

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 II: 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 of Year B:

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.
6. 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 should keep careful notes on the assigned readings and on class discussions and *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*. In our current remote learning format, we will discuss together what it means to "show up" in the virtual classroom and decide together how best to proceed.
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. *Quarterly asynchronous classes and discussions* will take place via email or Google chat

and will require at least one comment by every class member. 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. Masters 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.

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 Fall Quarter:

Students will receive selected readings assigned from Kohut's *The Analysis of the Self* (1971).

- Elson, Miriam, ed., *The Kohut Seminars: On Self Psychology and Psychotherapy with Adolescents and Young Adults*. New York: W.W. Norton, 1987.
- Other readings will be made available by the instructor in photocopy format via Google folder
- Any texts that need to be purchased for winter and/or spring quarter will be announced a minimum of four weeks before the beginning of that quarter.

Class #	Date	Topics and Reading
1	Sept. 24	<i>Review of the Syllabus</i> <i>Introduction to the course</i>
		Readings: None
2	Oct. 1	<i>Trauma in the Human Experience</i>
		Readings: Miller (1981): <i>The Drama of the Gifted Child</i> ; Chapter 1 (pdf) Menakem (2017): <i>My Grandmother's Hands</i> ; Chapter 3 (pdf)
3	Oct. 8	<i>Psychoanalytic Thought and Kohut</i>
		Kohut & Rubovits-Seitz (1963): <i>Concepts and Theories of Psychoanalysis</i> (pdf) Cooper & Randall (2011): <i>Grace for the Injured Self</i> ; Chapter 1 (pdf)
4	Oct. 15	<i>Empathy as a Psychoanalytic Tool</i>
		Readings: Strozier: <i>On Empathy</i> (pdf)
5	Oct. 22	<i>Transference: Its Meaning and Complexity</i>
		Readings- Tolpin: <i>Forward and Trailing Edge Transferences</i> (pdf) Lane (ed.): <i>The Psychoanalysis of Race</i> (1998); Yang: <i>A Question of Accent: Ethnicity and Transference</i> (pdf)
6	Oct. 29	<i>Narcissism: A Contemporary View</i> <u>Asynchronous Class</u>
		https://www.youtube.com/watch?v=ioWcLuMcTBc&list=PLXuwFMamJ9yRWiAXhgRavxAzerDpCc9F9
7	Nov. 5	<i>Narcissism: Kohut's Point of View</i>
		Readings- <i>Analysis of the Self</i> : Chapter 1, pp-34 (pdf) <i>The Kohut Seminars</i> : Chapter 1, pp.3-17
8	Nov. 12	<i>Idealizing Transference</i>
		<i>Analysis of the Self</i> : Chapter 2, pp 37-56 <i>The Kohut Seminars</i> : Chapter 2, pp 18-30
9	Nov. 19	<i>Mirroring Transference</i>
		Readings- <i>Analysis of the Self</i> : Chapter 5, pp 105-132
	Nov. 26	*** Thanksgiving Break ***
10	Dec. 3	<i>Psychic Structures and Regulating the Self</i>
		Readings- <i>The Kohut Seminars</i> : Chapters 3-5, pp 31-76

Autumn Quarter: Sept. 24 – Dec. 3, 2021

***** Winter Break: December 4th – January 13th *****