



Psychoanalytic Center
of the Carolinas

923 (Elective)

An Introduction to Psychoanalytic Psychotherapy with Children

Instructor: Paul Brinich, Ph.D.

Meeting Dates: Thursdays

2025: March 6, 13, 20, 27;

April 3, 10, 17, 24;

May 1, 8, 15, 22

Time: 7:00PM-8:30PM Eastern
(Time and Dates Subject to Change)

Location: Zoom/Virtual

of Credit hours: 18 hours

(This section will be updated once the course receives approvals from our joint provider).

Target Audience: This course is intended for participants at the beginning or intermediate level.

This roster is limited to 10 participants.

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.

Description: These 12 seminars are designed to introduce clinicians to some of the challenges of psychotherapeutic work with children and their families.

Richard Bromfield's *Doing child and adolescent psychotherapy (2nd ed.)* will be one of the main required texts that will be used to orient this course. **Students should purchase a copy.**

This 12-week course is a primer for child psychoanalytic psychotherapy. Many clinicians (experienced or new to working with children) find themselves wondering how to adapt their training in adult psychotherapy to working with children and their families, feeling uncertain about engaging parents and lost about what is actually therapeutic about play. The course will begin with an overview of the foundations of psychoanalytic work with children. Following, discussions will include examination of practical and technical aspects unique to working with children: setting up the treatment, establishing and maintaining a therapeutic alliance with both children and parents, understanding what child psychotherapy is (or is not), setting treatment goals (which may differ between child, parent, and therapist), transference and countertransference issues unique to child/parent work, run-of-the-mill technical problems and addressing defenses in work with children, and ending treatment.

Course Syllabus: [An Introduction to Psychoanalytic Psychotherapy with Children](#)

Training Program Credit: Students who successfully complete this course can earn elective credit in the training programs that require elective hours.

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:

Paul Brinich, Ph.D., trained at the University of Chicago, the Langley Porter Institute (University of California at San Francisco), the Anna Freud Centre (London), and the Psychoanalytic Center of the Carolinas (Chapel Hill, NC). He is a past president of the Association for Child Psychoanalysis and the North Carolina Psychoanalytic Society. An emeritus professor in the Departments of Psychology and Psychiatry of the University of North Carolina at Chapel Hill, Dr. Brinich has consulted with public elementary schools and the Lucy Daniels Center for Early Childhood (Cary, NC). He served for a decade as a senior editor of the Psychoanalytic Study of the Child. Retired from clinical practice, he consults with clinicians and programs regarding their work with children, adolescents, and adults. Dr. Brinich is particularly interested in adoptees and their families (biological and adoptive).

Registration and Tuition Deadline is December 30, 2024.

Tuition

PCC Matriculated Students: **\$385**

Graduate Students and Residents: **\$485**

All others: **\$535**

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 important do's and don'ts about speaking with parents about their child's starting therapy. This includes issues of race, gender, and political events that may come up in the child's work.
2. List several "helpful things" a child therapist does that are not the psychotherapy itself.
3. Explain what constitutes the psychotherapy itself, and how it is different from various helpful interventions that are *not* the psychotherapy itself.
4. List specific goals of a child psychotherapy.
5. Explain how the child psychotherapist's goals may be different from the goals of the patient.

6. Describe a few examples of "impossible" things that a child psychotherapist may be asked to perform.
7. Examine the significant ways that child psychotherapy differs from adult psychotherapy.
8. Describe how the "therapeutic alliance" with a child patient may be experienced.
9. Describe how "counter-reactions" and "counter-transferences" may be experienced in child psychotherapy.
10. Describe solutions to technical issues confronted by the child psychotherapist
11. List examples of defenses commonly used by children in psychotherapy.
12. Describe a typical ending process of child psychotherapy.

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 contact the Administrator at Kayla@CarolinaPsychoanalytic.org 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.

Pending CME approval – Physician registrants will be updated once a decision has been made.

Contact: Kayla@CarolinaPsychoanalytic.org

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