

# Contemporary Psychoanalytic Couple Psychotherapy

The Contemporary Psychoanalytic Couple Psychotherapy Program of New York is pleased to announce a psychoanalytic psychotherapy training weekend for couples, which will serve as the kickoff for a larger program that will offer theoretical classes, technical classes, and case conferences.

This weekend, taught by [Shelley Nathans, Ph.D.](#) and [Vivian Eskin, Ph.D.](#), is open to psychoanalysts, psychoanalytic psychotherapists, social workers, psychologists, and psychiatrists who have experience in individual and couple work or who would like to increase their knowledge in working with couples.

*Psychoanalytic Couple Psychotherapy Two-Day Weekend  
January 9-10th 2016*

Time: 9:00am-4:30pm with lunch break from 12:00-1:00pm

Location: UWS Location, TBA

12.5 CEUs

Fee: \$450.00 (Please make check payable to: Contemporary Psychoanalytic Couple Psychotherapy of New York LCSW P.C.)

## Day 1

### 9:00am-12:00pm - [Introduction to the Tavistock Model of Couple Psychoanalytic Psychotherapy](#)

This workshop begins with an introduction to the theory of psychoanalytic couple psychotherapy, including discussion of concepts such as couple state of mind, unconscious beliefs, projective identification and partner choice with illustrations by use of case vignettes.

### 1:00-2:45pm - [On Setting the Frame](#)

This seminar will explore the theory and purpose of the analytic frame in couple psychotherapy and consider the ways in which this is similar to and different from work with individual psychotherapy. The frame can be conceived as an important factor in promoting containment for the couple, as a part of the therapeutic action, and as an important source of information for the therapist. We will also be discussing the components of the frame in couple psychotherapy such as scheduling and boundary issues, including whether to meet separately or together with the partners, confidentiality, and the management of consultations with other professionals.

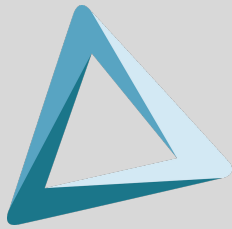
### 3:00-4:30pm - [Case Presentation](#)

## Day 2

### 9:00am-12:00pm - [The Oedipal Situation & Triangulation](#)

This seminar will focus on some contemporary psychoanalytic ideas about the Oedipus complex and the couple. Many of the difficulties that arise throughout the developmental life of the couple, such as commitment issues, parenting problems, sexual conflicts, affairs, and impediment to thinking and working together, are sometimes best understood through the lens of the Oedipus complex. We will discuss Freud's theory of the Oedipus complex, Klein's concept of the Oedipal situation, Britton's concept of triangular space, and review the developmental role of Oedipal level functioning in promoting the couple's capacity for observation, reflection, thinking, flexibility, and creative functioning.

Contemporary Psychoanalytic Couple Psychotherapy Program of New York  
165 West 91<sup>st</sup> Street #5E, New York, NY 10024



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**1:00-2:45pm - [Assessment](#)**

Participants will learn what a couple assessment is, what to look for to discover which dynamics the couple struggle with, how motivated a couple is for psychotherapy, and their willingness to work weekly.

**3:00-4:30pm - [Case Presentation](#)**

## Instructors

**Shelley Nathans, Ph.D.** is a clinical psychologist in private practice in both San Francisco and Oakland, California and is a member of the teaching faculties of the California Pacific Medical Center and the Psychoanalytic Couple Psychotherapy Group training program. She has completed the Tavistock Center for Couple Relations Advanced Training in Psychoanalytic Psychotherapy with Couples, is a member of the British Society of Couple Psychotherapists and Counselors, is on the International Advisory Board for the journal *Psychoanalytic Couple and Family Psychoanalysis*, and is on the Board of Section VIII, Division 39 (the section for Psychoanalytic Psychotherapy for Couples and Families of the American Psychoanalytic Association). She is the director and producer of the film *Robert Wallerstein: 65 Years at the Center of Psychoanalysis*, and she is co-editor of the forthcoming book *Couples on the Couch: Psychoanalytic Couple Psychotherapy*.

**Vivian Eskin, Ph.D.** is a psychoanalyst and psychotherapist in private practice in New York City. Dr. Eskin specializes in individuals, couples, and parent-infant-toddler psychotherapy. She is a Training and Supervisory Analyst (Adult) at The Contemporary Freudian Society, a graduate of the Annie Bergman Parent-Infant Program in New York, and has advanced training in Couple Psychoanalytic Psychotherapy from The Tavistock Centre for Couple Relationships in London, UK. Dr. Eskin teaches at The Psychoanalytic Training Institute of the Contemporary Freudian Society Psychoanalytic Program and Psychotherapy Program; The Metropolitan Psychoanalytic Training Institute of New York; and The Forensic Family Training Center in New York. She has taught as adjunct professor at the Silberman School Of Social Work at Hunter College and the NYU Silver School of Social Work.

**For further information, please call Program Assistant Tania Asnes (646) 641-9640**

### REGISTRATION FORM:

**Name:**

**Address:**

**Email:**

**Please mail this form with a check for \$450.00 payable to: Contemporary Psychoanalytic Couple Psychotherapy of New York LCSW P.C. Refunds will be issued up to 3 weeks prior to the start of the event.**

**Please RSVP to [veskinphd@gmail.com](mailto:veskinphd@gmail.com).**

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