



Psychoanalytic Center  
of the Carolinas

## 917 (Elective)

### The Body in Psychoanalysis: Psychosomatics through the Life Span

**Instructor:** Christine Anzieu-Premmereur, MD, PhD  
**Antionette Calabria Guest Lecturer in Psychoanalysis**

**Meeting Dates: Thursdays on the following dates**

**2023:** September 7, 14, 21, 28 (Part 1)

**2024:** January 4, 11, 18, 25 (Part 2)

**Time:** 7:15 PM-9:15 PM Eastern

**Location:** Zoom/Virtual

**# of Credit hours:** CME Credits: 16 / CE: 16 clock hours/ NBCC: 16 clock hours / All others: Letter of Attendance

**Target Audience:** The class is intended for intermediate to advanced mental health professionals.

**Format:** This class will combine lecture and seminar formats.

**Description:** This course offers psychoanalytic views on the body and its role from infant development to childhood, adolescence, and adulthood, focusing on psychosomatics.

How do we understand the body and its place in analytic theory and clinical practice? The body is always present: affects, emotions, and acting are the visible part of the connection between soma and psyche.

We know the fundamental connection between the biological, anatomical, and neurological body and the human mind. Physical and affective experiences are rooted in the same origins. The Italian psychoanalyst Riccardo Lombardi reminded us: "Psychoanalysis has consistently maintained the centrality of the body in the development of mental functioning."

Examining the contemporary malaise of our times and considering the current crises of bodily fantasies and depressive disaffected states, the course will review the body's role and the psychosomatic balance across the life span, and how these inform psychoanalytic technique.

The increasing autistic symptoms in childhood, destructivity in adolescence, and primitive defenses in adult analysis require us to improve our capacity for receptivity and free-floating attention. This course will address the techniques of interpretation and the specific quality of listening to be closer to the patient's complex sensations associated with primitive traumas and early narcissistic damage. We will show how to recognize those issues in adult and child analysis and develop a transitional space when dealing with archaic defenses.

**Prerequisites:** Participants should have basic training in psychoanalytic thinking – completing all or at least part of the core curriculum or the equivalent with the instructor's permission. If needing permission, please contact the instructor directly for approval *before* registering. Email [canzieu@gmail.com](mailto:canzieu@gmail.com)

[Course Syllabus](#)

**Required Text:** Please see the syllabus for readings.

**Training Program Credit:** Matriculated Students should contact their training track Director to confirm whether this course satisfies elective credits toward graduation requirements.

**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 Instructor:**

**Christine Anzieu-Premmereur** received her PhD in Clinical Psychology at Paris University and graduated as an Adult and Child Psychiatrist at Paris Medical School. She trained at the Société Psychanalytique de Paris, where she is a member. She moved to New York in August 2000, where she has a private practice as an adult and child psychoanalyst. She is on the Columbia Psychoanalytic Center for Training and Research faculty, where she directed the Parent-Infant Psychotherapy Program; she is an Assistant Clinical Professor in Psychiatry at Columbia University and the chair of the IPA Committee for Child and Adolescent Psychoanalysis. She is the co-founder of Pulsion Institute.

Dr. Anzieu-Premmereur published two books in French on Play in Child Psychotherapy and on Psychoanalytic Interventions with Parents and Babies, and papers in English on Child psychoanalysis, Motherhood, the Symbolization Process and Psychosomatics, and chapters on “the Process of Representation in Early Childhood,” on “Babies in therapy, psychoanalytic interventions for infants and their parents,” on “Early Depressions: Loss of liveliness, withdrawal, psychosomatic issues and risk of developmental delay,” on “Illusions of Pleasure in Compulsive Addictions: Absence of transitional space.”

She co-edited with Vaia Tsolas the 2017 book “A Psychoanalytic Exploration of the Body in Today’s World: On the Body” and recently “a Psychoanalytic Exploration of the Contemporary Search for Pleasure” (Routledge upcoming), in 2022, *The Infinite Infantile and the Psychoanalytic Task: Psychoanalysis with Children, Adolescents and their Families*.



#### ***Registration and Tuition Deadline is August 15, 2023***

#### **Tuition**

PCC Matriculated Students: **\$320**

Graduate Students and Residents: **\$400**

All others: **\$435**

*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. Evaluate a new mother's mood and anxieties, the mother-young child dyad, the quality of the interactions, and the baby's psychic functioning.
2. Demonstrate familiarity with the Skin Ego Theory.
3. Recognize the multilayered dynamics present in mother-baby interactions.
4. Recognize specific issues in patients who require attention to their need for regulation of transition and separation and select analytic interpretations regarding transitional space.
5. Describe specific unconscious issues associated with psychosomatic disorders.
6. Describe and critically evaluate theories of the psychosomatic consequences of disorders relating to the ability for representation.
7. Recognize the multilayered dynamics present in autistic defenses in babies and their consequences on development.
8. Recognize the multilayered dynamics present in hypochondriac anxieties and the consequences on mental health.

**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 *16 AMA PRA Category 1 Credit(s)*<sup>™</sup>. 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 not be acceptable verification in all states.

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Contact: [Kayla@CarolinaPsychoanalytic.org](mailto:Kayla@CarolinaPsychoanalytic.org)

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*Psychoanalytic Center of the Carolinas: Promoting Emotional Resilience by Understanding the Mind Through Psychoanalytic Education, Practice and Service.*