



Psychoanalytic Center
of the Carolinas

201 – Psychodynamic Assessment and Formulation

Instructor: Donald Rosenblitt, MD

Meeting Dates: Tuesdays – August 20, 2024 through December 17, 2024
(No class on October 15th or November 26th)

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

Location: Zoom/Virtual

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

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

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; 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), [Donald Rosenblitt, MD](#), directly for approval *before* registering.

Registration is limited to 15 students.

Format: This class will combine lecture and seminar formats; student participation is encouraged. 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: Psychodynamic assessment has multiple facets. It involves particular methodologies for conducting an assessment. It also refers to a determination of the degree to which a form of treatment (psychoanalytic psychotherapy or psychoanalysis) is an appropriate choice of treatment for a particular individual. Finally, assessment also encompasses issues related to the match between the patient and therapist. This course will explore all of these areas. The assessment of the suitability of psychodynamic/psychoanalytic treatment for a particular patient also has multiple components which can be framed as questions that will be addressed in the class. We will consider the “traditional” qualities that have been used to assess suitability for psychodynamic and psychoanalytic treatment. A component of understanding these issues will include a critical review of the literature concerning the validity of traditional assessment for suitability. We will explore the various models for conducting an assessment and explore contemporary reconsideration of these traditional ideas based upon the multiplicity of psychoanalytic models of treatment and therapeutic actions.

Course Syllabus: [Psychodynamic Assessment and Formulation](#)

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 instructor(s) have no relevant financial relationships with ineligible companies to disclose.

About the Instructor:

Dr. Donald Rosenblitt, MD is a child and adult psychoanalyst, and the founding Clinical and Executive Director of the Lucy Daniels Center. In August 2019, Dr. Rosenblitt retired from his position of 27 years as Executive and Clinical Director and transitioned into his new role as Director of Medical Services, where he will continue his work of serving children and families through in-depth evaluation and treatment. He is on the faculty of the Psychoanalytic Center of the Carolinas (PCC). He is a Training and Supervising Analyst of the psychoanalytic training program of the PCC and is Past Director of the Psychoanalytic Institute of the Carolinas, now the psychoanalytic training program of the PCC. He has written and lectured extensively on topics related to early childhood development.

Registration and Tuition Deadline is August 5, 2024.

Tuition

PCC Matriculated Students: **\$510**

Graduate Students and Residents: **\$645**

All others: **\$710**

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

Payment plans can be arranged with the Business Manager, [Lisa Long](#).

[Course Cancellation Policy](#)

[Register Here](#)

Course Learning Objectives

Class participants will be able to:

1. Explain the importance of an early psychodynamic assessment and demonstrate an ability to formulate a preliminary diagnosis.
2. Discuss the complexities of the concept of personality organization.

3. Understand the importance of listening for the proper question.
4. Understand what is meant by “widening scope”
5. Demonstrate ability to critique the widening scope
6. Discuss the evidence basis for criteria for analyzability
7. Discuss the concept of ego function
8. Discuss the role of reality testing for analyzability
9. Explain the importance of affect tolerance and related concepts for analyzability
10. Compare and contrast various personal approaches to analyzability
11. Discuss the importance of understanding the analyst-patient match
12. Explain the value of a trial period of analysis
13. Discuss the importance of the initial interview in assessment
14. Critique the particular view of Arnold Rothstein
15. Discuss the relevance of cultural bias in assessment for analyzability
16. Demonstrate an ability to recognize and assess the bio-psycho-social factors which contribute to the client’s psychodynamic assessment and capacity for insight and psychoanalytic treatment.

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:

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.

ACCME Accreditation Statement

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.

AMA Credit Designation Statement

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.

Disclosure Statement

The APsA CE Committee has reviewed the materials for accredited continuing education and has determined that this activity is not related to the product line of ineligible companies and therefore, the activity meets the exception outlined in Standard 3: ACCME's

identification, mitigation and disclosure of relevant financial relationship. This activity does not have any known commercial support.

Contact: Kayla@CarolinaPsychoanalytic.org

Kayla Schilke, Training and Education Program Manager

© Psychoanalytic Center of the Carolinas

101 Cloister Court, Suite A | Chapel Hill, NC 275614

Phone: 919.490.3212 | Fax: 877.897.4034 | www.CarolinaPsychoanalytic.org

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