



Psychoanalytic Center  
of the Carolinas

## 927 (Elective)

### The Tavistock Model of Couple Psychoanalytic Psychotherapy

**Instructor:** Tricia Coleman, MA,  
Psychoanalyst and Couple Psychoanalytic Psychotherapist

**Meeting Dates:** Thursdays  
**March 19, 2026 through May 14, 2026**

No class on April 2nd

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

**Location:** Zoom/Virtual

**# of Credit hours:** CME Credits: 12 hours / APA CE: 12 clock hours / NBCC: 12 clock hours / All others: Letter of Attendance

**Target Audience:** This course is intended for clinicians at intermediate through advanced levels.

**Format:** All PCC courses include small group discussions which require participants to read and synthesize the materials presented. Class participation may include presentations, clinical material, collaborations, and discussion.

This class will be limited to 12 participants.

**Prerequisites:** First priority will be given to matriculated students who have previously completed at least most of the 200-level courses, particularly 201, 202, and 203. Anyone interested in enrolling in this course who has not completed those prerequisites at the PCC should contact the instructor and request permission to enroll prior to completing their registration.

**Contact:** Tricia Coleman, [triciaacoleman@gmail.com](mailto:triciaacoleman@gmail.com)

**Description:** This 8-week course on couple psychoanalytic psychotherapy follows the model as conceptualised and used clinically in the work with couples developed over many years at Tavistock Relationships, London. The emphasis in couple psychoanalytic psychotherapy is on what is unconsciously shared between the couple, and how they externalise their inner worlds of their primary relationships in the present relationship and in the consulting room. The therapist, through their ability to maintain 'a couple state of mind' can begin to understand a couple's particular relationship through projections, anxieties, defenses and unconscious phantasies.

**Students should purchase the following book prior to class starting:**

Novakovic, A., & Reid, M. (Eds.). (2018). *Couple stories: Application of psychoanalytic ideas in thinking about couple interaction*. Routledge.

**Course Syllabus:** [Couple Psychoanalytic Psychotherapy](#)

**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. In order to qualify for Category A credits, Psychologists must fully attend every session (per APA guidelines). The instructor(s) have no relevant financial relationships with ineligible companies to disclose.

**About the Instructor:**

**Tricia Coleman** trained in London at what was then called the Tavistock Marital Studies Institute (now Tavistock Relationships). Following the British model of completing a training course, she qualified to practice as a Couple Psychoanalytic Psychotherapist. She was a visiting lecturer on the couple psychoanalytic training at the Tavistock, as well as a tutor and supervisor of the course. After her couple training, Tricia studied at the British Psychoanalytic Association (BPA) where she qualified to practice as a Psychoanalyst. She is a member of the IPA and the European Federation of Psychoanalysis (EPF). For three years she served on the Board of the BPA where she was also a member of the Scientific Committee and of the study group on Gender and Sexuality. She has taught on the BPA training, on the Introductory Lectures, and the Foundation Courses at the BPA.

Tricia is a new member of the PCC and of APsA. She works in private practice in Raleigh, NC, seeing both analytic patients and couples.

***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. Discuss shared psychic space in couple life and the difficulties encountered in sharing psychic space.
2. Describe the paranoid-schizoid and depressive positions and how this understanding is applied to couple work.
3. Describe the Kleinian concept of unconscious phantasy and its shared nature in couple psychoanalytic psychotherapy.
4. Explain the nature of projective identification and its place in couple life, both as a defence and as a communication.
5. Demonstrate how a couple use projective identification to transfer their unconscious phantasies to one another and to the therapist and how the therapist uses his/her countertransference to gain understanding of this phenomenon.
6. Explain Bion's concept of the container/contained and how it is used in couple psychoanalytic psychotherapy.
7. Explain how the concept of the 'third' provides a deeper understanding of the couple's state of mind.
8. Describe the patriarchal structure's contribution to the psychoanalytic concept of splitting by reinforcing psychic divisions such as the idealization of masculinity and the subsequent denigration of femininity.
9. Demonstrate the methods of couple assessment for couple psychoanalytic psychotherapy and to ascertain the different kinds of couple psychotherapy endings.

**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](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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101 Cloister Court, Suite A | Chapel Hill, NC 275614

Phone: 919.490.3212 | Fax: 877.897.4034 | [www.CarolinaPsychoanalytic.org](http://www.CarolinaPsychoanalytic.org)

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