

# **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:**

Regina Mezheritsky, LCSW, PsyA, is a graduate of the NJ Institute for Training in Psychoanalysis (NJI) and is in private practice in Teaneck, NJ. She is the Chair of the Conference Committee at NJI. She is a member of American Association for Psychoanalysis in Clinical Social Work and New Jersey Society for Clinical Social Work. In her free time, Regina enjoys walking her golden retriever Brady in the park and drinking cappuccinos.

### **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

**\*For a detailed agenda, please contact [info@njinstitute.com](mailto:info@njinstitute.com) NJI will provide the detailed agenda/syllabus for this course on request prior to registration.**

**\*\*Please note that: ASWB ACE credit is not provided for required readings**

