSYCHOANALYSIS PROGRAM**

**2022 – 2023 Syllabus & Schedule**



## Toronto Institute for Contemporary Psychoanalysis

Essentials Program 2022 – 2023			
	Date	Seminar	Faculty
1	September 6	Introduction to Psychoanalysis	Turrell
2	September 13	Concepts of Change	Flax
3	September 20	Concepts of Change	Flax
4	October 11	Analytic Attitude	Babiak
5	October 18	Character	Babiak
6	October 25	Analytic Listening	Babiak
7	November 1	Subjectivity and the Self	Babiak
8	November 8	Psychoanalytic Interventions: Self Psychology	Babiak
9	November 15	Motivations and Drives	Haartman
10	November 22	Psychoanalytic Interventions: Contemporary Freudian	Haartman
11	November 29	Object Relations – Klein	Haartman
12	December 6	British Object Relations	Haartman
13	December 13	Psychoanalytic Interventions: Klein and Winnicott	Haartman
14	December 20	Relationality	Offman
15	January 10	Psychoanalytic Interventions: Relational	Offman
16	January 17	Transference	Kay
17	January 24	Transference	Kay
18	January 31	Countertransference	Kay
19	February 7	Countertransference	Kay
20	February 14	The Unconscious I: Primary Process and the Internal Object World	Thomson
21	February 21	Unconscious II: Dissociation and the Relational Unconscious	Turrell
22	February 28	Attachment	Turrell
23	March 7	Concepts of Development	Ets-Hokin
24	March 21	Empathy and Mentalization	Connell
25	March 28	Case Presentations	Flax
26	April 4	Case Presentations	Turrell
27	April 11	Case Presentations	Babiak
28	April 18	Case Presentations	Offman
29	April 25	Case Presentations	Offman
30	May 2	Case Presentations	Offman

### HOLIDAYS

September 27, 2022 (Rosh Hashana)

October 4, 2022 (Yom Kippur)

December 27, 2022 and January 3, 2023 (Winter Break)

March 14, 2023 (Spring Break)



AUGUST 2022

Dear Essentials Class Members,

We welcome you to the 2022 – 2023 program aimed at providing a foundational understanding of psychoanalytic theory and application to practice. We hope that you find it interesting, informative and exciting!

This program provides a solid basis for those who may be considering either the 3-year psychotherapy or 4-year psychoanalysis training programs.

As you know the program is being offered online starting in September 2022. If there is a change to include in-person attendance at 427 Vaughn Road, we will let you know. During online class time we ask that you commit to leaving your video feed on so that instructors and class members can all see each other which will enhance a sense of connection and community.

As a courtesy we ask that you contact the seminar instructor for any class that you expect to be late for or miss so that time is not spent waiting for people to arrive. Faculty contact information may be found on the TICP website [www.ticp.on.ca](http://www.ticp.on.ca) If you miss more than three classes, you will no longer be eligible to receive the Certificate of Completion for this course, although you will be free to attend remaining classes.

Course requirements include the submission of a Reflection paper, 500-1000 words. The subject may be any topic of your choice related to course content and may be submitted at any point during the year but no later than March 21, 2023. The paper will not be graded but will be read and returned to you with comments by an Essentials committee member.

Early in the year we ask that the class select a class representative who will then be able to connect with the Essentials Committee around any issues or questions that may arise for the class as a whole. In addition the representative may also help facilitate internal class discussion around possible activities such as a study group or pre/post seminar discussions for example. Such activities are not prescribed and are entirely students' prerogative and at students' discretion. Any class member is free to contact the Essentials committee should questions or concerns arise.

Class membership entitles you to attend TICP Scientific Meetings which are usually held on Wednesday evenings periodically throughout the year. Class membership also entitles you to a student discount for any TICP workshops, usually held on Saturdays.

Notices of meetings and workshops will be sent to you and will also appear on the TICP website.

We welcome you again and look forward to meeting everybody September 6, 2022.

*TICP Essentials of Psychoanalysis Program Committee*

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## Toronto Institute for Contemporary Psychoanalysis

### ESSENTIALS OF PSYCHOANALYSIS PROGRAM 2022-2023

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

**\*NOTE: Due to COVID-19 TICP students will participate in the scheduled weekly seminars via videoconference (Zoom) until further notice.** 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, ability, 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 6

#### **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>)

September 13, 20

#### **Concepts of Change**

Michelle Flax, Ph.D., C.Psych.

- 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.
- 3) Roth, A., and Fonagy, P. (1996). *What Works for Whom*. Guilford Press, New York. Introduction, pp 1-12.

**September 27, 2022: NO CLASS – ROSH HASHANA**

October 11

**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 18

**Character**

Taras Babiak, M.D.

- 1) Nancy McWilliams. "Psychoanalytic Diagnosis: Understanding Personality Structure in the Clinical Process", Second Edition, Guilford Press.  
CH 1 Why Diagnose? pp: 7 – 20  
CH 2 Psychoanalytic Character Diagnosis pp: 21 - 38

October 25

**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 1

**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 8

**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 15

**Motivations and Drives**

Keith Haartman, Ph.D., RP

- 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.

November 22

**Psychoanalytic Interventions: Contemporary Freudian**

Keith Haartman, Ph.D., RP

- 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 29

**Object Relations – Klein**

Keith Haartman, Ph.D., RP

- 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)

December 6

**British Object Relations**

Keith Haartman, Ph.D., RP

- 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 13

**Psychoanalytic Interventions: Klein and Winnicott**

Keith Haartman, Ph.D., RP

- 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 20

**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 27, 2022 and January 3, 2023**

January 10, 2023

**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 17, 24

**Transference**

Rex Kay, M.D.

- 1) Cabaniss, Deborah et al (2017) 'Transference' in Psychodynamic Psychotherapy: A Clinical Synthesis, Second Edition. Wiley Blackwell Chichester
- 2) Kaner, Angelica and Ernst Prelinger ((2005) Transference, in *The Craft of Psychodynamic Psychotherapy*. Aronson: Maryland. P 182-192



- 3) Fossaghe, James "Toward Reconceptualizing Transference: Theoretical and Clinical Considerations", *Int. J. Psycho-Anal.* 1994, 75:265

January 31, February 7

**Countertransference**

Rex Kay, M.D.

- 1) Cabaniss, Deborah et al (2017) 'Countertransference' in *Psychodynamic Psychotherapy: A Clinical Synthesis*, Second Edition. Wiley Blackwell Chichester
- 2) Kay, Rex – PowerPoint: 'Countertransference: The 5Q Model'

February 14

**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 21

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

Sheri Turrell, Ph.D.

- 1) Bromberg, Philip. Truth, human relatedness, and the analytic process: An interpersonal / relational perspective. *International Journal of Psychoanalysis* (2009), 90: 347-361.

*Recommended:*

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.

February 28

**Attachment**

Sheri Turrell, Ph.D.

- 1) Karen, Robert. (1990) "Becoming Attached". *The Atlantic* (1990), 265, 2: 35-70.

March 7

**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.

**PLEASE NOTE: NO CLASS MARCH 14, 2023 (Spring Break)**

March 21

**Empathy and Mentalization**

Christina Connell, RP

- 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 28

**Case Presentation**

Michelle Flax, Ph.D., C.Psych.

April 4

**Case Presentation**

Sheri Turrell, Ph.D., C.Psych.

April 11

**Case Presentation**

Taras Babiak, M.D.

April 18

**Case Presentation**

Hilary Offman, M.D.

- 1) Offman, H. (2014) The Princess and the Penis: A Post Postmodern Queer-y Tale. *Psychoanalytic Dialogues*, 24:72–87.

April 25

**Case Presentation**

Hilary Offman, M.D.

- 1) Offman, H. (2020) The Otherness of Fat: An Intersectional Enactment of Epic Proportions, *Psychoanalytic Perspectives*, 17:3, 342-365.

May 2

**Case Presentation**

Hilary Offman, M.D.

- 1) Hilary Offman (2022) Making use of a spontaneous frame bend: Spontaneity held with psychoanalytic ritual.