



## **403 – Deepening Treatment: Moving to Intensive Psychotherapy or Psychoanalysis**

**Instructors:** Heather Craige, MSW, LCSW and Kendra Surmitis, PhD

**Meeting Dates:** Tuesdays – August 22, 2023 through October 10, 2023

**Time:** 7:10 PM-8:40 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:** The class is intended for intermediate to advanced-level 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.

**Course Description:** Most patients and therapists assume that meeting once weekly is the standard “dosage” for psychotherapy. However, for many people, including those who have painful symptoms, longstanding difficulties in relationships or work, disturbances in self-image or mood, a highly punitive conscience, self-defeating behavior patterns, rigid defenses, a history of relational trauma, difficulty with affect regulation, or borderline object relations, once weekly therapy may be ineffective.

Some people opt for increased frequency, not only because they are in pain but because they desire deeper self-understanding as a pathway to a richer and more creative life. The decision to undertake more intensive psychotherapy is often made after an initial crisis has been resolved in therapy. Because many patients are unaware of the benefits of intensive psychodynamic therapy, the therapist must raise the issue and make a recommendation.

Working at higher frequencies sets the stage for a different quality of experience in therapy. Rather than focusing on symptoms or “the events of the week,” frequent sessions allow time to explore the patient’s thoughts, feelings, dreams, and relationships and to identify conscious and unconscious factors contributing to painful symptoms. Increased frequency allows time to identify patterns of behavior, thought, and feeling that lead to self-defeating behavior. Finally, greater frequency allows a more intensely experienced relationship to develop between patient and therapist, providing a rich laboratory for examining and healing painful relational patterns that were forged during the vulnerable years of early childhood. This kind of work may become playful and deeply fulfilling for both patient and therapist.

This course is for therapists who work with adult patients and wish to understand how and when to recommend therapy at a frequency of two or more times per week. Reality issues such as time, money, and insurance will be addressed in a way that does not inhibit the therapist’s thinking about what is optimal for the patient. We will also consider when increasing frequency may be part of the solution for a treatment that is stagnant or locked in struggle.

Therapists often need to be more open to engaging deeply with their patients. We will use psychoanalytic concepts, including transference, countertransference, defense, projective identification, and attachment, to understand the patient's and therapist's resistances to engage in intensive psychotherapy. The intersectional identities (race, class, religion, gender, age, ability, sexual orientation, etc.) of both therapist and patient, including privileged, oppressed, or traumatized identities, will be considered when making treatment recommendations.

Participants will have the opportunity to develop skills in making recommendations for psychotherapy two or more times per week by presenting a case during the evaluation phase or at an impasse. Further, therapists may bring the case back into class after making recommendations so that we can grapple with resistances as they arise in both patient and therapist, using role-play and the group as consultants.

**Prerequisites:** Priority will be given to matriculated students in the Adult and Adult/Child Psychoanalysis Program, as this is a required course for that program. Psychoanalytic Psychotherapy students who have completed the Core Curriculum may request permission from the instructor to take this class. If space permits, graduates of the psychoanalytic psychotherapy program, or equivalent, may register with the consent of the instructor.

### [Course Syllabus](#)

#### **Required Text:**

Hall, J. S. (2013). *Deepening the treatment*. Jason Aronson.

**Training Program Credit:** Students who successfully complete this course can earn credit in the psychoanalysis training program or elective credit in the psychoanalytic psychotherapy training program. Students must complete course assignments to receive training program credit.

**Continuing Education Credit:** At the end of the course, participants must complete the evaluation form to receive continuing education credit. The instructor(s) has signed a financial disclosure form and has no relevant financial relationship(s) with ineligible companies to disclose.

#### **About the Instructors:**

**Heather Craige, MSW**, is a clinical social worker and psychoanalyst providing case consultation to psychodynamic therapists in Raleigh, NC. During 45 years of practice, she has developed a particular interest in using object relations, attachment, self-state, and relational approaches to treat adult survivors of chronic childhood trauma. Ms. Craige is a graduate in adult psychoanalysis from the UNC-Duke Psychoanalytic Education Program, now a component of the Psychoanalytic Center of the Carolinas (PCC). She has published articles on termination in the *Journal of the American Psychoanalytic Association*, *Psychoanalytic Dialogues*, and *Psychoanalytic Inquiry*. Ms. Craige has served in various roles in the psychoanalytic community, including Board Chair of the NC Psychoanalytic Foundation, and is a Training and Supervising Analyst for the PCC. A PCC's Community Service Committee member, she led the team that brought Circle of Security Parenting facilitator training to North Carolina from 2016 to 2021. Email: [heathercraige@gmail.com](mailto:heathercraige@gmail.com).

**Kendra A. Surmitis, PhD**, is a licensed clinical mental health counselor, a David Raft Fellow, and an advanced candidate in the adult psychoanalytic training program at the Psychoanalytic Center of the Carolinas (PCC). She has completed additional psychoanalytic training at the Washington Baltimore Center for Psychoanalysis, Tavistock, and the University of Edinburgh, where she studied object relations theory with an emphasis on the work of Donald Fairbairn. Complementing her private practice, Dr. Surmitis serves as a clinical professor at Marquette University, teaching remotely for the Department of Counselor Education and Counseling

Psychology. As an educator, she aspires to create welcoming paths for counseling students to study contemporary psychoanalytic concepts: her research publications span self-injury, social justice in counseling, and self-authorship. Dr. Surmitis is actively building her psychoanalytic practice in Chapel Hill, NC, and is available for referrals for psychoanalysis. Email: [kendra.surmitis@gmail.com](mailto:kendra.surmitis@gmail.com)

### ***Registration and Tuition Deadline is August 15, 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.** Explain the clinical indications for recommending intensive psychoanalytic psychotherapy or psychoanalysis.
- 2.** Describe the concept of intersectional identities, including privileged and disadvantaged identities, and their relevance to making recommendations for intensive treatment.
- 3.** Demonstrate presenting recommendations for intensive psychotherapy or psychoanalysis during the evaluation phase.
- 4.** Describe how the psychoanalytic concepts of transference, countertransference, defense, projective identification, and attachment may explain resistances in the patient toward intensive treatment.
- 5.** Explain how to engage the patient in reflecting upon resistance to intensive treatment.
- 6.** Demonstrate presenting recommendations for intensive psychotherapy or psychoanalysis during an impasse during the treatment.
- 7.** Illustrate how the fee is part of the frame around which psychodynamic issues may become enacted.
- 8.** Discuss the therapist's resistance to working in a more intensive treatment with their patient.

**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](mailto:Kayla@CarolinaPsychoanalytic.org) no later than 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](mailto:Kayla@CarolinaPsychoanalytic.org)

Kayla Schilke, Training and Education Program Manager

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