



introduces new

programs...

TRISP One Year Introductory Program *Introduction to Self Psychology and Intersubjectivity*

The TRISP One Year Introductory Program is designed for those interested in learning what self psychology and the theory of intersubjectivity contribute to a contemporary understanding of people, their behavior, and their inner experience. It is open to clinicians as well as a general audience; accordingly, no license is required for this program.

The complete program consists of four courses: two required courses and two electives. The required courses are an introduction to the key concepts of self psychology in the first semester, followed by an introductory course on the theory of intersubjectivity in the second semester. The elective courses are chosen from a pool of special topic course offerings, ranging from a self-psychological understanding of trauma to the self psychology of everyday life. Candidates design individualized programs based on personal preference and availability of courses. In addition, candidates participate in TRISP community workshops given twice a year.

The required courses are offered at two different times to accommodate different schedules: the evening class meets on Wednesdays at 7:30 PM and the daytime class meets on Fridays at 10:00 AM. Elective courses are offered on select days of the week at select times of the day. Candidates may choose to take one course per semester, (initially one of the required courses), or several courses (required and one or more electives). All classes are held in private offices in Manhattan.

Upon successful completion of the TRISP One Year Introductory Program, a candidate may continue to take elective courses from the pool of elective course offerings. These offerings will be expanded based on requests from the pool of candidates and faculty interest. Alternatively, a candidate may feel ready for a deeper immersion and commitment to training in self psychology and intersubjectivity, and move on to the second year of the TRISP Three Year

Psychotherapy Program. Upon completion of that program candidates may choose to continue their training in the TRISP Psychoanalytic Training Program.

The TRISP One Year Introductory Program is thus either a self-contained introduction to self psychology and the theory of intersubjectivity, or it is the first step in a two or three step training program, resulting in a certificate in self-psychological psychotherapy or a certificate in self-psychological psychoanalysis.



TRISP One Year Introductory Program

Introduction to Self Psychology & Intersubjectivity

Fall 2009

Required Course

Kohut for Beginners: The Basic Concepts of Self Psychology

Karen Roser

Wednesday 7:30pm – 9:00pm

Aviva Rohde and Harry Paul

Friday 10:00am – 11:30am

This course will introduce students to the essential concepts of Heinz Kohut, which have made self psychology a unique and vibrant theory of the human mind. Concepts covered will include empathy, the selfobject transferences, the importance of narcissistic needs, narcissistic rage, and Kohut's conceptions of defense and resistance.

Elective Courses

Working with the Edge of Awareness

Lynn Preston and Charlotte Hawarth

Monday 6:00pm – 7:30pm

How do we open up the realm of what is felt, but not yet accessible to thought? How do we locate ourselves as therapists in the complexities of what seems to be just beneath the surface of what we are talking about in therapy? In this course we will consider Eugene Gendlin's contribution to working with this implicit realm of experience. Using case examples and perhaps role play we will explore the meeting place of his "focusing" orientation and relational self psychology.

The Self Psychology of Everyday Life

Aviva Rohde

Tuesday 9:30am - 11am

How can the fundamental ideas of self psychology and intersubjectivity help us understand the world around us? Can they illuminate our understanding not just of confusing interpersonal moments and challenging work situations, but difficult social dynamics, politics, and daily life? This course will enable students to step into the world of applied psychoanalysis and shed some self psychological light into the world outside our offices.

Dream Work

Patricia Simko

Thursday 5:15pm - 6:45pm

Since Freud's revolutionary *Interpretation of Dreams* in 1899, dream interpretation has always been an essential part of psychotherapy. Dream work allows us to penetrate the deeper meaning of our mind and its operations. This class presents the history of dream analysis, beginning with Freud and continuing through the works of dream theorists to the present day. We will read the works of these major theorists and work as well with our own dreams to appreciate their meaning and to understand dream theory.

Trauma-Centered Treatment

Doris Brothers

Thursday 7:15pm – 8:45pm

What patient has never known trauma? What therapist? This course explores the powerful ways in which wishes to heal from trauma and the dread to repeat it – on the parts of both therapeutic partners – shape the treatment process. Among the topics to be covered are: traumatic attachments, the role of dissociation, intergenerational trauma, and therapist burnout.

More Than Being Nice: Empathic Considerations

Kathy LaFemina

Friday 12:00pm – 1:30pm

Kohut's attention to empathy as a focal avenue into the lives of his patients brought empathy into the minds and discourse of therapists. This course will take a beginning look at Kohut's thinking on empathy and what "being empathic" in a self-psychological treatment looks like. Through readings and clinical material, this course will decipher the complexities, misunderstandings, and controversies over this concept.

The Seven Self-Psychological Secrets of Success

Peter Zimmermann

Friday 2:00pm – 3:30pm

Understanding interpersonal relationships, in love as well as in work, is one of the key factors to success. This course looks at what self psychology teaches us about what is essential in relationships and what we need to know in order to understand and negotiate them successfully.

The Life and Work of Heinz Kohut

Charles B. Strozier

Friday 4:00pm – 5:30pm

In this course, Kohut's biographer will examine in detail the life of Heinz Kohut and its intersection with his work. And it was a dramatic life Kohut led, from his youth in Vienna and escape from the Nazis, through his role as one of the dominant figures of classical psychoanalysis, to his theoretical and personal break from drive theory that led to his revolutionary ideas. That story will be embedded in rich historical context, as well as what might be called the back story (or, in other terms, gossip) behind the biography itself.

Neurobiology for the Practicing Psychotherapist

Jeff Dietz

tba

Recent scientific literature about how psychotherapy changes the brain is breathtaking. It gives us a way to understand the concepts of self psychology at the level of individual nerve cells and brain circuits, and that understanding can inform every aspect of the treatment situation. This course will explain how the emotional brain is designed and how it processes information, and how that knowledge can change the way you think about therapy.

Spring 2010

Required Course

Stolorow for Beginners: The Basic Concepts of the Theory of Intersubjectivity

Peter Zimmermann and Michael McGarry

Wednesday 7:30pm – 9:00pm

Richard Ulman

Friday 10:00am – 11:30am

This course will introduce students to the fundamental concepts of the theory of intersubjectivity, as conceived by Stolorow, Atwood, Brandchaft, and Orange. These elaborations brought Kohut's theory of self psychology into the 21st century and put intersubjectivity theory in the central place in contemporary psychoanalytic thinking that it now occupies.

Elective Courses

Healing Childhood Trauma

Kathy Roe

Monday 11:30pm – 1:00pm

A "trauma" is a memory that does not forget, even when it is excised from narrative. Self psychology is uniquely suited to healing childhood trauma. The development of the selfobject connection, sustained empathic inquiry, witnessing – which includes feeling along with the patient so the patient can link affects to events – address both the hope and the dread of the patient's self strivings. Readings and discussions will include current self psychological and trauma theories.

The Role of Attachment in Psychotherapy

Grete Laine

Monday 1:30pm – 3:00pm

It is hard to overestimate the need for attuned responsiveness in early life. The attachment patterns that form in its absence, if not repaired, set the stage for destructive and painful adult relationships. This course begins with a focus on Ainsworth's theory of attachment and features a film illustrating her ideas. The

work of Kohut and Stern will also be explored. Case presentations will be used to illustrate the importance of attachment theory to our clinical work.

Children in Distress: Creating New Contexts for Change in Child Treatment

Karen Roser

Monday 7:00pm – 8:30pm

Working with children presents unique challenges and opportunities: building a relationship with a child, exploration of a child's world, and creating something new from within the relationship. Working within the child's interpersonal world of parents, teachers, and other professionals presents additional challenges. Using self psychology and intersubjectivity theory, this course will cover such clinical issues as how to develop and deepen relationships with children; exploring their world through play; creating new possibilities in working with parents; and working within the systems of which the child is part to create contexts for change.

From Anna O to Mr. Z: The Patients Who Created Psychotherapy

Aviva Rohde

Tuesday 9:30am - 11am

Throughout the history of psychoanalysis, new theories have been formulated in the privacy of the consulting room and have been taught through the public vehicle of the case study. In this class, students will read together the cases that stand as cornerstones in our theories and get to know the patients who moved our ideas forward.

When Kohut Meets Buddha: The Common Ground of Self Psychology and Buddhist Psychology

Gerti Schoen

Tuesday 8:00pm – 9:30pm

Self psychology and Buddhism both concern themselves with self exploration, uncovering our true beliefs, and, ultimately, insight and acceptance. Furthermore, the relationship between psychotherapist and patient closely resembles the student-teacher relationship in the zendo. The course explores such important concepts of Buddhism and self psychology as self, false self, and no self; attachment and detachment; and idealization and acceptance. Guest speakers will include Mark Epstein, Barry Magid, and Jeffrey Safran.

Narcissus in Wonderland: Addiction in the 21st Century

Harry Paul and Richard Ulman

Wednesday 12:45pm – 2:15pm

*This course will offer a new way to understand and work with addicts. Drawing from their book *Narcissus in Wonderland*, the instructors will present their self-psychologically based theory of addicts as fantasy junkies and control freaks. Through lecture and case material, they will outline techniques for engaging and treating addicted patients.*

Rockin' and Rollin' with Couples and Groups: The Many Faces of Shame, Anger, Fear, and Hope

Louisa Livingston

Friday 12:00pm - 1:30pm

Members of a couple or a psychotherapy group struggle with competing needs, longings, and fears. As a result, shame, anger, and other powerful affects swirl around them. Within this mix of strong emotion, the therapist must navigate through the competing needs, emotions, and perceptions of more than one patient. This course will apply concepts from self psychology and intersubjective systems theory to working with couples and therapy groups. The course will combine case presentations, experiential exercises, and in-depth examination of sessions from published works, depending on class wishes.

The Self Psychology of Despair

Peter Zimmermann

Friday 2:00pm – 3:30pm

This course presents a self-psychological reformulation of what Freud termed melancholia and today is referred to as affective disorder, and elaborates the treatment principles that derive from such a view. By reasserting the meaning of despair, albeit the self-psychological meaning, this course raises questions and offers an antidote to the current formulations that view depression and bipolar disorder exclusively as a result of a breakdown in the brain chemistry.

Intensive Case Seminar

Kathy La Femina

Friday 5:30pm – 7:00pm

One case will be followed throughout the entire eight classes. Each class will be devoted to examining and discussing clinical material gathered from one or two sessions of an individual at the start of their therapy. Clinical material, including therapist/patient interactions, will be highlighted to demonstrate the principles of a self-psychological informed therapy. Participants can offer their own cases for discussion.

Note: All courses will run based on enrollment.



TRISP One Year Introductory Program

Introduction to Self Psychology & Intersubjectivity

Schedule

There are eight hour-and-a-half classes per semester, scheduled on an every-other-week basis with adjustments for holidays. An additional week is planned in advance for make-up classes.

Fall 2009 classes will meet during the weeks of (required course dates follow):

- 1 – September 21st – Self Psychology on September 23rd/25th*
- 2 – October 5th – Self Psychology on October 7th/9th*
- 3 – October 19th – Self Psychology on October 21st/23rd*
- 4 – November 2nd – Self Psychology on November 4th/6th*
- 5 – November 16th – Self Psychology on November 18th/20th*
- 6 – November 30th – Self Psychology on December 2nd/4th*
- 7 – December 14th – Self Psychology on December 16th/18th*
- 8 – January 4th – Self Psychology on January 6th/8th*
- Make-up class – January 18th – Self Psychology on January 20th/22nd*

Spring 2010 classes will meet during the weeks of (required course dates follow):

- 1 – February 1st – Intersubjectivity on February 3rd/5th*
- 2 – February 22nd – Intersubjectivity on February 24th/26th*
- 3 – March 8th – Intersubjectivity on March 10th/12th*
- 4 – March 22nd – Intersubjectivity on March 24th/26th*
- 5 – April 5th – Intersubjectivity on April 7th/9th*
- 6 – April 19th – Intersubjectivity on April 21st/23rd*
- 7 – May 3rd – Intersubjectivity on May 5th/7th*
- 8 – May 17th – Intersubjectivity on May 19th/21st*
- Make-up class – May 31st – Intersubjectivity on June 2nd/4th*

Fees

Tuition is \$300 per eight-week course. If a full year's tuition is paid by September 1st tuition will be \$1000 for all four program courses. Candidates who register for courses beyond the four program courses will be charged \$200 per additional course. There is a non-refundable \$50 annual registration fee for all candidates.

TRISP members in good standing may take any One Year Program course at the reduced rate of \$200 per course.



TRISP One Year Introductory Program

Introduction to Self Psychology & Intersubjectivity

Application

Name: _____
Address: _____

Home Phone: _____
Office Phone: _____
Cell Phone: _____
E-mail: _____

Please submit the following:

1 – A brief statement (one page) that addresses the following questions: What is your interest in studying at TRISP? What are you hoping for in your training experience at TRISP? What would you like us to know about you?

2 - A current Curriculum Vitae: Applicants are required to have a Bachelor's degree.

3 - Two letters of reference.

4 - A non-refundable application fee of \$50, made out to TRISP Foundation.

Applications may be submitted:

by email to: trispnyc@msn.com

by mail to: Aviva Rohde, TRISP Admissions Chairperson
215 West 88th Street, Suite 1C, New York, NY 10024

Applications are reviewed on a rolling basis. Qualified applicants will be contacted for an interview.

Questions? Call or email TRISP (212-828-1042, trispnyc@msn.com) or Aviva Rohde (212-799-5119, abrphd@aol.com).



TRISP Three Year Psychotherapy Program

A mental health license is required for the TRISP Three Year Psychotherapy Program.

The TRISP Three Year Psychotherapy Program (16 courses total) consists of the TRISP One Year Introductory Program (four courses) and two subsequent years (12 additional courses, three per semester). Each course has eight hour-and-a-half classes.

The coursework of the TRISP Three Year Psychotherapy Program builds on and deepens the self-psychological concepts and practice (four courses throughout the second year) and intersubjective concepts and practice (four courses throughout the third year) presented in the TRISP One Year Introductory Program. This core curriculum is augmented by a course that locates self psychology and intersubjectivity theory in the larger context of past and present psychoanalytic theory including object relations, classical, and relational theory, a course on working with dreams and the unconscious from self-psychological and intersubjective perspectives, a course on current views of human development, and finally a course on what beginning practitioners need to know to develop and sustain a successful private practice.

There is a supervision requirement: One year of group supervision on class days for an hour-and-a-half each session (16 sessions for the year) and a second year of individual 45-minute supervision sessions (a minimum of 20 sessions at every other week).

There is also a personal therapy requirement of a minimum of 20 hours a year during the second and third years for a total 40 hours.

Upon successful completion of the TRISP Three Year Psychotherapy Program candidates receive a certificate in self-psychological and intersubjective psychotherapy. A candidate with this certificate may move on to the second half of the TRISP Psychoanalytic Training Program.



TRISP Psychoanalytic Training Program

The TRISP Psychoanalytic Training Program consists of the TRISP Three Year Psychotherapy Program (16 courses) and three subsequent years (18 additional courses, three per semester). Each course has eight hour-and-a-half classes.

The coursework of the TRISP Psychoanalytic Training Program includes a mix of clinical and theoretical master classes, focused on the latest thinking in self psychology, intersubjectivity and relational theory as well as other relevant thinking in related fields such as attachment theory, infant research, gender studies and philosophy. A research project and a final case presentation will be required for graduation.

The supervision and personal analysis requirements are as follows. First year (of the three subsequent years): 40 hours of group supervision and 120 hours of three-times-a-week personal analysis. Second and third years: a total of 80 hours of control analysis and 80 hours of personal analysis over the course of two years.

Upon successful completion of the TRISP Psychoanalytic Training Program candidates receive a certificate in self-psychological and intersubjective psychoanalysis.