

## **The New Jersey Institute for Training in Psychoanalysis** **#S404 - Psychoanalytic Theory of Depression**

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### **COURSE DESCRIPTION:**

This course will examine depression in terms of intrapsychic dynamics including inter- and intra-systemic conflicts, etiology, and clinical manifestations. Differing analytic ideas regarding depression will be described, including drive theory, object relations, ego psychology, and interpersonal or relational approaches. Other theories and their adherents, not easily described as falling under one theoretical umbrella will also be considered. Clinical material introduced by students is always encouraged and will be utilized to differentiate and delineate this ubiquitous manifestation. The quintessential questions of whether the depression that is manifested represents a patient's core pathology, a symptom of another primary diagnosis, a resistance, or whether it represents a normal, adaptive stage of development will be raised and will be open for discussion.

### **ABOUT THE INSTRUCTOR: Sheldon Weiss, LCSW**

Since 1985 Sheldon Weiss, LCSW is in full time private practice of individual, couple and family psychotherapy and psychoanalysis in Teaneck, New Jersey and in New York City. His practice also includes private supervision to psychotherapists who are in various stages of their training and development.

He received his MSW in 1977 from Yeshiva University. In 1983 he received a certificate from the Washington Square Institute in Psychoanalytic Psychotherapy and in 1994 he received his certificate in Psychoanalysis from the National Psychological Association for Psychoanalysis (NPAP).

He is also a member of the faculty and Training Board of The New Jersey Institute for Training in Psychoanalysis located in Teaneck, New Jersey.

### **COURSE OBJECTIVES:**

At the end of the course students will be able:

1. To distinguish at least 3 differences between depression and the normal mourning process.
2. To differentiate how depression is manifested in people who are on the neurotic, borderline or psychotic spectrum.
3. To use at least 3 types of psychoanalytic therapeutic interventions for treating people suffering from depression.
4. To apply their knowledge of patients' differences in loss and mourning in treating their clients from various ethnic, racial and religious backgrounds.

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

