



## 202A – From Freud to Ego Psychology

**Instructor:** Donald Rosenblitt, MD

**Meeting Dates:** Tuesdays  
August 19, 2025 through October 14, 2025

**Time:** 7:10 PM – 8:40 PM Eastern  
(Time and Dates Subject to Change)

**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 class is for mental health professionals at the beginning or intermediate level.

**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; Fundamentals 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.

Contact: [Don Rosenblitt, MD](#)

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

**Description:** From Freud to Ego Psychology is the first of a four-part series that introduces the major phases of development in psychoanalytic theory from its origins in the latter part of the 19th century to the present. This is an 8-session course that focuses on psychoanalytic theories originating in Freud, his contemporaries, and their successors. The ego psychological model includes ego functions, the conflict-free ego sphere, the defenses, internal conflicts, and the impact of external influences and/or conflicts on ego functioning.

**Course Syllabus:** [From Freud to Ego Psychology](#)

### Required Texts:

Sandler, J., et. al. (1997). *Freud's models of the mind: An introduction*. H. Karnac Books Ltd.

**Note:** Students must purchase the book before the first class meeting.

**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. In order to qualify for Category A credits, Psychologists must fully attend every session (per APA guidelines). The instructor(s) has signed a financial disclosure form and has no relevant financial relationship(s) 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, 2025***

#### **Tuition**

PCC Matriculated Students: **\$265**

Graduate Students and Residents: **\$335**

All others: **\$365**

*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. Discern and discuss the effect of bias related to gender, class, race, and other related issues on theoretical and clinical aspects of the psychoanalytic ego psychological model.
2. Describe aspects of the pre-structural models of the mind (e.g., affect/trauma, topographic models).
3. Discuss the structural model of the mind as described by Freud.
4. Discuss the contribution of signal anxiety to the structural model of the mind (e.g., inhibitions, symptoms, and anxiety).
5. Discuss the beginnings of the concept of ego psychology.
6. Discuss further elaboration of the structural model as it relates to developing the super-ego and neurotic conflict.
7. Discuss the clinical implications of the structural model.

8. Discuss the clinical application of the structural model.
9. Discuss the current state of ego psychology and its role in psychoanalysis.

**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.

**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:**

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 12 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. 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.

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

Kayla Schilke, Training and Education Program Manager

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