



202B – Object Relations

Instructors: Steve Bennett, ThM, PhD, and Scott Warren, PhD, LCMHC, NCC

Meeting Dates: Tuesdays – October 17, 2023 through December 5, 2023

Time: 5:30 PM--7:00 PM Eastern

Location: Zoom/Virtual

of Credit hours: CME Credits: 12 / CE: 12 clock hours/ NBCC: 12 clock hours / All others: Letter of Attendance

Target Audience: This course is intended for beginning to intermediate levels clinicians.

Format: This class will combine lecture and seminar formats; student participation is encouraged. All PCC courses include small group discussions that require participants to read and synthesize the materials presented. PCC faculty ensure that gaps in knowledge are addressed.

Description: Object Relations is the second of a four-part series that introduces the major phases of development in psychoanalytic theory from its origins in the latter part of the 19th century to the present. Object Relations is an 8-session course that summarizes the theoretical understanding of early object relations. Theorists discussed will include Fromm, Klein, Fairbairn, Winnicott, and Bion. We will explore the shift from Freud's drive/structural model to the relational/structural model that has dominated psychoanalysis over several decades. We will explore attachment, self-identity and self-integrity processes, schizoid phenomena, the facilitative maternal dyad, affective thinking, guilt, envy, and much more. We will consider the agentive self as the central organizing construct for the course. The instructors will consider cultural and intrapsychic influences on the developing self.

Prerequisites: Students will need a basic exposure to and understanding of psychoanalytic theory and its application to the treatment of patients. Applicants can meet this requirement through previous coursework, training, or supervision (e.g., Thinking Psychoanalytically: The Basics; the PPSC Introductory Course; psychoanalytic coursework or supervision in graduate school/residency or post-graduation). Applicants who don't meet this requirement can register for the course with the permission of the instructor. If needing permission, please contact the instructor(s) directly for approval *before* registering.

[Course Syllabus](#)

Required Texts:

Greenberg, J. R., & Mitchell, S. A. (1984). *Object relations in psychoanalytic theory*. Harvard University Press.

Scharff, D. E. (Ed.). (1996). *Object relations theory and practice: An introduction*. Aronson Press.

Busch, F. (Ed.). (2023). *Psychoanalysis at the crossroads*. Taylor and Francis. Kindle Edition.

Training Program Credit: Students who successfully complete this course can earn credit in the psychoanalytic psychotherapy and psychoanalysis training program.

Continuing Education Credit: At the end of the course, participants must complete the evaluation form to receive continuing education credit. The instructors have signed a financial disclosure form and have no relevant financial relationships with ineligible companies to disclose.

About the Instructors:

Steve Bennett, ThM, PhD, is a Training and Supervising Analyst at the Psychoanalytic Center of the Carolinas. He is the founder and Director of the Center for Psychological and Family Services in Chapel Hill, a psychoanalytic group practice specializing in training psychodynamic psychotherapists, the integration of spirituality and psychotherapy, and community outreach to families in need. He is a member of the American Psychoanalytic Association and an Adjunct Associate Professor in the UNC Department of Psychiatry.

E. Scott Warren, PhD, LCMHC, NCC, holds a PhD in counseling and a master's of science in interdisciplinary studies with concentrations in counseling, psychology, and philosophy, both from the University of North Texas. He is licensed as a clinical mental health counselor and a Nationally Certified Counselor, working in private practice since 2002. He also has experience in academic, community outpatient, and inpatient hospital settings. In addition, he has taught counseling and psychology at North Carolina State University and the University of Dallas and published in the journals Counseling and Values, Professional School Counseling, Contemporary Psychology, The Humanistic Psychologist, and Constructivism in the Human Sciences. He resides in Chapel Hill with his wife and daughter, along with a menagerie of cats and a dog. He enjoys balancing his professional endeavors and passions for music, parenting, nutrition, physical fitness, and the outdoors.

Registration and Tuition Deadline is October 10, 2023.

Tuition

PCC Matriculated Students: **\$235**

Graduate Students and Residents: **\$290**

All others: **\$315**

Registration Fee: \$25 per term (Matriculated Students are exempt from registration fee)

Payment plans can be arranged with the Business Manager.

[Register Here](#)

Course Learning Objectives

Class participants will be able to:

1. Describe the early object relations model as it relates to the drive/structural model.
2. Describe Klein's object relations model related to the paranoid/schizoid positions, projection/projective identification, and the evolution of envy and gratitude.
3. Describe neurobiological and environmental contributions to developing a stable private sense of self, self-identity, and objects as separate minds.
4. Discuss how Bion's object relations lens contributes to current affect theory and the role of the body in developing a capacity to mentalize.
5. Describe Fairbairn's conceptualization of object relations and how it relates to his ideas about therapeutic action.
6. Describe the contributions of Winnicott, especially as it concerns the use of the object and the impact of true and false selves.
7. Discuss the contributions of Fromm and his colleagues to later relational models which consider trauma and social determinants of self and object relations.
8. Describe the social constructivist basis for intersectional aspects of self-identity, including ways in which psychoanalysis both (a) stands **beyond** culture, offering insight into social dynamics that prevent human nature from thriving, and (b) operates **within** a culture (and its evolving values) while helping individuals discover what they need.

Confidentiality Statement: All case material will be carefully disguised. We ask that participants agree to hold all material presented with the utmost care, following ethical and professional guidelines.

Accommodation Statement: To request an accommodation for this program, please get in touch with the Administrator at Kayla@CarolinaPsychoanalytic.org by two weeks before the start date.

CE & CME Disclosures:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of American Psychoanalytic Association and the Psychoanalytic Center of the Carolinas. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians."

The American Psychoanalytic Association designates this Live Activity for a maximum of 12 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS: None of the planners and presenters for this educational activity have relevant financial relationship(s)* to disclose with ineligible companies* whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

*Financial relationships are relevant if the educational content an individual can control is related to the business lines or products of the ineligible company.

-Updated July 2021-

The Psychoanalytic Center of the Carolinas has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6518. Programs that do not qualify for NBCC credit are clearly identified. The Psychoanalytic Center of the Carolinas is solely responsible for all aspects of the program.

The Psychoanalytic Center of the Carolinas is approved by the American Psychological Association to sponsor continuing education for psychologists. The Psychoanalytic Center of the Carolinas maintains responsibility for this program and its content.

Social workers will receive a letter of attendance documenting their hours of continuing education. This certificate may only be acceptable verification in some states.

Contact: Kayla@CarolinaPsychoanalytic.org

Kayla Schilke, Training and Education Program Manager

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