



201 – Psychodynamic Assessment and Formulation

Instructors: Huey Hawkins, Jr., PhD, LCSW, and Gregory Helton, MD

Meeting Dates: Tuesdays

August 18, 2026 through December 8, 2026

(No class on November 3rd)

Dates and times are subject to change.

Time: 5:30 PM-7:00 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 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., Fundamentals of Psychoanalysis from the Individual to Society; 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 directly for approval *before* registering.

Registration is limited to 15 students.

Format: This class will combine lecture and seminar formats; 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.

Course Description: We rely on some form of assessment and formulation every time we consider treatment for a patient. In this course, we will study the ongoing dialogue in the literature about what components constitute a psychodynamic assessment. We will think together about the multiple uses of conducting an assessment including determining suitability for treatment, choosing appropriate techniques, and tracking change. By using case material, we will consider various methods of conducting assessments and writing formulations. We will reflect on aspects of the therapist-patient match. This course also has overviews of assessments in child work, the impact of biases, and personality structures.

Course Syllabus: [Psychodynamic Assessment and Formulation](#)

Training Program Credit: Students who successfully complete this course can earn credit in the psychoanalytic psychotherapy and psychoanalysis training program. New matriculated students admitted after Fall 2026 can earn elective credit.

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:

Huey Hawkins, Jr., PhD, LCSW, is a psychodynamic psychotherapist in private practice in St. Louis and Oklahoma City, where he does long-term treatment with adults. He earned his doctorate in clinical social work from the Institute for Clinical Social Work, where his research and clinical interests focused on the intersection of culture, race, and the mind. His dissertation, versions of which have been published in *Clinical Social Work Journal* and *Psychoanalytic Social Work*, explored the unconscious messages of endangerment that mothers may convey to their African American sons.

Dr. Hawkins is a faculty member at Chicago's Institute for Clinical Social Work. He also serves as a full-time Faculty Lecturer at the University of Oklahoma School for Social Work. He has lectured across the country on topics related to race, racial socialization, and the blend of clinical social work and psychoanalysis. In addition to his faculty roles, he is a teaching member of the Sue Fairbanks Psychoanalytic Social Work Practice Certificate Program at the University of Texas and an adjunct professor at the Smith College School for Social Work.

He also holds the position of Director of Clinical Services at the Center for Advanced Mental Health Practice in Mississippi and serves as the Director of the Millicent Pitts Counseling Center in California.

Email: hueyhawkinsjr@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 psychoanalytic graduate of the Psychoanalytic Center of the Carolinas.

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Registration and Tuition Deadline is August 4, 2026.

Tuition

PCC Matriculated Students: **\$540**

Graduate Students and Residents: **\$685**

All others: **\$750**

Registration Fee: \$25 per term (Matriculated Students are exempt from registration fee).

Payment plans can be arranged with the Finance and Operations Manager. Please email Finance@CarolinaPsychoanalytic.org

[Course Cancellation Policy](#)

[Register Here](#)

Course Learning Objectives

Class participants will be able to:

1. Explain the importance of an early psychodynamic assessment and demonstrate an ability to formulate a preliminary diagnosis.
2. Discuss the importance of the initial interview in assessment.
3. Articulate an understanding of the ongoing dialogue across time on the topic of assessment.
4. Compare and contrast various personal approaches to analyzability.
5. Articulate ways in which assessment of children is different from and similar to assessment of adults.
6. Identify core elements of assessment in clinical presentation.
7. Discuss the complexities of the concept of personality organization.
8. Explain the value of a trial period of treatment.
9. Discuss the importance of understanding the analyst-patient match.
10. Discuss the relevance of cultural bias in assessment for analyzability.
11. Demonstrate an ability to recognize and assess the bio-psycho-social factors which contribute to the client's psychodynamic assessment and capacity for insight and psychoanalytic treatment.
12. Discuss the factors considered in suitability for treatment in clinical material.
13. Identify style of assessment that you most identify with.

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

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