

# The New Jersey Institute for Training in Psychoanalysis

## #F403 - Case seminar: Comparative Orientations

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**COURSE DESCRIPTION:** In this case seminar we will be moving through the history of psychoanalytic thought, discussing major theoretical developments from Freud's original theory through contemporary theories. We will critically analyze how each school of thought approaches therapeutic aim and therapeutic action. In doing so, our goal will be to deepen our understanding of how the analyst's theory shapes technique. We will also seek to understand how the various theoretical perspectives see pathology, interventions, interpretations, the role of the analyst, and how analysis "cures." Topics will also include modes of analytic listening, the formulation and timing of interventions, dealing with resistances/impasses, and other issues related to the psychoanalytic frame.

### **ABOUT THE INSTRUCTOR:**

**Wilda Mesias, PhD** is a psychologist and a psychoanalyst practicing in Morris County, NJ. Her practice consists of infants, children, adolescents, adults and couples. Dr. Mesias obtained a PhD in Clinical Psychology from Long Island University in 1995 and graduated as a psychoanalyst from The New Jersey Institute for Training in Psychoanalysis (NJI) in 1996. She also holds an MA in Forensic Psychology from the John Jay College of Criminal Justice and a certificate in group analytic psychotherapy from the Institute of Group Analysis, London, UK in conjunction with the School of Psychotherapy at St. Vincent's University Hospital in Dublin, Ireland. Dr. Mesias is the Chair of the Training Board at NJI and a member of the Board of Trustees and the Executive Board. She also is the editor of *Viewpoints in Psychoanalysis*, an NJI publication. In addition, Dr. Mesias is a faculty member and control/ supervisor at NJI and at the Center for Psychotherapy and Psychoanalysis of New Jersey (CPPNJ). Dr. Mesias is fluent in Spanish and proficient in Italian and French. Her interests include transference and countertransference in character disorders, developmental psychoanalytic theory, Freudian-Lacanian theory and psychoanalysis and the arts.

### **COURSE OBJECTIVES:**

1. Analyze and evaluate modes of analytical listening from different perspectives.
2. Identify and modify candidates' listening skills.
3. Show how different psychoanalytic schools approach therapeutic aim and therapeutic action.
4. Describe how different frames of analytical thought could be integrated and applied in clinical practice.
5. Evaluate different interventions, timing of interventions, the role of insight, and the impact of the therapeutic relationship.

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

