

The New Jersey Institute for Training in Psychoanalysis

#F303 -Case Seminar: Working Through

COURSE DESCRIPTION: In the psychoanalytic canon, working through is the process that involves change, healing, transformation, and evolution. In this clinical course we will explore what transpires between patient and analyst in the therapy room. From the outside, one sees two people talking behind closed doors; however, from within, one gains entrée into the innumerable, nuanced, complex and profound elements that are endemic to and co-created by the therapeutic couple—all invariably impacting the patient’s emotional movement, expansion, and integration. This joint journey so often leads to a healthier, more fulfilling life for the patient.

This case seminar will highlight the candidates’ case presentations based on theoretical concepts that describe how our work works. Beginning with Freud’s classical treatise on “Working-Through,” we then follow the ideas of contemporary, intersubjective and relational scholars, as they developed and continue to advance the rich, dynamic, two-person psychology literature. Perspectives will include the role of the analyst’s subjectivity, analytic impasses and ‘the third,’ ‘relational holding,’ witnessing and partnering in thought, trauma/dissociation and enactment, and psychoanalytic companionship. Finally, we introduce the advocacy of the theory that analysts step aside from traditional psychoanalytic roles regarding the working through of deeply engendered racism within an analytic dyad of white privileged analyst and black patient.

ABOUT THE INSTRUCTOR: Susan Goldman, LCSW PsyA is a member, supervisor, training analyst and faculty of The New Jersey Institute for Training in Psychoanalysis (NJI). She joined NJI first as a candidate and graduate of the Child and Adolescent program, followed by training and completion of the Adult Program. A private practitioner in Teaneck, Ms. Goldman participated in the life of the Institute over many years as co-chair of the Annual Conference committee, chair of the Nominating Committee and member of the Executive Board. Ms. Goldman has presented at workshops and has been the case presenter at a number of conferences.

COURSE OBJECTIVES:

Candidates will critically evaluate how the process of working within the therapeutic relationship leads to a more grounded, anchored and, in general more satisfying footing in the life of the patient.

Through clinical case presentations:

1. Candidates will demonstrate the impact of the analyst’s subjectivity as a contributor to the mutative effect of the analytic treatment.
2. Candidates will consider and utilize the concept of “the third” in mitigating impasses in the therapy.
3. Candidates will weigh appropriateness of the timing of a holding stance by the analyst vs the introduction of the analyst’s ‘otherness’ in the relational dyad.
4. Candidates will integrate and apply the ideas of “enactment,” “witnessing” and “accompanying the patient” as methods of addressing and working through trauma.
5. Candidates will proactively examine “racism” and the hidden racist disavowed dynamics within the analytic couple, as an alternate to awaiting the slow emergence of the above.

Target audience: Suitable for social workers, licensed professional counselors and other mental health professionals

