

Center for Religion & Psychotherapy of Chicago Education Program in Self Psychology and Religion 30 N. Michigan Ave., STE 1920, Chicago IL 60602	
Course Number and Title	CTh 950: Counseling Theories B: The Clinical Self & Beyond
Meeting Time	Autumn, Winter, Spring, 2021-2022 Fridays, 2:30 PM-4:00 PM
Instructor:	Rev. Gloria Grasse, PhD
Total in-class Hours:	60

Course Description:

The purpose of this two-year, 6 quarter course sequence is to introduce the theoretical foundations upon which, and out of which, a number of counseling and psychoanalytic approaches have been established. Specific attention will be given to the theories of Sigmund Freud, Object Relations theorists and the theory of self-psychology developed by Heinz Kohut. The overall course reviews Freud's central concepts including transference, identification, and narcissism, and the early underpinnings of relational perspectives. The course concludes with attention to the development of Self Psychology as well as contemporary theoretical revisions. Discussion will consistently include application to the clinical experience of the students.

Course Objectives:

1. To understand foundational concepts and theoretical premises of psychodynamic approaches to psychotherapy, as developed by Heinz Kohut, as well as relational and intersubjective approaches to psychodynamic counseling and psychotherapy, by reading primary and other texts.
2. To trace the evolution of self-psychology and more contemporary iterations in psychodynamic counseling and psychotherapy.
3. To trace the evolution of key concepts in self-psychology from the central concepts in Freud's theory and their contemporary iterations in psychodynamic counseling and psychotherapy.
4. To consider the counseling and psychotherapeutic implications of these theories for current clinical work, by tracing how these fundamental concepts are at work in contemporary counseling.
5. To consider the technical implications of these theories for the student's clinical work.

In light of these psychoanalytic theories, to better understand religious experience and its implications in the clinical setting.

Class Format, Expectations, and Evaluations:

Course Requirements

Students are expected to read the weekly assignments and to be prepared to discuss the material along with implications of the theory for their current work with patients. Students are required to keep careful notes on the assigned readings & on class discussions, and to demonstrate integration of this material in the final paper. Course requirements are based on the following rubric:

1. **Weekly class attendance:** Attendance is an important part of our work together, and is emphasized is the root of the word, *attend*. Therefore, cell phones should be turned off, unless you have express permission from the instructor for emergency reasons only. All laptops and tablets are to be used for notetaking purposes only. Any violations of this rule will result in lowering the attendance portion of your grade.
2. **Class participation** Students are expected to read the weekly assignments and be prepared to discuss the material in light of its theoretical implications as it relates to current work with

patients. Class presentations based on case studies and other materials from the literature will be required by different students throughout the year.

3. **Final assignment** Students will be required to complete a seminar paper that demonstrates an understanding of and engagement with the material; particularly as it applies to clinical work. Master's students' papers should be between 10 and 12 pages, while doctoral student's papers should be between 12 and 15 pages. *A paper longer will not necessarily mean a better grade.* A succinct paper that thoroughly engages the material in a systematic and comprehensive manner is preferable to a long-winded paper.
4. **Winter quarter presentations:** Students will present on one of the case illustrations found in section II of *The Kohut Seminars*. Students may work individually or in teams on their presentation. Presentations should be approximately fifteen minutes long. They should address the following:
 - a. *What is the presenting issue in this case? (i.e., What is the patient's complaint?)*
 - b. *According to the presenter, does this differ from the 'real' issue? If so, how?*
 - c. *What are Kohut's and/or the seminar members' sense of the case? What questions and observations do they pose?*
 - d. *From your reading of this case and in light of what you have learned thus far about self-psychology, what is your take? What are your observations and hunches? Do you agree with the sense of the case as it has been offered?*

The Classroom Confidentiality Clause

All members of any given course in the Education Program at CRPC are bound by a mutual agreement to respect one another's privacy and keep those privacies confidential. These include written and oral case presentations, general class discussions, and anything regarding personal information.

Required texts for the winter quarter:

- Elson, Miriam, ed., *The Kohut Seminars: On Self Psychology and Psychotherapy with Adolescents and Young Adults*. New York: W.W. Norton, 1987.
- Heinz Kohut, *Restoration of the Self*. Madison: International Universities Press, 1977.
- Heinz Kohut, *How Does Analysis Cure?* Chicago: University of Chicago Press, 1984.
- Other readings will be made available by the instructor in photocopy format via email no later than the Monday before class
- Any texts that need to be purchased for spring quarter will be announced a minimum of two weeks before the beginning of the quarter.

Winter Quarter: January 14-March 18, 2022

Class #	Date	Topics and Reading
11	Jan. 14	<i>Aggression and Narcissistic Rage</i>
		Readings- Kohut: <i>Thoughts on Narcissism and Narcissistic Rage</i> (pdf) Strozier: <i>On Rage</i> (pdf) Patrick: <i>When the Patient Exhibits Narcissistic Rage</i> (pdf)
12	Jan. 21	<i>Termination and Narcissistic Personality Disorders</i>
		Readings- <i>The Restoration of the Self</i> : Preface, Chapter 1, pp. xiii-62
13	Jan. 28	<i>The Bipolar Self</i>
		Readings- <i>The Restoration of the Self</i> : Chapters 2 & 3, pp. 63-170 CRPC Education Open House
14	Feb. 4	<i>The Oedipus Complex: Self Psychology and the Psychoanalytic Situation</i>
		Readings: Kohut: <i>The Restoration of the Self</i> ; Chapter 4 & 5 Berzoff and Schames: <i>The Phallic Phase</i> (pdf) Tolpin: <i>Selfobjects and Oedipal Objects: A Crucial Developmental Distinction</i> (pdf)
15	Feb. 11	<i>Summation of Restoration of the Self</i>
		Readings: Kohut: <i>The Restoration of the Self</i> ; Chapters 6 & 7
16	Feb. 18	<i>People of Color Constructing Psychology</i>
		Asynchronous Class. Readings: Espin: <i>Latina Realities: Essays on Healing, Migration, and Sexuality</i> . Chapter 5 Videos: <i>Challenges and Rewards of a Culturally-Informed Approach to Mental Health:</i> https://www.youtube.com/watch?v=VrYmQDiunSc&list=PLXuWFMamJ9yRWiAXhgRavxAzerDpCc9F9&index=44&t=7s <i>Black Psychoanalysts Speak:</i> https://www.youtube.com/watch?v=N8-VIi7tb44&list=PLXuWFMamJ9yRWiAXhgRavxAzerDpCc9F9&index=47
17	Feb. 25	<i>Analyzability and castration anxiety in the light of self psychology</i>
		Readings: Kohut: <i>How Does Analysis Cure?</i> Chapters 1-4 Berzoff and Pasco: <i>Inside Out and Outside In: Psychodynamic Clinical Theory in Contemporary Multicultural Contexts</i> . Anxiety and Its Manifestations. Chapter 16 (pdf) Student Presentations
18	March 4	<i>Objectivity in the therapeutic relationship; self – selfobject relationships</i>
		Readings: Kohut: <i>How Does Analysis Cure?</i> Chapters 5-7 Student Presentations
19	March 11	<i>The Curative Effect of Analysis: Defense, Resistance, and the Self-Analytic Function</i>
		Readings: Kohut: <i>How Does Analysis Cure?</i> Chapters 8-10

		<i>Student Presentations</i>
20	March 18	<i>The Analyses of Mr. Z</i>
		Readings: Kohut: <i>The 2 Analyses of Mr. Z</i> Strozier: <i>The Autobiography of Mr. Z</i> ; Chapter 26 <i>Student Presentations</i>

*****Spring Break: March 19-March 31*****