



204 – Analytic Approaches to Treatment – Part 1

Instructor: Michelle Kwintner, PhD, LCSW

Meeting Dates: Tuesdays

August 25, 2026 through December 15, 2026

(No class on October 13)

Dates and times are subject to change.

Time: 7:10 PM—8:40 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., Thinking Psychoanalytically: The Basics; psychoanalytic coursework or supervision in graduate school/residency or post-graduation). Applicants who do not meet this requirement may register for the course with permission of the instructor.

Format: This class is a seminar. Dr. Kwintner will offer mini-lectures and handouts to help facilitate the group learning. PCC courses include small group discussions which require participants to read and synthesize the materials presented.

Course Description: This 16-session course is the first part of a yearlong sequence aimed at helping psychotherapists to become familiar with psychoanalytic concepts and approaches to treatment. Psychoanalytic therapies are embedded in a relational matrix and consider aspects of change beyond symptom relief and behavioral modification.

The course is intended to develop the student's capacity to listen, conceptualize, and intervene in an analytic fashion in both exploratory and supportive treatments. The instructor plans to do some lecturing, but the overall format of the course is seminar with discussion. Dr. Kwintner will invite participants to bring thoughts and questions about the readings, to share clinical examples that the readings may bring to mind, and to offer any associations at all that will help the class as a group to play with the concepts and to elaborate upon the ideas in the papers. We will discuss challenges and considerations in applying the concepts we are studying to varying clinical situations.

Required Text: PDFs of readings will be provided

Course Syllabus: [Analytic Approach to Treatment](#)

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:

Michelle Kwintner PhD (Classics), LCSW (NY), was an early student of Bill Meyer and Harold Kudler in the PCC's Basics course. She completed her psychoanalytic training at the International Institute for Psychoanalytic Training (IIPT) based in Bethesda, Maryland. Michelle has taught in several programs at International Psychotherapy Institute (IPI) with a theoretical perspective based on (but not limited to) Object Relations Theory. She is a consulting editor for *Psychoanalytic Social Work*. She's published on community mental health, object relations theory, and supervision. A member of IPA's Teleanalysis Working Group, she has presented papers at the IPA Pre-congress. Michelle is a member of APsA and of IPA, practices psychoanalysis and psychotherapy with adults in Ithaca, NY, and offers consultation via Zoom.

Email: mkwintner@gmail.com

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. Name two early psychoanalytic ideas.
2. Describe three ingredients that inform a psychoanalytic attitude.
3. Describe elements of a psychoanalytic assessment and formulation.
4. Discuss Freud's ideas about the relationship between remembering, repeating, and working through in treatment.
5. Describe the function of defenses and resistances.
6. Define projective identification and give at least one example of how it functions in everyday life or in a clinical situation.
7. Compare and describe the different positions according to Thomas Ogden.
8. Define transference and link it to the clinical process.
9. Define countertransference and summarize Pick's and Carpy's ideas about its place in psychoanalytic treatment.
10. Define role-responsiveness.
11. Identify countertransference enactments as an element of working through.
12. Describe Schwaber's views on listening, interpretations and furthering psychoanalytic inquiry.
13. Describe the relationship between developmental themes of individuation, psychoanalytic process, and psychosocial processes.
14. Describe two of Freud's ideas about dream interpretation.
15. Give one example of how dreams reported in sessions may represent silenced aspects of socio-political history.
16. Apply Hopper's ideas about the social unconscious to clinical work.
17. Explain Pichon-Rivière's idea that individuals are born into social links.
18. Identify and compare different theories of change in analytic treatment.
19. Describe sources of stress and care in psychoanalytic practice.
20. Compare different traditions in psychoanalytic theory and practice and discuss how they inform interventions.

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

Kayla Schilke, Training and Education Program Manager

© Psychoanalytic Center of the Carolinas

101 Cloister Court, Suite A | Chapel Hill, NC 275614

Phone: 919.490.3212 | Fax: 877.897.4034 | www.CarolinaPsychoanalytic.org

Psychoanalytic Center of the Carolinas: Promoting Emotional Resilience by Understanding the Mind Through Psychoanalytic Education, Practice and Service.