

The New Jersey Institute for Training in Psychoanalysis

#S204 - Countertransference

COURSE DESCRIPTION: This course addresses the concept of countertransference in psychoanalysis. Countertransference, narrowly defined, is the analyst's transference. The term initially described situations in which the analyst's feelings, attitudes, and reactions toward the analysand are the product of the analyst's early life. The term has evolved to signify all of the analyst's reactions to the patient's conscious and unconscious, the analyst's identification with the internal objects of the analysand, and a relational/constructivist mutually-influenced phenomenon.

Using as a point of departure Freud's notion of countertransference we will track the evolution of the term, moving from a classical perspective to views presented by ego psychology, object relations, self psychology, and contemporary relational perspectives. We will gain a deeper understanding of the concept and the invaluable tool it represents in treatment, paying close attention to the self-scrutiny of the analyst.

We will address the different types of countertransference inherent in different diagnoses via case presentations and reading material. We will see how countertransference has received increased attention in the literature, mainly as a result of an increased interest in the analytic relationship.

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) To analyze and examine the concept of countertransference.
- 2) To show the evolution of the concept from its inception to contemporary perspectives
- 3) To consider the many ways in which countertransference presents during treatment.
- 4) To illustrate how different schools of thought might approach the use and analysis of countertransference.
- 5) To analyze and consider countertransference in reference to intersectionality.

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

