



401 – Transference, Countertransference, and Resistance in Psychoanalysis

Instructors: Michael Macklin, MD and Julia Danek, MD

Meeting Dates: Tuesdays – January 16, 2024 through May 7, 2024

Time: 7:10PM – 8:40PM Eastern

Location: Zoom/Virtual

of Credit hours: CME Credits: 24 / CE: 24 clock hours/ NBCC: 24 clock hours / All others: Letter of Attendance

Target Audience: This course is intended for clinicians at advanced levels.

Format: *This class will be limited to 10* participants and 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. Classes will include discussion of clinical material of both the instructors and the participants. PCC faculty ensure that gaps in knowledge are addressed.

Description: This 16-session course reviews some of the historical underpinnings of transference, countertransference, and resistance, and explores the technical skills arising from these concepts. These concepts are inexorably linked and are central to the work of analysis. Transference generally represents the displaced feelings, thoughts, or behaviors originating in childhood that are projected upon the analyst. Transference is both ubiquitous and largely unconscious, but the analytic setting provides opportunities to explore its early derivatives, to allowing the analysis and to engage in relationships with more flexibility. The class will explore how to work with the transference as it arises, especially as it relates to resistance. The exploration of transference often evokes resistance which takes the form of defenses against the awareness of transference feelings, thoughts, or behaviors. The transference can take many forms including positive, negative, hostile, and erotic, and each of these may be altered by the gender pairing of the analyst and patient. Although the concepts related to transference have remained fairly stable, the class will also explore how it is conceptualized in different theoretical models and at various times throughout the treatment.

The countertransference represents similar phenomena but are more specifically defined as those transference feelings that arise in the analyst towards the analysand during the course of treatment. The concept of countertransference has evolved over time, but it is increasingly seen as being an integral part of the analysis. Although the analyst may not reveal their countertransference feelings, they can be used to provide important clues to understanding the patient's unconscious as the treatment evolves. Further, resistance in the analysis may not only be on the part of the patient, but may also appear in reaction to the analyst's style, personality, or countertransference. The class will explore how the use of countertransference has evolved over time and how to understand and make use of one's countertransference reactions.

Prerequisites: This class is open to matriculated students in the Adult, Child/Adult and Child-Focused psychoanalytic tracks. Students will need to have completed all, or nearly all, of the classes in the Core Curriculum. Individuals who have graduated from the Psychodynamic Psychotherapy track or students matriculated in that track who have completed all or nearly all of the Core Curriculum and have at least one

case in progress, may also take the course with permission of the instructors. If you do not meet the prerequisites, please reach out to the instructor(s) for permission *prior* to completing your registration.

Course Syllabus: [Transference, Countertransference, and Resistance in Psychoanalysis](#)

Training Program Credit: Students who successfully complete this course can earn credit in the 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:

Michael Macklin, MD is a practicing psychiatrist and psychoanalyst in Chapel Hill. He has a particular interest in the widening scope of practice of psychotherapy and psychoanalysis, as well as in the broadest theoretical perspectives in psychoanalytic theory. He graduated from the UNC-Duke Psychoanalytic Education Program, now a component of the Psychoanalytic Center of the Carolinas (PCC). He taught many classes in the UNC-Duke Psychoanalytic Education Program, including Object Relations Theory, Self-Psychology, and Widening Scope. He was co-chair for many years of the theory section of the psychoanalytic curriculum committee, and he is a member of the faculty of the PCC.

Julia Danek, MD is a psychiatrist and psychoanalyst in private practice in Chapel Hill. Her practice reflects her experience that a psychoanalytically-informed approach to understanding human dynamics can enrich and illuminate almost any aspect of clinical work. Her residency training was at UNC Hospitals, where she is now an adjunct associate professor involved in the supervision of psychiatry residents.

Dr. Danek trained as a psychoanalyst through the UNC-Duke Psychoanalytic Education Program (now known as the Psychoanalysis Training Program of the Psychoanalytic Center of the Carolinas). She has chaired and served on a variety of committees in the local psychoanalytic community and has developed and/or taught a number of PCC courses, including Applied Psychoanalysis, Models of the Mind Part II, the Adult Case Conference, and the Advanced Candidate Seminar.

Registration and Tuition Deadline is January 5, 2024.

Tuition

PCC Matriculated Students: **\$485**

Graduate Students and Residents: **\$600**

All others: **\$650**

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. Discuss the historical evolution of the concept of resistance.
2. Discuss the historical evolution of the concept of transference.
3. Discuss the historical evolution of the concept of countertransference.
4. Contrast the concept of resistance to that of defense mechanism.
5. Compare the concept of resistance across various psychoanalytic theoretical perspectives.
6. Compare the concept of transference across various psychoanalytic theoretical perspectives.
7. Compare the concept of countertransference across various psychoanalytic theoretical perspectives.
8. Recognize various forms of resistance in clinical material.
9. Recognize various forms of transference in clinical material.
10. Apply relevant technical skills in the clinical situation of resistance.
11. Apply relevant technical skills in the clinical situation of transference.
12. Apply relevant technical skills in the clinical situation of countertransference.
13. Discuss how transference functions as a resistance.
14. Discuss how countertransference functions as a resistance.
15. Discuss the role of a therapeutic alliance in facilitating the development of analyzable transference.
16. Describe the impact of identities of the participants in the dyad on working with transference, countertransference, and resistance.

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 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 24 *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.

Contact: Kayla@CarolinaPsychoanalytic.org

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