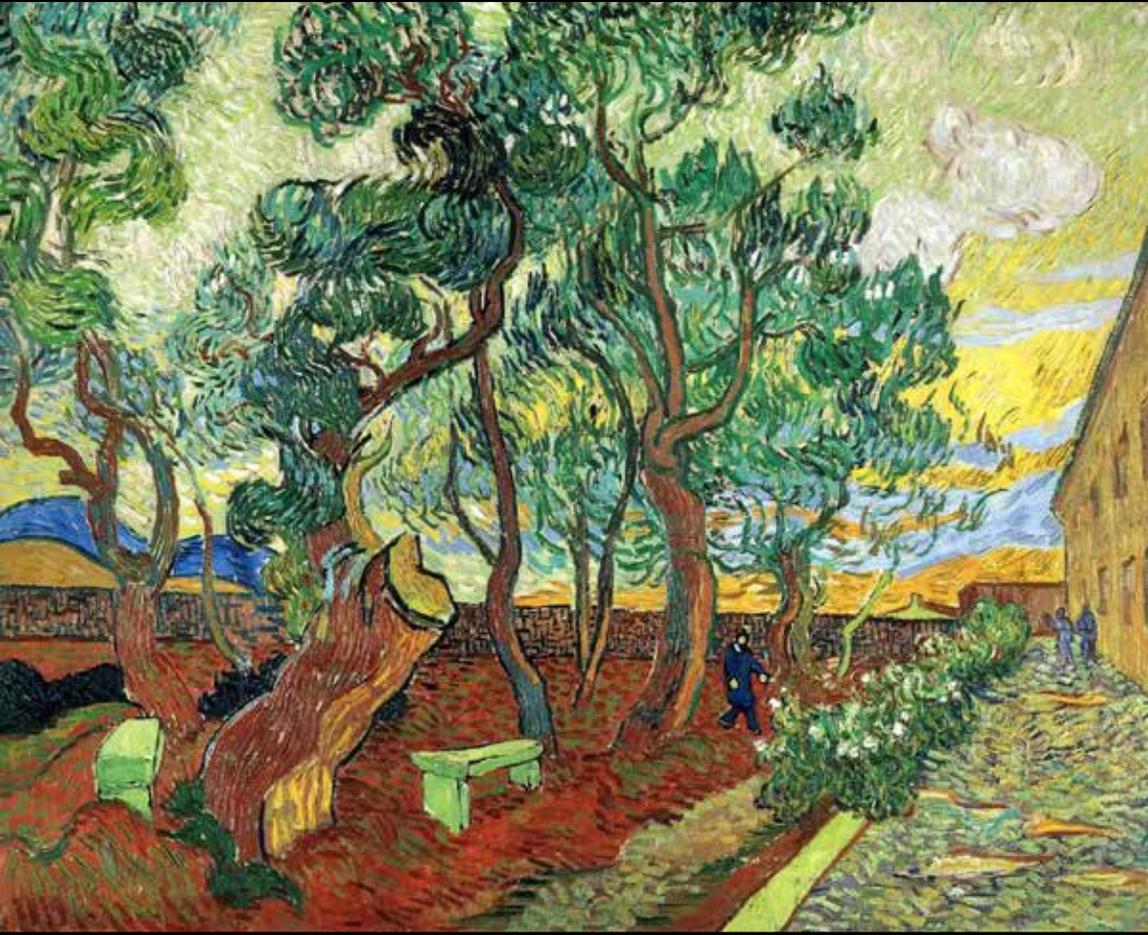


LAISPS EXTENSION:
WINTER/SPRING COURSES 2017



MEDICATION AND ITS MEANING

JACQUELINE LICHTENSTEIN, M.D. *LAISPS Member*

Saturday, January 7 9:00 AM – 12:00 PM

LAISPS classroom

3.0 CE/CME credits • \$65

Multiple studies have demonstrated that approximately 30% of patients in psychoanalysis are also prescribed psychotropic medication, yet little attention is given to how the decision to medicate is made and how it affects the patient, the analyst, and the analytic process. This course will attempt to address these questions. A brief overview will be given of the different classes of psychotropic drugs, as well as their indications, mechanisms of action, and common side effects. Issues relating to the initiation and effects of combined treatment will be explored. These include difficulty in shifting between dynamic and phenomenological approaches, facilitating vs sabotaging effects, the transference/countertransference meanings of medication, and advantages and disadvantages of split therapy.

EDUCATIONAL OBJECTIVES

Upon completion of this class, participants will be able to:

- Demonstrate knowledge of the different types, indications, mechanisms of action, and side effects of the commonly used psychotropic drugs.
- Evaluate the need for pharmacological intervention.
- Understand how the use of medication may affect the psychoanalytic process.
- Negotiate split therapy.

THE PROCESS OF INTERPRETATION: ART AND SCIENCE

ALAN P. SPIVAK, PH.D. *LAISPS Training Analyst*

Saturday, January 7 9:00 AM – 12:00 PM & 1:00 PM – 4:00 PM*

LAISPS classroom

6.0 CE/CME credits • \$125

Interpretation is both an attitude and a tool whose aim is to dismantle pathological mental structures, foster the growth of a more flexible and integrated mind, and enhance a sense of personal agency. Its skillful use empowers a psychodynamically oriented therapist, uniquely, to offer a patient far more than the removal of symptoms. The healing impact enables split-off areas of mind to come together by, first, having come together in the mind of another. The net effect, when all goes optimally, is a lasting impact on personality development.

Principles and guidelines will be presented and illustrated with clinical vignettes, for formulating and conveying empathy, understanding, and recognition. Criteria for deciding what, how, or if to interpret at a given moment are addressed. Also emphasized is the follow-up process, as the patient struggles with the multiple effects interpretation may have on him or her, including aliveness, hopefulness, sadness, or resistance to the frightening aspects of self-knowledge and growth

**Class size will be limited. Enrollment closes Thursday, January 5, 2017. No at-door enrollment.*

EDUCATIONAL OBJECTIVES

Upon completion of this class, participants will be able to:

- Better understand the unique role of interpretation in psychotherapy.
- Evidence improved skill in making interpretations.
- Understand and utilize criteria for deciding what and if to interpret in a session.
- Utilize a unique way to interpret when addressing resistance or impasse.

THE CLINICAL USE OF DREAMS

SANDRA GARFIELD, PH.D. *LAISPS Training Analyst*

2 Saturdays: January 21 & 28 9:30 AM – 12:00 PM

415 North Camden Drive, Suite 227

Beverly Hills, CA 90210

5.0 CE/CME credits • \$105

This course will focus upon the clinical application of dream theories. Freudian and contemporary perspectives upon dream interpretation, transference and resistance in dreams, the place of the dream in analytic psychotherapy, and the special opportunities provided by dreams to deepen the therapeutic process will be discussed. Concepts presented will be infused with illustrative clinical material.

EDUCATIONAL OBJECTIVES

Upon completion of this class, participants will be able to:

- Apply concepts related to the function and formation of dreams.
- Discuss and apply concepts differentiating the manifest and latent content of dreams.
- Differentiate between Freudian and contemporary theories regarding the formation of dreams and their interpretation.
- Utilize techniques of dream interpretation towards deepening the therapeutic process.

PERSONALITY DISORDERS: NAVIGATING RELATIONSHIPS

MARGARET ANN FETTING, PH.D., L.C.S.W. *LAISPS Guest Instructor*

2 Saturdays: February 4 & 11 9:30 AM – 12:30 PM

LAISPS classroom

6.0 CE/CME credits • \$125

This workshop will address a rapidly growing and controversial field – the psycho, social and biological phenomenon of personality disorders. All of us have patterns of deeply embedded and widely exhibited cognitive, affective and overall character disordered traits that persist over extended periods of time. Many of us visit or rely on these traits when emotionally overwhelmed; others dwell within these traits throughout their lifetime. This workshop will explore the healthy and the unhealthy adoption of personality traits in all nature of relationships.

Participants will leave the workshop personally and professionally energized with a deeper understanding and appreciation of the universality of personality or character disordered traits.

EDUCATIONAL OBJECTIVES

Upon completion of this class, participants will be able to:

- Appreciate that personality traits reside on a spectrum, ranging from healthy to unhealthy.
- Discern the difference between those of us who visit and leave the space of unhealthy personality traits and those of us who, likely for survival, dwell in this space.
- Appreciate the distinction and overlap among the 10 personality disorders or the alternative of six disordered types.
- More quickly recognize those clinical moments when our brains “turn to processing mush,” and begin the process of registering impacts and of managing countertransference.
- Integrate theory into clinical practice.

SKIN DEEP: UNCONSCIOUS DYNAMICS EXPRESSED THROUGH THE SURFACE OF THE BODY

KAREN BEARD, PH.D. LAISPS Member

Saturday, February 25 10:00 AM – 1:00 PM

LAISPS classroom

3.0 CE/CME credits • \$65

The skin is both the boundary of the self and the subject of the other's gaze making it the ideal canvas for the representation of unmentalized sensations and emotions. The skin ego is the 'living history' of the earliest skin-to-skin relationship with the mother. Skin disorders (eczema, hives, rashes) and body modifications (tattoos, cutting, cosmetic surgery) and their underlying meanings will be explored through clinical case material, as well as cultural references in film, literature and advertising.

EDUCATIONAL OBJECTIVES

Upon completion of this class, participants will be able to:

- Be more aware of how the body speaks through symptoms.
- More deeply understand unconscious meaning.
- Facilitate their patient's ability to think and feel their emotions.

THE BODY OF ART: PSYCHOANALYSIS, ART, AND THE ROLE OF THE BODY IN CREATIVITY

ELIZABETH E. BERLESE, PH.D. LAISPS Member

Saturday, February 25 9:00 AM – 12:00 PM

22A West Micheltorena Street

Santa Barbara, CA 93101*

3.0 CE/CME credits • \$65

In his 1908 paper, Creative Writers and Day-Dreaming, Freud linked the body and aesthetic form by suggesting that the pleasure of poetry is conveyed through its form and that this pleasure reflects bodily fore-pleasure and its "deeper" sources. Freud never pursued this idea.

This course takes up where Freud's intuition left off and looks at the relationship between psychoanalysis and creativity, historically and currently. Freud attempted to analyze art, a "treatment" of creativity that subsumed aesthetic theory under that of analysis. Analytic theory slowly redressed the historical domination of art by analysis and culminated in various, more unified aesthetic-analytic models. These models, coupled with the contemporary psychoanalytic understanding of the body in treatment bring theory full-circle, returning to Freud's earlier and unexplored intuition about the "deeper" bodily sources of artistry. We will elucidate the role of embodiment in creative experience and show how the clinical process, in working with bodily transferences and countertransferences, can enhance creativity and loosen "blocks" to generative and novel thinking and work.

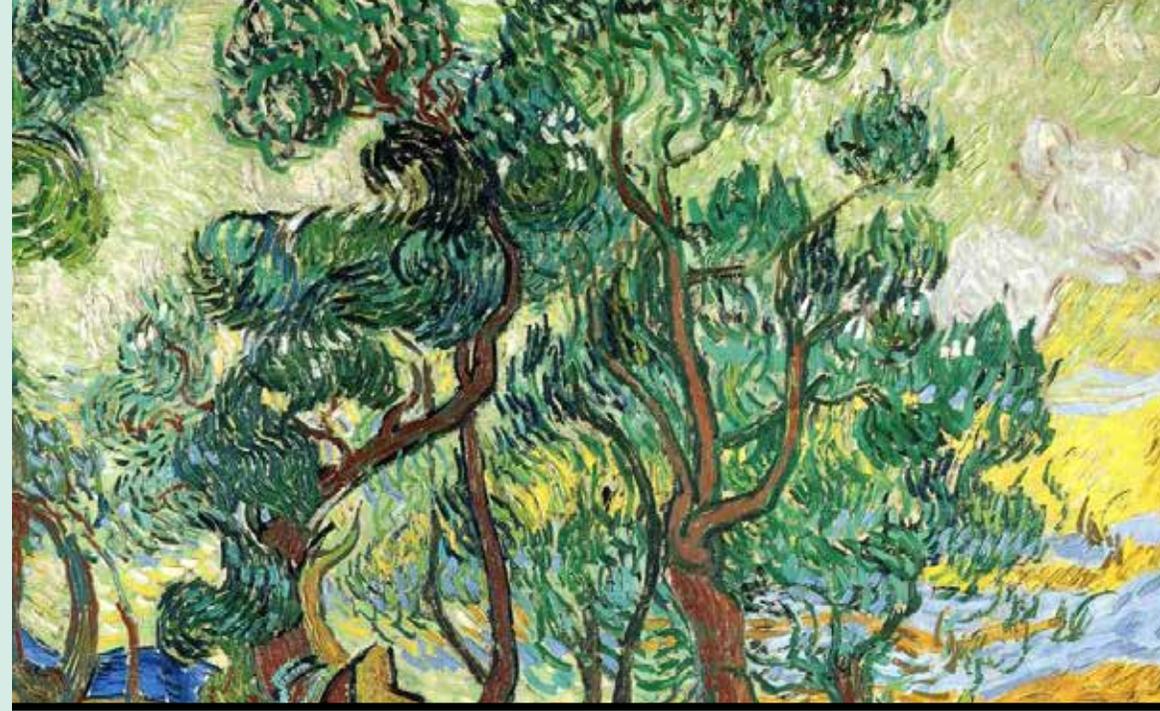
Theoretical material will be accompanied by case illustration throughout.

**Please note that this course will take place in Santa Barbara.*

EDUCATIONAL OBJECTIVES

Upon completion of this class, participants will be able to:

- Understand how psychoanalytic theory works in combination with aesthetic theory to elucidate the creative process.
- Identify and utilize transferences and countertransferences that are bodily-based.
- Identify and utilize bodily-based transferences in a way that can unlock and enhance creativity.



PSYCHOANALYSIS OF POLITICS THROUGH OP-ED PIECES AND ONLINE BLOGS

PETER WOLSON, PH.D. LAISPS Training Analyst

2 Saturdays: March 4 & 11 10:00 AM – 12:00 PM

LAISPS classroom

4.0 CE/CME credits • \$85

This course focuses on the psychoanalysis of politics and culture. Dr. Wolson has published numerous op-ed pieces and online blogs on the most pressing current news. He will use them to discuss how to conceptualize and illuminate the unconscious psychodynamic underpinnings of major societal events and how to write effective opinion pieces and market them to newspapers and online blogs for public consumption. Through a psychoanalytic perspective, therapists can deepen the public's awareness of the most controversial political issues of the day and contribute to the public dialogue.

EDUCATIONAL OBJECTIVES

Upon completion of this class, participants will be able to:

- Understand that there is a political and cultural psyche motivated by unconscious psychodynamics that can be psychoanalyzed.
- Demonstrate deeper psychoanalytic understanding of political issues, such as social stigma and fears of the unconscious, the psychodynamics of war and violence, hatred of the other, corruption through idealization, etc.
- Discern, conceptualize and write about political psychodynamics.
- Differentiate between articles of advocacy versus illumination.
- Market and publish one's op-ed pieces and blogs in newspapers and online magazines and journals.

THE DYNAMICS OF COUPLE THERAPY: THE THEORY AND TECHNIQUE OF WORKING WITH COUPLES

VANESSA BELL, PH.D. LAISPS Member

4 Thursdays: March 9, 16, 23 & 30 1:00 PM – 2:30 PM

3795 Regal Vista Drive

Sherman Oaks, CA 91403

6.0 CE/CME credits • \$125

This class will use theory, clinical case presentation and discussion to improve a clinician's understanding of and skill in working with couples. Participants will use readings and published clinical material to learn a process of assessment for couples, techniques for interpretation with couples, and impasse management. They will have the opportunity to present current case material from their own practice for discussion.

EDUCATIONAL OBJECTIVES

Upon completion of this class, participants will be able to:

- Use the initial session and those that follow to set the tone and frame, to evaluate treatment for a particular couple, and to diagnose the nature of their object relationships from archaic to mature.
- Join the system in order to create a therapeutic triangle and an alliance with each partner.
- Strengthen the couple's alliance with each other.
- Understand and interpret unconscious communication.
- Recognize and articulate goals and limitations of treatment.
- Use transference and countertransference in couple's therapy.
- Understand enactment and resolve impasse as it occurs.

TREATING PRIMITIVE MENTAL STATES

DANIEL PAUL, PH.D. LAISPS Training Analyst

2 Saturdays: March 11 & 18 9:00 AM – 1:00 PM

450 North Bedford Drive, #301

Beverly Hills, CA

8.0 CE/CME credits • \$165

Enormous demands are often made on therapists trying to help patients suffering from primitive mental states. This course focuses on helping therapists understand these demands and the impact these demands may have on him/her. This focus serves to help the therapist be freer to think in the face of demands and thus empowers him/her. Clinical vignettes amply illustrate theoretical concepts.

EDUCATIONAL OBJECTIVES

Upon completion of this class, participants will be able to:

- Work in the here and now with the latent negative transference.
- Develop treatment strategies for patients who have difficulty being weaned and are heavily impacted by separations from those who have never bonded, fear any kind of dependency and for whom weaning is not yet an issue.
- Understand the dynamics of self mutilation and how to treat this compulsion.
- Recognize common countertransference patterns and use his/her responses to further treatment.

FORMS OF THINGS UNKNOWN: AN APPROACH TO INEFFABLE EXPERIENCE

LESLIE HOWARD, PH.D. LAISPS Member

Saturday, March 25 10:00 AM – 1:00 PM

LAISPS classroom

3.0 CE/CME credits • \$65

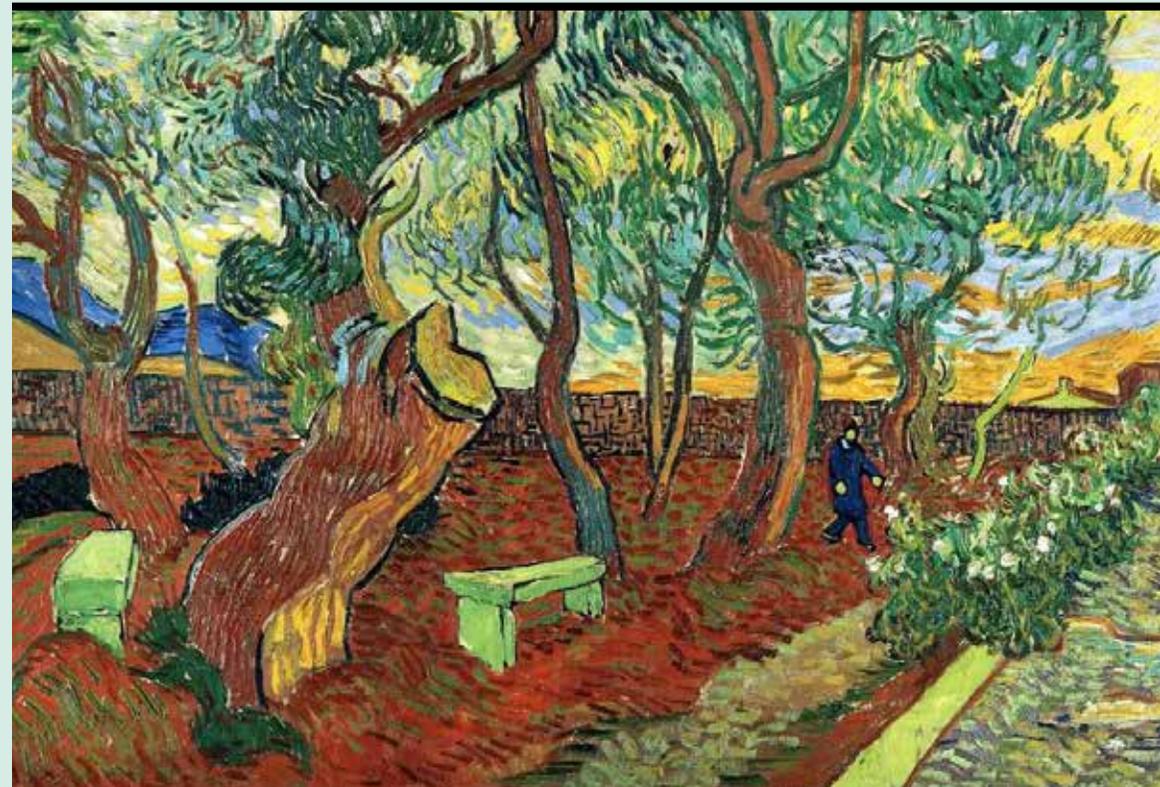
How do we make room in the analytic session and in ourselves for the emergence of the new and the unknown? In this course, Leslie Howard demonstrates a unique method of translating the unconscious reverie of the session with visual images that offer access to emergent themes in the treatment. This approach takes up formless, unsymbolizable experience embodied in Bion's notion of "O".

This course will demonstrate *transformations in O*, in which unknown and infinite "O" (which exerts an influence in the clinical setting without our being able to grasp it directly) moves into the domain of knowledge (K), where coming to know something is acquired through emotional experience. Class participants will be invited to associate to an image as Leslie describes the process and logic of her work and its application to an analytic case, illustrating its transformative potential in the clinical setting.

EDUCATIONAL OBJECTIVES

Upon completion of this class, participants will be able to:

- Describe the clinical implications of Bion's formulations of O and their significance to the practice of psychoanalysis.
- Identify the treatment implications of becoming O and transformations in O in relation to inchoate, ineffable experience, particularly prominent in encounters with unrepresented states.
- Discuss the clinical value of becoming the disowned O of the patient and its relevance to treatment impasses.



THE FRAGMENTED SELF: PSYCHOANALYTIC PERSPECTIVES ON DISSOCIATION

JACQUELINE LICHTENSTEIN, M.D. LAISPS Member

ROBERTA MIRISCH, PSY.D., L.C.S.W. LAISPS Senior Candidate

Saturday, April 1 9:30 AM – 12:30 PM & 1:30 PM – 4:30 PM

LAISPS classroom

6.0 CE/CME credits • \$125

This course will provide an overview of past and current concepts of dissociation and dissociative disorders, emphasizing their application to psychoanalytic work with a variety of patients. Topics include the connection of dissociation to trauma, the etiology and manifestation of traumatic (unformulated) memories, adaptive versus non-adaptive dissociation, and the representation of internalized attachment patterns in dissociated self-states. The instructors will present case material related to Dissociative Identity Disorder to illustrate theoretical, diagnostic and treatment issues.

EDUCATIONAL OBJECTIVES

Upon completion of this class, participants will be able to:

- Understand how early trauma can lead to the development of dissociated and contradictory self-states.
- Recognize dissociative defenses and symptoms.
- Distinguish between repression and dissociative processes and between declarative and procedural memory.
- Better negotiate treatment issues, such as the therapeutic use of the analytic frame and the holding environment, the role of primitive communication, and the management of regressive phenomena.
- Develop ways to understand, tolerate and work effectively with intense transference and countertransference dynamics.

THE POWER OF LOVE AND THE LOVE FOR POWER

VALÉRIE RUBINSTEIN VON RAFFAY, PH.D. LAISPS Member

Saturday, April 8 10:00 AM – 12:00 PM

LAISPS classroom

2.0 CE/CME credits • \$45

This course will provide an experience of what literature can contribute to psychoanalysis. Literature describes fascinating case studies that uniquely bring to life the complexity of human beings and interpersonal relationships.

Bluebeard's Castle, an opera by Bartok, is a drama about the illusion of redemption of an evil man's soul through the power of love by a woman. The story will be used to illustrate how some women hold an omnipotent fantasy that they can redeem the psyche of a sadistic man and liberate him from his isolation and hatred with their love. Driven by their omnipotence and fear of abandonment, such women remain trapped in sadomasochistic relationships with destructive, possessive men with the illusionary hope that someday their love will be returned.

EDUCATIONAL OBJECTIVES

Upon completion of this class, participants will be able to:

- Explore the relationship between psychoanalysis and literature.
- Identify the motives of women who remain trapped in sadomasochistic relationships with destructive, possessive men.
- Describe the dynamics of men who can be characterized as having a love for power.
- Give a clinical example of a female patient who holds an illusionary hope that she can redeem the soul of an evil man and that someday her love will be returned.

VICTORY IN DEFEAT

ALAN P. SPIVAK, PH.D. LAISPS Training Analyst

3 Saturdays: April 22, 29 & May 6 9:30 AM – 12:30 PM*

LAISPS classroom

9.0 CE/CME credits • \$185

This course addresses a universal dimension of various psychopathologies that leads individuals, despite their stated objectives, unconsciously but purposely, to pursue a path of self-defeat, masochism, and stasis. Core unconscious fantasies will be explicated that motivate an individual to create disappointments from which both neurotic satisfaction and avoidance of anxiety is achieved. Common transference-countertransference themes and enactments will be described that demonstrate the activation of the intrapsychic self-defeating process aimed to prevent growth at all costs.

**Class size will be limited. Enrollment closes Thursday, April 20, 2017. No at-door enrollment.*

EDUCATIONAL OBJECTIVES

Upon completion of this class, participants will be able to:

- Better understand the paradoxical nature of the inner world.
- Utilize an interpretive attitude to address basic masochism in most patients.
- Work-through treatment impasses involving negative therapeutic reactions.
- Better formulate a treatment strategy for the masochistic dimension of psychopathology.

TRAGIC DILEMMA BETWEEN SHAME AND GUILT: CHEKHOV'S "THE DEATH OF A CIVIL SERVANT" AND POE'S "THE TELL-TALE HEART"

VALÉRIE RUBINSTEIN VON RAFFAY, PH.D. LAISPS Member

Saturday, May 13 10:00 AM – 12:00 PM

LAISPS classroom

2.0 CE/CME credits • \$45

The duality and dialectic of shame and guilt, when taken to an extreme, can lead to a sense of fragmentation and annihilation. In a more fragile ego, to escape from feelings of weakness and humiliation, passive suffering can turn into an abuse of power and sense of triumph, with the potential for destruction of the self or the other. Drawing from clinical work and the stories of Chekhov and Poe, we examine some of the ways in which the capacity to tolerate shame and guilt can lead to a greater sense of integration and transformation.

EDUCATIONAL OBJECTIVES

Upon completion of this class, participants will be able to:

- Understand the developmental difference between shame and guilt.
- Understand Wurmser's concept of a dialectic between shame and guilt, in which the two affects oscillate rapidly.
- Give two clinical examples of how the dialectic of shame and guilt is manifest in current clinical disorders.
- Understand how the capacity to tolerate shame and guilt can lead to a greater sense of integration and transformation.



**ACCREDITATION AND CREDIT DESIGNATION STATEMENTS
CONTINUING EDUCATION CREDIT**

Important Disclosure: None of the planners or presenters of this CME/CE program has any relevant financial relationship to disclose.

Accreditation Statement: LAISPS is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. LAISPS takes responsibility for the content, quality and scientific integrity of this CME activity.

Physicians: LAISPS designates this educational activity for a maximum of (#) *AMA PRA Category 1 Credits*. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the CMA Certificate in Continuing Medical Education.

Psychologists: LAISPS is approved by the American Psychological Association to sponsor continuing education for psychologists. LAISPS maintains responsibility for this program and its content.

Social Workers and Marriage and Family Therapists: LAISPS is approved by the Board of Behavioral Sciences to grant continuing education credit to those holding LCSW and MFT licenses. (Provider #PCE311) This activity is designated for (#) credit hours.

LAISPS Extension courses meet the needs of all mental health professionals including psychiatrists, psychologists, social workers, and MFT's.

A full description of course content also can be found on the LAISPS website:

www.laisps.org

Or call the LAISPS office for further information:

(310) 440-0333

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FEES: \$5 Registration Fee. \$20 per CE/CME credit;

\$15 for full-time students and interns.

REGISTRATION FORM *(please print)*

Course: _____ Fee: \$ _____

Name: _____ Degree: _____ Prof. Lic. # _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-mail: _____



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Phone: 310.440.0333
Website: www.laisps.org E-Mail: Admin@Laisps.org

This logo is derived from a manuscript of Freud's and the method commonly used to abbreviate psychoanalysis

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Extension Program Chair: Elizabeth Berlese, Ph.D.