

## **Seminar Mr. Jeffrey Satinover, MD PhD**

### **1. Introduction to Psychiatry in Analytical Psychology** (sequence of 2 two-hour sections)

The goal of this course is to provide a "roadmap" to the thoughtful adjunct use of psychiatric understandings and methods for analytical psychologists.

This course has two parts. Part I will present an overview of modern psychiatric diagnosis based on the ICD and DSM classification systems. The most common "Axis I" psychiatric diagnoses will be used to illustrate the "symptom cluster" methodology. The benefits and limitations of this approach will be discussed in comparison to other forms of classification. Part II will focus on uniquely psychiatric (i.e., medical) treatments. The main focus will be psychopharmacology in conjunction with psychotherapy and Jungian analysis in particular. ECT and TMS will be discussed briefly along with other newer and in some cases controversial methods. Because of their extremely widespread use in high-functioning individuals, special attention will be given to the adjunct use of Serotonin reuptake inhibitors (SSRI) and their effect on dreams and emotion.

### **2. Psychopathology** (sequence of 2 two-hour sections)

This course may be considered a companion to 1. above, but will stand on its own as well. After providing historical context, the most important Axis I and II diagnoses in the DSM IVR will be reviewed in sequence--e.g., the schizophrenias, schizoaffective disorder, bipolar disorder, major depression, the anxiety disorders including obsessive-compulsive disorder, borderline and other personality disorders, the addictions, etc., as well as so-called "dual diagnoses". Criteria for making diagnoses will be highlighted for each as well as indicators for a psychiatric referral or consultation, especially when urgent. Problems of management will also be discussed, especially in the second section, including professional relationships and boundaries, the sociology of multidisciplinary team treatment, adjunct medical treatment and hospitalization.

### **3. Theory of Neurosis** (1 two-hour section)

This course will provide an overview of the theory of neurosis with a focus on the needs of students in the training program. The early and later ideas of Freud will be presented, along with the extensions introduced by Adler and Jung early on, and the self-psychologists later. The concept "neurosis" will itself be examined, especially in the light of Jung's characterization of "complexes". The distinction between "the neuroses" and "the psychoses" will be presented in the context of Jung's disagreement with Freud over the nature of introversion.

### **4. Developmental Psychology** (2 two-hour sections)

This course has two sections. The first section will present an overview of the major analytically oriented theories of child and adult psychological maturation and development. (Modern understandings of intersecting domains of development--e.g., moral, cognitive, neurophysiological--will be referenced but not explicated.) Freud and his concepts of the oedipal phase and genital eroticism will be presented first. The ideas of Melanie Klein and the object relations theorists will follow along with the ideas of the pre-oedipal theorists and the selfpsychologists. In the second section of the course, Jungian analysts who have incorporated many of these ideas, and others, will be discussed (e.g., Michael Fordham and the English school). Developmental psychology as a study of childhood will be contrasted with Jung's idea of a "second half of life" developmental path.

**5. Jungian methods in short-term therapy: What can and can't, should or shouldn't , be done? (1 two-hour section)**

For many people, unfortunately, long-term psychotherapy and analysis has become much more of a luxury than it once was. In spite of the fact that in many instances where people accept only very short-term therapy (driven by financial concerns, for example), it is also true that even if forced, a focus on short-term intervention can sometimes be beneficial in its own right. One way to understand this potential benefit is to focus on the role of intense affect both in creating problems and in resolving them. This course will introduce modern ideas of affect-based therapy along with suggestions as to how specifically Jungian understandings and methods may be properly and helpfully introduced.