

<b>Center for Religion &amp; Psychotherapy of Chicago</b> Education Program in Self Psychology and Religion 30 North Michigan Ave., STE 1920 Chicago, IL 60602	
Course Number & Title:	CTh 900: Counseling Theories, Year A: Foundational Psychoanalysis and Religion
Meeting Time:	Autumn and Spring Semester 2022-2023 Fridays, 2:35 – 4:00 PM
Instructor:	Gloria Grasse, PhD

### Course Description

The purpose of this course is to introduce the theoretical foundations upon which a number of psychoanalytic therapy approaches have been established. Students will be exposed to a thorough overview of the foundational theories of Freud and the British school of Object Relations, with a focus on the theoretical underpinnings of the Self Psychological movement. Psychodynamic concepts such as transference and countertransference, reality formation, free association, object usage, identification, etc., will be discussed. The course will also devote significant time examining the intersection of clinical work, culture, and the meaningful ways in which such work can be informed by religious experience.

### Course Objectives

1. To understand foundational concepts and theoretical premises of psychodynamic approaches to psychotherapy as developed by Freud, and contemporary versions in psychodynamic counseling and psychotherapy, by reading primary and pertinent secondary texts.
2. To trace the evolution of key concepts in object relations theory as developed by Melanie Klein, D.W. Winnicott, Fairbairn, and their contemporary iterations in psychodynamic counseling and psychotherapy, while developing an understanding of the contexts out of which these theories developed.
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.
5. To consider the technical implications of these theories for the student's clinical work.
6. To consider these theories in light of race, culture, gender identity, sexual orientation, religious experience, and their implications on student's clinical work.

### Required Texts

- For most of the autumn semester and some of the spring semester, many readings will come from *Freud: Complete Works (1890-1939)*, as found in our Google folder. All other readings for the will come via email attachment.

#### For Spring Semester:

- Freud, Anna; *The Ego and the Mechanisms of Defense*; New York; Routledge; 2018
- Summers, Frank; *Objects Relations Theories and Psychopathology: A Comprehensive Text*. New York: Psychology Press, 2015.
- Winnicott, D.W.; *Playing and Reality*. New York: Routledge, 2005.

## Course Requirements

Students are expected to read the weekly assignments and be prepared to discuss the material along with implications of the theory for their current work with patients. Please keep careful notes on the assigned readings & on class discussions, so that you might 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 the permission of 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. **Yearly presentation:** Students will be required to offer a presentation some time during the spring semester.
4. **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 than 12 pages (for master's students) or 15 pages (for doctoral students) 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.

## The Classroom Confidentiality Clause: Brave Space vs. Safe Space.

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.

It is understood that the material in courses at CRPC often elicit intense emotions as they resonate with our personal experiences. It is incumbent upon each student to be mindful of what is stirred up so that discussions in the class setting are responsive, not reactive.

## Grading:

Assignments for this course are weighted accordingly:

Participation/Attendance: 25%

Presentation: 35%

End of year paper: 40%

**Autumn Semester: September 9-December 16, 2022**

Autumn Semester, 2022 September 9– December 16		
Class #	Date	Topics and Readings
<b>Foundational Considerations</b>		
1	Sept. 9	<i>Orientation to the Course</i>
		<b>NO READINGS</b>
2	Sept. 16	<i>Understanding Identity Amid the Question of “Health”</i>
		<b>Readings:</b> Sue, et al (2019) <i>Counseling the Culturally Diverse: Theory and Practice</i> ; Chapter 2, sec. 3: <i>A Tripartite Framework for Understanding the Multiple Dimensions of Identity</i> (pdf)
3	Sept. 23	<i>Beginning to Define Psychoanalytic Theory</i>
		<b>Readings:</b> Kohut & Rubovits-Seitz (1963) <i>Concepts and Theories of Psychoanalysis</i> (pdf) McWilliams: <i>Psychoanalytic Psychotherapy</i> ; Chapter 1, <i>What Defines a Psychoanalytic Theory?</i> (pdf)
4	Sept. 30	<i>Psychotherapy: A Progressive Modality</i>
		<b>Readings:</b> Aron & Starr; <i>A Psychotherapy for the People: Toward a Progressive Psychotherapy</i> ; <i>Introduction</i> ; Chapter 1, pp 1-30 (pdf)
5	Oct. 7	<i>The Bifurcation of Psychoanalysis and Psychotherapy</i>
		<b>Readings:</b> Aron & Starr; <i>A Psychotherapy for the People: Toward a Progressive Psychotherapy</i> ; Chapters 8 & 17 (pdf)
<b>Introduction to Freud and his Theories</b>		
6	Oct. 14	<i>Freud in Historical Perspective → Asynchronous Class</i>
		<b>Film:</b> <i>Genius of the Modern World: Freud</i> <a href="https://www.youtube.com/watch?v=rwl3sbmg47w&amp;t=13s">https://www.youtube.com/watch?v=rwl3sbmg47w&amp;t=13s</a>
7	Oct. 21	<i>Freud’s Psychoanalytic Concepts</i>
		<b>Readings:</b> Freud: <i>On Psychotherapy</i> (1905) Berzoff & Schamess: <i>Inside Out and Outside In</i> ; Chapter 2, <i>Drive and Beyond: Freud Concept of Psychoanalytic Concepts</i> (pdf)
8	Oct. 28	<i>Freud’s Models of the Mind</i>
		<b>Readings:</b> Freud: <i>"Mourning and Melancholia"</i> (1915) <i>"The Dynamics of Transference"</i> (1912)
9	Nov. 4	<i>Freud’s Clinical Theory</i>
		<b>Readings:</b> Freud: <i>"On the Beginning of Treatment"</i> (1913) <i>"Remembering, Repeating and Working Through"</i> (1914) <i>"Observations of Transference Love"</i> (1915)
10	Nov. 11	<i>The Role of Narcissism in Psychological Development</i>
		<b>Readings:</b> Freud: <i>"On Narcissism: An Introduction"</i> (1914)
11	Nov. 18	<i>Freud and the Question of Religion</i>
		<b>Readings:</b> Freud: <i>"A Religious Experience"</i> (1928) Gay: Chapter 2 from <i>A Godless Jew</i> (pdf) Goldberg, C.: <i>The Privileged Position of Religion in the Clinical Dialogue</i> ; pdf

***Thanksgiving Break***		
12	Dec. 2	<i>Further Development of the Structural Model of the Mind</i>
		<b>Readings:</b> Freud: <i>The Ego and the Id</i> (1923)
13	Dec. 9	<i>Freud's Studies in Hysteria</i>
		<b>Reading:</b> Freud: <i>The Aetiology of Hysteria</i> (1894) pp. 170-189 Herman, J; <b>Trauma and Recovery: The Aftermath of Violence—from Domestic Abuse to Political Terror</b> ; Chapter 1; <i>A Forgotten History</i> ; pp. 7-32 (pdf)
14	Dec. 16	<i>Clinical Case Study →Dora</i>
		<b>Readings:</b> Freud: <i>Fragment of an Analysis of a Case of Hysteria</i> (1905); pp. 572-616

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**\*\*\*December 17, 2022 – January 19, 2023: Winter Break\*\*\*  
ENJOY!!!**