



Psychoanalytic Center
of the Carolinas

203A – Self Psychology

Instructors: Allen Dyer, MD, PhD, Gregory Helton, MD, and Peter Perault, MD

Meeting Dates: Tuesdays

January 13, 2026 – March 3, 2026

Time: 5:30 PM--7:00 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 course is intended for mental health professionals 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; 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.

Format: This class 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. PCC faculty ensure that gaps in knowledge are addressed.

Description: This eight-week course explores self psychology and the advances in psychoanalysis that have given us a deeper understanding and more effective treatment of narcissism. We will look at technical aspects of empathy, self-object experience, and the process of therapeutic change -- as well as aspects of narcissism in our culture and politics. Readings will include work of Heinz Kohut, Michael Basch, Ernest Wolf, Anna Ornstein, Allen Dyer, and others.

Course Syllabus: [Self Psychology](#)

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 Instructors:

Allen R. Dyer, MD, PhD, is a graduate of Brown University and received his MD and PhD (religion/medical ethics) from Duke. He received psychoanalytic training from what was then the UNC-Duke psychoanalytic institute. He is now Professor Emeritus at The George Washington University as well as on the faculty of the Psychoanalytic Center of the Carolinas. His research interests are in the areas of global health and mental health, health policy, professional ethics, psycho-oncology, spirituality and health, and clinical care. He is the author of several books including *Ethics and Psychiatry: Toward Professional Definition*; *One More Mountain to Climb: What My Illness Taught Me about Health*; and *Madness as Metaphor: Psychiatry, Ethics, and the Political Divide* (forthcoming from Routledge).

Email: allen.r.dyer@gmail.com

Gregory Helton, MD, is a graduate of the James H. Quillen College of Medicine at East Tennessee State University. He completed residency in psychiatry at the University of North Carolina in Chapel Hill and is a recent graduate of the Psychoanalytic Center of the Carolinas.

Email: gregory_helton@yahoo.com

Peter Z. Perault, MD, a psychiatrist and psychoanalyst in Chapel Hill, has taught past PCC courses on contemporary psychoanalytic theory, self psychology, dreams, the psychology of men, and attachment, as well as "Transforming Destructiveness." Trained at Yale, Duke and the PCC, he is clinical faculty in the Duke Department of Psychiatry, psychotherapy supervisor for the PCC, and a past president of the North Carolina Psychoanalytic Society (now the Psychoanalytic Center of the Carolinas).

Email: dr.peter.perault@gmail.com

Registration and Tuition Deadline is December 21, 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, [Lisa Long](#).

[Course Cancellation Policy](#)

[Register Here](#)

Course Learning Objectives

Class participants will be able to:

1. Describe the history of the development of Self Psychology in psychoanalysis.
2. Describe the self-object transferences introduced by Heinz Kohut and their therapeutic function.

3. Define the technical understanding of empathy and its clinical application.
4. Discuss a comprehensive technical understanding of empathy and its clinical application.
5. Describe the working through process in self psychologically –informed psychoanalysis.
6. Apply self-psychology concepts learned thus far to the queer literature.
7. Explain the presence and meaning of hidden and unbearable shame, and use the understanding in clinical situations.
8. Describe the sources of narcissistic rage and its clinical relevance
9. Discuss Kohut's revision of the Oedipal situation and its clinical applications.
10. Understand the extension of Self Psychological theory to advances in relational, intersubjective, and motivational systems theories.
11. Demonstrate an understanding of the narcissistic dynamics in racism, politics and culture.

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 12 *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

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