

The Psychoanalytic Training Institute of The Contemporary Freudian Society

4C - Personality Development: Stages of Adulthood

Ten-Session Course

Instructor: Ani Buk, MA, LP, LCAT, FIPA
Dates: September 12, 19, 26
October 17, 24, 31
November 7, 14, 21, 28
Time: 8:30 – 10:00 pm
Location: 115 West 86th Street, #19E, NYC

This course examines, through a psychoanalytic lens, a wide range of the complex intrapsychic, biological and socio-cultural forces involved in the process of becoming and being an adult. In the clinical material of every adult we can hear echoes of previous developmental achievements and derailments. We will consider how implicit and explicit memories of these earlier experiences influence the adult's current emotional state, belief systems, desires, conflicts, capacity for relatedness, sense of identity, and responses to life circumstances, all of which shape personality development throughout the life cycle. Special attention will be paid to how the process of grieving what has been lost with the passage of time and the limitations of reality can enhance the adult's ability to adapt to change, and even to thrive in new ways, at all ages.

Ani Buk, MA, LP, LCAT, FIPA, is a licensed psychoanalyst and art therapist in private practice in Manhattan, where she works with children, adolescents, adults and couples. She is a Training and Supervising Analyst and on the Permanent Faculty of the Psychoanalytic Training Institute of the Contemporary Freudian Society, and has been on the faculty of the Graduate Art Therapy Program of New York University since 1993. A nationally recognized trauma specialist with 30 years of clinical experience, Ani's work and recommendations have been featured in newspapers and periodicals such as *The New York Times*, *The Wall Street Journal*, *US News & World Report*, *The Chicago Tribune*, and *Scholastic News*. She is the Clinical Advisor to Lalela, a non-profit that provides educational arts for at-risk youth in Africa and the US.

Learning Objectives

After attending this course, participants will be able to:

- 1) Describe typical developmental concerns and transition periods throughout the life cycle of adults.
- 2) Delineate three ways that avoiding feelings of grief can impinge upon the adult's ability to negotiate the process of aging in adaptive ways.
- 3) Use a clinical vignette from their own work with a patient to illustrate two theoretical constructs from the readings on one of the topics covered.

Continuing Education Contact Hours:

The Psychoanalytic Training Institute of the Contemporary Freudian Society SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0087. Contact Hours are granted to participants with documented attendance of the entire program and completed evaluation form. It is the responsibility of the participants seeking Contact Hours to comply with these requirements. Upon completion of this program and evaluation form, participants will be granted **15 Contact Hours**.

Program Fee:

\$550 (Full refund 30 days prior to first session.)

Required Readings:

9/12 - Class 1: *Emerging Adulthood; Conceptualizing Adult Development*

Settlage, C.F., Curtis, J., Lozoff, M., Lozoff, M., Silberschatz, G. & Simburg, E.J. (1988). Conceptualizing Adult Development. *J. Amer. Psychoanal. Assn.*, 36: 347-369.

9/19 - Class 2: *Transforming the Reverberations of Childhood and Adolescence*

Novick, K.K. & Novick, J. (1994). Postoedipal Transformations: Latency, Adolescence, and Pathogenesis. *J. Amer. Psychoanal. Assn.*, 42: 143-169.

Bach, S. (2001). On Being Forgotten and Forgetting One's Self. *Psychoanal Q.*, 70: 739-756.

9/26 - Class 3: *Contending with Transience and the Passage of Time*

Bell, D. (2006). Existence in Time: Development or Catastrophe. *Psychoanal Q.*, 75: 783-805.

Colarusso, C.A. (1991). The Development of Time Sense in Young Adulthood. *Psychoanal. St. Child*, 46: 125-144.

10/3 - No Class

10/10 – No Class

10/17 - Class 4: *Transcending the Impact of Immigration and Adult Onset Trauma*

Akhtar, S. (1995). A Third Individuation: Immigration, Identity, and the Psychoanalytic Process. *J. Amer. Psychoanal. Assn.* 43: 1051-1084.

Buk, A. (2009). The mirror neuron system and embodied simulation: Clinical implications for art therapists working with trauma survivors. *The Arts in Psychotherapy*, 36: 61-74. [PDF will be provided.]

10/24 - Class 5: *Clarifying Vocational Choices*

Fine, M. & Wolf, E.S. (1987). Career Choice: The Dynamics of Self-Expression. *Psychoanal. Inq.*, 7: 39-57.

Harris, A. (1997). Aggression, Envy, and Ambition. *Gender and Psychoanalysis*, 2: 291-325.

10/31 - Class 6: *Finding Mature Love and Intimacy – Part 1*

Bergmann, M.S. (2001). Finding an Object. *Mod. Psychoanal.*, 26: 3-13.

Kernberg, O.F. (1974). Barriers to Falling and Remaining in Love. *J. Amer. Psychoanal. Assn.*, 22: 486-511.

Chodorow, N.J. (1992). Heterosexuality as a Compromise Formation. *Psychoanal. Contemp. Thought*, 15: 267-304. [PLEASE NOTE: for class, read final section only, "Heterosexuality and Homosexuality: Sexuality as a Compromise Formation," (294-301)]

11/7 - Class 7: *Finding Mature Love and Intimacy – Part 2*

Cole, G.W. (2005). Categories as Symptoms: Conceptions of Love in the Psychoanalytic Relationship. *Psychoanalytic Quarterly*, 74(4), 977-987.

Jacobo, M. (2001). Revolutions in psychoanalytic theory of lesbian development: Dora to Dykes and back again. *Psychoanalytic Psychology*, 18, 667-683.

Corbett, K. (2001). Nontraditional Family Romance. *Psychoanal. Q.*, 70: 599-624.

11/14 - Class 8: *Becoming a Parent or Remaining Childless*

Furman, E. (1994). Early Aspects of Mothering: What Makes it so Hard to Be There to Be Left. *J. Child Psychother.*, 20: 149-164.

Chodorow, N.J. (2003). "Too Late": Ambivalence About Motherhood, Choice and Time. *J. Amer. Psychoanal. Assn.*, 51: 1181-1198.

Diamond, M.J. (1986). Becoming a Father: A Psychoanalytic Perspective on the Forgotten Parent. *Psychoanal. Rev.*, 73D: 41-64.

11/21 - Class 9: *Moving Through the Midlife Years*

Colarusso, C.A. & Montero, G.J. (2007). Transience During Midlife as an Adult Psychic Organizer. *Psychoanal. St. Child*, 62: 329-358.

Diamond, M.J. (2004). Accessing the Multitude Within. *Int. J. Psycho-Anal.* 85: 45-64.

11/28 - Class 10: *Living Fully as an Elder*

Peacock, M. (2007). "Passion Flowers in Winter." In D.W. Foster (Ed.), *The Best American Essays of 2007* (174-189). NY: Houghton Mifflin Company. [A copy will be provided.]

Mann, C.H. (1985). Aging - A Developmental Reality Ignored by Psychoanalytic Theory. *J. Am. Acad. Psychoanal. Dyn. Psychiatr.*, 13: 481-487.

Colarusso, C.A. (2000). Separation-Individuation Phenomena in Adulthood: General Concepts and the Fifth Individuation. *J. Amer. Psychoanal. Assn.*, 48: 1467-1489. [PLEASE NOTE: for class, read Part II: *The Fifth Individuation, and the Conclusion.*]