

The New Jersey Institute for Training in Psychoanalysis

#S104 - Introduction to Freud

COURSE DESCRIPTION: Psychoanalysis began with Freud and his groundbreaking vision of the unconscious. In this course, the students will learn how Freud created psychoanalysis as a theory of mind and as a method of treatment. The course will present an introduction to basic yet important ideas in psychoanalysis. Students will learn the concepts of unconscious motivation, drives and their expression, repetition compulsion, resistance, transference, and countertransference. Other themes will include Freud's topographical and structural theories, dreams and their relationship to unconscious derivatives, metapsychology, symptom formation, conflict, and defense. Students will become acquainted with some of Freud's most well-known cases. Theory and technique will be consistently examined via ongoing case presentations, case vignettes, and critical engagement with the material.

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. Students will be able to examine the development, thematic parallels, and complexities of the core ideas about mental life that continue to underlie current understandings of the human mind. This will be accomplished through class discussion and case vignettes.
2. By the end of the course candidates will be able to demonstrate basic competence in Freudian terminology and technique. How these ideas shaped and continue to influence contemporary practice and theory will be critically evaluated in each meeting.
3. Students will be able to apply theoretical concepts discussed in class to their clinical work. This will be accomplished through case presentations and a writing assignment. By the same token, students will be able to formulate technically proficient clinical interventions with their patients based on the class readings, class discussions, and case examples.

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

