



## **203A – Self Psychology**

**Instructor:** Peter Perault, MD

**Meeting Dates:** Tuesdays – January 16, 2024 through March 5, 2024

**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 clinicians at the beginning to intermediate levels.

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

**Description:** This eight-week course will explore the paradigm shift in psychoanalysis that has fostered a deeper understanding and more definitive treatment of narcissistic pathology. This course will cover technical aspects of empathy, self-object transferences, countertransferences, and mechanisms of therapeutic action -- with plentiful case examples and readings from Heinz Kohut, Ernest Wolf, Michael Basch, Joseph Lichtenberg, Anna Ornstein, and others.

**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; The Basics of Psychoanalysis; 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:** [Self Psychology](#)

**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 Instructor:**

**Peter Z. Perault, MD**, a psychiatrist and psychoanalyst in Chapel Hill, has taught past PCC courses on

contemporary psychoanalytic theory, self psychology, dreams, the psychology of men, and attachment, as well as “Transforming Destructiveness.” Trained at Yale, Duke and the PCC, he is clinical faculty in the Duke Department of Psychiatry, psychotherapy supervisor for the PCC, and a past president of the North Carolina Psychoanalytic Society (now the Psychoanalytic Center of the Carolinas).

email: [dr.peter.perault@gmail.com](mailto:dr.peter.perault@gmail.com)

**Registration and Tuition Deadline is January 5, 2024.**

### **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.*

[Course Cancellation Policy](#)

[Register Here](#)

### **Course Learning Objectives**

Class participants will be able to:

1. Describe the history of the development of Self Psychology in psychoanalysis.
2. Describe the self object transferences introduced by Heinz Kohut and their therapeutic function.
3. Display a comprehensive technical understanding of empathy and its clinical application.
4. Describe the working through process in Self Psychologically –informed psychoanalysis.
5. Understand the presence and meaning of hidden and unbearable shame, and use the understanding in clinical situations.
6. Discuss Kohut’s revision of the Oedipal situation and its clinical applications.
7. Understand the sources of narcissistic rage and its clinical relevance.
8. Understand the extension of Self Psychological theory to advances in relational, intersubjective and motivational systems theories.
9. Demonstrate an understanding of the narcissistic dynamics in racism, politics and culture.

**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.

Course Participants agree to review and abide to the following:

[Professional and Ethical Guidelines for the Classroom](#)

**Accommodation Statement:** To request an accommodation for this program, please get in touch with the Administrator at [Kayla@CarolinaPsychoanalytic.org](mailto: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 not be acceptable verification in all states.

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

Kayla Schilke, Training and Education Program Manager

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