



403 – Deepening Treatment: Moving to Intensive Psychotherapy or Psychoanalysis

Instructor: Kendra A. Surmitis, PhD, LPC (VA), LCMHC (NC), LCPC (MD)

Meeting Dates: Tuesdays
October 20, 2026 – December 8, 2026

Time: 7:10 PM-8:40 PM Eastern
Dates and times are subject to change.

Location: Zoom/Virtual

of Credit hours: APA CE: 12 clock hours / NBCC: 12 clock hours / All others: Letter of Attendance

Target Audience: The class is intended for intermediate to advanced-level clinicians.

Prerequisites: Priority will be given to matriculated students in the Adult and Adult/Child Psychoanalysis Programs, as this is a required course. Psychoanalytic Psychotherapy students who have completed the Core Curriculum may request permission from the instructor to take this class. If space permits, graduates of the psychoanalytic psychotherapy program, or equivalent, may register with the consent of the instructor.

Format: This class will combine lecture and seminar formats; thoughtful student participation is encouraged. All Psychoanalytic Center of the Carolinas (PCC) courses include small group discussions that require participants to read and synthesize the materials presented. This course will require completion of two written assignments (see Appendix B in Course Syllabus). PCC faculty ensure that gaps in knowledge are addressed. This course will be hosted on a virtual platform and will not include nor require in-person attendance.

Course Description: Most patients and therapists assume that meeting once weekly is the standard “dosage” for psychotherapy. However, for many people, including those who have painful symptoms, longstanding difficulties in relationships or work, disturbances in self-image or mood, a highly punitive conscience, self-defeating behavior patterns, rigid defenses, a history of relational trauma, difficulty with affect regulation, or borderline object relations, once weekly therapy may be ineffective.

Some people opt for increased frequency, not only because they are in pain but because they desire deeper self-understanding as a pathway to a richer and more creative life. The decision to undertake more intensive psychotherapy is often made after an initial crisis has been resolved in therapy. Because many patients are unaware of the benefits of intensive psychodynamic therapy, the therapist must raise the issue and make a recommendation.

Working at higher frequencies sets the stage for a different quality of experience in therapy. Rather than focusing on symptoms or “the events of the week,” frequent sessions allow time to explore the patient’s thoughts, feelings, dreams, and relationships and to identify conscious and unconscious factors contributing to painful symptoms. Increased frequency allows time to identify patterns of behavior, thought, and feeling that lead to self-defeating behavior. Finally, greater frequency allows a more intensely experienced relationship to develop between patient and therapist, providing a rich laboratory for examining and healing painful relational

patterns that were forged during the vulnerable years of early childhood. This kind of work may become playful and deeply fulfilling for both patient and therapist.

This course is for therapists who work with adult patients and wish to understand how and when to recommend therapy at a frequency of two or more times per week. Reality issues such as time, money, and insurance will be addressed in a way that does not inhibit the therapist's thinking about what is optimal for the patient. We will also consider when increasing frequency may be part of the solution for a treatment that is stagnant or locked in struggle.

Therapists often need to be more open to engaging deeply with their patients. We will use psychoanalytic concepts, including transference, countertransference, defense, projective identification, and attachment, to understand the patient's and therapist's resistances to engage in intensive psychotherapy. The intersectional identities (race, class, religion, gender, age, ability, sexual orientation, etc.) of both therapist and patient, including privileged, oppressed, or traumatized identities, will be considered when making treatment recommendations.

Participants will have the opportunity to develop skills in making recommendations for psychotherapy two or more times per week by presenting a case during the evaluation phase or at an impasse. Further, therapists may bring the case back into class after making recommendations so that we can grapple with resistances as they arise in both patient and therapist, using role-play and the group as consultants.

Course Syllabus: [Deepening Treatment](#)

Required Text—Students should purchase:

Hall, J. S. (2013). *Deepening the treatment*. Jason Aronson.

Training Program Credit: Students who successfully complete this course can earn credit in the psychoanalysis training program or elective credit in the psychoanalytic psychotherapy training program. Students must complete course assignments to receive training program 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. CME credits are not offered to physician learners for this course.

About the Instructor:

Kendra A. Surmitis, PhD, is an adult psychoanalyst and licensed clinical mental health counselor in private practice in Chapel Hill, North Carolina, where she treats adult patients as well as couples. She is an active member of the Psychoanalytic Center of the Carolinas, where she serves as a Board member, supervisor, and faculty. Her clinical and scholarly interests focus on self-authorship and psychoanalytic perspectives on women's professional and academic development. Dr. Surmitis completed her undergraduate education at Xavier University of Cincinnati, Ohio and her doctoral training at the College of William & Mary in Williamsburg, Virginia. Her psychoanalytic education was completed in affiliation with the Washington Baltimore Center for Psychoanalysis, University of Edinburgh, and the Psychoanalytic Center of the Carolinas where she studied as a David Raft Fellow.

Email: Kendra.surmitis@gmail.com



Registration and Tuition Deadline is August 4, 2026.

Tuition

PCC Matriculated Students: **\$275**

Graduate Students and Residents: **\$345**

All others: **\$375**

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

[Register Here](#)

Course Learning Objectives

Class participants will be able to:

1. Explain the clinical indications for recommending intensive psychoanalytic psychotherapy or psychoanalysis.
2. Describe the concept of intersectional identities, including privileged and disadvantaged identities, and their relevance to making recommendations for intensive treatment.
3. Demonstrate presenting recommendations for intensive psychotherapy or psychoanalysis during the evaluation phase.
4. Describe how the psychoanalytic concepts of transference, countertransference, defense, projective identification, and attachment may explain resistances in the patient toward intensive treatment.
5. Explain how to engage the patient in reflecting upon resistance to intensive treatment.
6. Demonstrate presenting recommendations for intensive psychotherapy or psychoanalysis during an impasse during the treatment.
7. Illustrate how the fee is part of the frame around which psychodynamic issues may become enacted.
8. Discuss the therapist's resistance to working in a more intensive treatment with their patient.

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.

Continuing Education 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.

Contact: Kayla@CarolinaPsychoanalytic.org

Kayla Schilke, Training and Education Program Manager

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