



Psychoanalytic Center
of the Carolinas

204 – Analytic Approach to Treatment – Part 1

Instructors: Michael Macklin, MD, and Margaret Wilner, LCSW

Meeting Dates: Tuesdays – August 20, 2024 through December 10, 2024
(No class on October 15th. Dec. 17th will be a make-up date if needed)

Time: 7:10 PM—8:40 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 need to be interested in learning the basic techniques of Psychoanalytic Psychotherapy and Psychoanalysis. Priority will be given to matriculated students who need this course to meet graduation requirements.

Format: This class will combine lecture and seminar formats, over Zoom. 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. Classes will include discussion of participants' clinical material.

Description: This 16-session course is the first part of a yearlong sequence aimed at helping the psychoanalytic therapist conceptualize an intense therapeutic relationship that is at the core of the psychoanalytic process. As a process aimed at freeing the patient's inner life, psychoanalysis and psychoanalytic psychotherapy are distinguished by the principle that has been termed the analytic attitude. This principle differentiates psychoanalytic treatments from therapies in which the focus is generally limited to symptom relief and behavioral change.

This course is intended to deepen the student's capacity to conceptualize, listen, and intervene in an analytic fashion - both in exploratory interventions and in supportive ones. Class readings and discussion will explore the conditions under which the therapist and patient meet, each bringing their own needs and expectations, some of which naturally foster an exploratory process.

Attention will be paid to the practical considerations required for facilitating a holding environment, as well as to the patient's strengths, limitations, and needs for attachment, safety, and mastery. We will explore the creation of an atmosphere of non-intrusive curiosity and non-judgmental acceptance, how to help the patient engage in treatment, the use of transference and counter-transference, how to address resistances, and the promotion of free association. Classes will include discussion of the instructor's and participant's clinical material.

Required Text: The required texts are listed below. If you click on the book title, you will be linked to the book's page at amazon.com.

Other bookstores also carry copies of these texts (e.g., alibris online books).

Cabaniss, D., Cherry, S., & Douglas, A. (2017). *Psychodynamic psychotherapy: A clinical manual*. Wiley-Blackwell, UK.

Course Syllabus: [Analytic Approach to Treatment](#)

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 Instructors:

Michael Macklin, MD is a practicing 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. He is a member of the faculty of the PCC, as well as a supervising and personal training analyst.

Margaret E. Wilner, LCSW has a private practice in Chapel Hill, NC. She received her MSW at Columbia University School of Social Work and completed two post graduate training programs through the PPSC, the former educational organization of the Psychoanalytic Center of the Carolinas (PCC) – Advanced Curriculum Program and The Intermediate Course in Psychoanalytic Psychotherapy with Children and Adolescents. Her interests include depression, anxiety, developmental trauma, relational and life transition issues, and Body Focused Repetitive Disorders such as Trichotillomania. She has over 30 years of experience working with persons from various ethnic, cultural, and socioeconomic backgrounds. She is a member of the Inner Critic Study Group and a former member of the Mind the Body/Embody the Mind Study Group.

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. Describe the meaning and therapeutic actions of psychodynamic psychotherapy.
2. Describe the initial evaluation and assessment of the client.
3. Describe how the goals, frame, and boundaries are established in beginning treatment.
4. Describe how empathic listening, reflecting, and intervening are aspects of technical neutrality.
5. Explain what role that affects of both therapist and patient play in treatment.
6. Explain the role of unconscious meaning in psychotherapy, especially as it relates to free association.
7. Describe resistance and the relationship between resistance and free association.
8. Explain the concept of transference.
9. Describe other points of view in understanding transference.
10. Explain the concept of countertransference.
11. Describe the mechanism of unconscious conflict and defense.
12. Explain how we use unconscious fantasy to understand our patients.
13. Describe the technique of working with dreams.
14. Describe what is meant by “working through” and its role in treatment.
15. Discuss indicators for, and the processes involved in, ending treatment.
16. Identify the four psychologies of psychoanalysis and discuss how to integrate these.

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.