Western Branch Canadian Psychoanalytic Society
Extension Program

Psychoanalytic Psychotherapy Program
September 2012 - February, 2013

Series IV: The Technique of Process

"An analyst has to display all the patience and tolerance and reliability of a mother devoted to her infant, has to recognize the patient’s wishes as needs, has to put aside other interests in order to be available and to be punctual, and objective. And has to seem to want to give what is really only given because of the patient’s needs."
-D.W. Winnicott (1949)

"Discard your memory; discard the future tense of your desire; forget them both, both what you knew and what you want, to leave space for a new idea. A thought, an idea unclaimed, may be floating around the room searching for a home. Amongst these may be one of your own which seems to turn up from your insides, or one from outside yourself, namely from the patient."
-W.R. Bion (1974)

Preamble
The Western Branch of the Canadian Psychoanalytic Society is pleased to offer the fourth series in a two-year program of psychoanalytic psychotherapy courses focusing on analytic process and the experience of the analytic couple in the session. This final series, comprised of eight readings seminars and four continuous case conferences, focuses on working clinically with the analytic process. Registration is open to all interested psychotherapists.

Recommended Readings
Participants will be provided with the text books and emailed attachments of the readings required for the course.

Continuous Case Conference
The continuous case conference follows one therapist and one patient over the course of many months so that participants can deepen their understanding of the unfolding of analytic process following the analytic couple and using their own responses to the material in the moment.

Schedule
The seminars are held approximately twice per month on Fridays from 4:00 – 6:00 p.m. Continuous case conferences are marked with an asterisk.

Series IV:
- September 28
- October 12, 19*, 26
- November 9, 16*, 23
- December 7
- January 11, 25*
- February 1, 8*

Location
Room 113 (Arbutus) Centennial Pavilion, Vancouver General Hospital, 855 West 12th Avenue, Vancouver

Cost
$550 or $350, for students for the 12-seminar series including readings and texts.
Withdrawal Policy
The withdrawal policy of the Extension Program allows for a refund, minus a 10% administration cost, up to five business days before the first class. No refund will be granted as of the first meeting.

CME credits
In process

Group Facilitators
The program will be coordinated by Fran Wilt and Coleen Gold with the participation of Western Branch members as faculty.

Registration
Send payment and registration form to the address below or contact Nancy Briones at nbriones@shaw.ca if you have further enquiries.

Western Branch-CPS
c/o Nancy Briones,
7755 Yukon Street,
Vancouver, B.C. V5X 2Y4
Registration Form

Name: ________________________________________________________________

Address: _______________________________________________________________________

Phone number: ______________ Email address: ________________________________

Student info: ____________________________ (name program and university; along with photocopy of proof of registration)

Professional Affiliation: _______________________________________________

Degrees: _______________________________________________________________________

Send payment ($550.00 for professionals or $350.00 for students) and registration form to the address below or contact Nancy Briones at nbriones@shaw.ca with further enquiries.

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Seminar 1
September 28th, 2012
Symington: The Freedom to Think

Required Readings:
4.1.4  Symington. N. (2003) Healing the mind. What is the process? What is the healer’s task? Fort Da.,9:10-26

Optional Readings:

Objectives:
1. Participants will have the opportunity to think about and discuss the meaning of “truth” in psychoanalysis.
2. Participants will explore the meaning of psychoanalytic meaning through reading Symington’s descriptions of it as achieved in clinical, philosophical and literary references.
3. Participants will learn about Symington’s ideas about psychoanalytic process and healing.

Seminar 2
October 12th, 2012

Required Readings:
4.2.2  Casement, P. (1991) On learning from the patient. Chapter 4. Forms of interactive communication. pp64-86

Optional Readings:

Objectives:
1. Participants will be able to understand Casement’s concept of the “internal supervisor.”
2. Participants will be able to reflect upon Freud’s idea as to how the unconscious of one human being can communicate with the unconscious of another, without passing through consciousness.
3. Participants will learn about the issue of boundaries in therapy.

**Continuous Case Conference 1**  
**October 19th, 2012**  
**Objectives:**  
1. Participants will be able to explore theoretical and clinical concepts experientially, by immersing themselves in the process of an ongoing case, and through sharing their observations in group discussion.  
2. Participants will be able to examine and think about analytic process, psychodynamic listening, unconscious content and transference/countertransference material and related topics through listening, observing and discussing the process as it develops in a psychotherapy case.

**Seminar 3**  
**October 26th, 2012**  
**Casement: Learning from the patient. Part Two: The analytic space and process.**

**Required Readings:**  
4.3.1 Casement, P. (1991) On learning from the patient. Ch.11 Beyond dogma. pp189-200  
4.3.2 Casement, P. (1991) On learning from the patient. Ch. 15 The experience of trauma in the transference. pp 258-272  
4.3.4 Casement, P. (1991) On learning from the patient. Ch. 20. The analytic space and process. pp339-358  

**Optional Readings:**  
4.3.5 Casement, P. (1991) On learning from the patient. Appendix I: Knowing and not-knowing: Winnicott and Bion. pp357-358  

**Objectives:**  
1. Participants will be able to think about and explore Casement’s ideas about dogma and certainty rather than “not knowing.”  
2. Participants will read and discuss ways in which the transference in the analytic present may be so like the past as to become in itself traumatic.  
3. Participants will discover the signs of and function of unconscious hope.  
4. Participants will learn about the importance of protecting analytic space from influences that could distort and disable it, and the need for boundaries.

**Seminar 4**  
**November 9th, 2012**  
**Working with Process from a Self-psychology Perspective**

**Required Readings:**  

**Optional Readings:**
Objectives:
1. Participants will be able to understand the aetiology of self pathology.
2. Participants will be able to develop a schema of the bipolar self.
3. Participants will learn about the basic differences between self psychology and the bipolar self and how this relates to working with the process in the session.

Continuous Case Conference 2
November 16
Objectives:
1. Participants will be able to explore theoretical and clinical concepts experientially, by immersing themselves in the process of an ongoing case, and through sharing their observations in group discussion.
2. Participants will be able to examine and think about analytic process, psychodynamic listening, unconscious content and transference/countertransference material and related topics through listening, observing and discussing the process as it develops in a psychotherapy case.

Seminar 5
November 23rd, 2012
Truth, Illusion and Spontaneity

Required Readings:
4.5.1 Klauber, J. (1968). The psychoanalyst as a person. In, Difficulties in the analytic encounter, pp. 123-139.

Optional Readings:

Objectives:
1. Participants will be able to understand more about their difficulties with patients as these relate to themselves as people as well as therapists.
2. Participants will be able to identify the role of “illusion and truth” in psychoanalysis.
3. Participants will be able to describe the potential benefits and problems of being spontaneous with patients.

Seminar 6
December 7th, 2012
Technique, Frame and Process

Required Readings:
Optional Readings:

Objectives:
1. Participants will be able to understand the development and maintenance of the “frame” and how it is of use in understanding the patient.
2. Participants will be introduced to a relational perspective on the frame and described by Bass and elaborated upon by Gabbard.
3. Participants will be able to discuss and think about contemporary issues related to the frame in psychoanalysis.

Seminar 7
January 11th, 2013
The Theory and Process of Working Through

Required Readings:

Objectives:
1. Participants will have the opportunity to review different models of working through according to Roussillon.
2. Participants will have the opportunity to compare different approaches to understanding the process of a session and how these relate to the various authors’ theoretical perspectives.
3. Participants will have the opportunity to form their own ideas about process and working through as it pertains to the sessions presented by Vermote.

Continuous Case Conference 3
January 25th, 2013
1. Participants will be able to explore theoretical and clinical concepts experientially, by immersing themselves in the process of an ongoing case, and through sharing their observations in group discussion.
2. Participants will be able to examine and think about analytic process, psychodynamic listening, unconscious content and transference/countertransference material and related topics through listening, observing and discussing the process as it develops in a psychotherapy case.

Seminar 8
February 1st, 2013
Intersubjectivity and Reverie

Required Readings:
4.8.1 Ogden, T.H. The Analytic Third: Working with Intersubjective Clinical Facts. IJP 75: 3-20
4.8.2 Ogden, T. Reverie and Metaphor: Some Thoughts on How I Work as a psychoanalyst. IJP 78: 719
Optional Readings:

Objectives:
1. Participants will explore and discuss the uses of reverie in understanding psychoanalytic process as thought about by Ogden.
2. Participants will be introduced to Searles’s early thinking about and uses of reverie to understand a psychotic patient with attention to his countertransferences.
3. Participants will have the opportunity to think and talk about Jacobs’s use of his own internal experience to further understanding of his patients and himself in relation to them.

Continuous Case Conference 4
February 8th, 2012
1. Participants will be able to explore theoretical and clinical concepts experientially, by immersing themselves in the process of an ongoing case, and through sharing their observations in group discussion.
2. Participants will be able to examine and think about analytic process, psychodynamic listening, unconscious content and transference/countertransference material and related topics through listening, observing and discussing the process as it develops in a psychotherapy case.