

SPRING 2024 COURSE DESCRIPTIONS

GPSA104 Multicultural Inclusion for Mental Health Work (3 credits)

This course is designed to introduce students to theoretical models of diversity and identity development. Students will examine theories of Race, Ethnicity, Class, Sex, Gender, Sexual Orientation and Ability, and other components of cultural identities as a means of understanding the development and utility of one's own belief system, as well as the beliefs, values and experiences of a diverse client base. This course will address the notion of 'difference' within the therapeutic hour and examine the role and influence of systemic factors within the counseling process.

GPSA502 Human Development: Age Three to Adolescence (3 credits)

This course will focus on the intra-psychic, developmental, and biopsychosocial processes that occur in the years between age three and age twelve. Oedipal, latency and pre-teen dynamics are presented and explored, and students learn how an understanding of these stages of childhood development can be applied in the therapeutic relationship.

GPSA511 The Counseling Profession (3 credits)

This course provides a broad understanding of the psychoanalytic counseling profession as defined by the history, professional standards, scope of practice and application of ethics to theory and practice. The professions of counseling and psychoanalysis are defined and compared through their historical roots with exploration of overlapping practice methods. The importance of personal and professional self-care is emphasized. Students learn ethical decision-making models to assist in making practice decisions.

GSPA522 Comparative Psychotherapies I: Modern Concepts & Techniques (3 credits)

In this course, students will learn the basic intervention strategies applied in counseling and psychoanalysis. We will study how these fields have expanded, in technique and theory, to include more severe emotional disorders. It will be an introduction to theory and interventions; students will learn how to apply these concepts in class via experiential learning.

GPSA529 Transference and Countertransference (3 credits)

In this course students learn about the theoretical and clinical meanings of transference and countertransference and their importance as a framework and tools in working effectively with people. They study, through ongoing cases, readings, films, and group discussion, the helping relationship and techniques to facilitate understanding of transference and countertransference as they influence self-care and self-development.

GPSA531 Group Dynamics I: Theories & Techniques (3 credits)

This course provides the broad, basic theoretical and experiential understanding of group work. Basic stages and psychoanalytic underpinnings of group process and structure are outlined with emphasis is on methods and skills. Special emphasis is given to resistance, interventions with specific diagnostic, culture, development and legal or ethical issues of group work. More than 10 clock hours of this course are structured as a group experience activity.

GPSA534 Trauma and the Resilient Mind: Contemporary Theories (3 credits)

This course is designed to introduce students to an understanding of the various types of trauma generating maladaptive, emotional stress reactions, a grasp of the developing concept of resilience and the adaptive responses that promote it. Major theories and theorists investigating the developmental, relational, conscious and unconscious aspects of the trauma/resilience phenomenon will be presented. Methods for assessing trauma responses and current therapeutic interventions will be explored. Class discussion of case material, personal vignettes, required papers and weekly logs will provide an opportunity for hands-on application of strategic intervention design. In depth attention will be given to the study of PTSD theories, secondary trauma and complex and developmental trauma.

SPRING 2024 COURSE DESCRIPTIONS CONTINUED

GPSA 555A Proposal Writing: Professional Ethics & the Psychoanalytic Case Study Seminar (3 Credits – companion of 555B but not sequential)

In this companion course to 555B, students will learn how to develop a proposal for or to work on the culminating psychoanalytic case paper in the Certificate program. Students will prepare a narrative of the case dynamics which describes the course of treatment and presents a question about some aspect of the case that puzzles or interests the student; show how the therapist listens in order to form an impression of the individual's emotional experience; write a review of the clinical literature that relates to the research question; and analyze what they have learned when applying further knowledge to case process recordings. This course meets the requirements for the Proposal Writing course as a prerequisite for the capstone tutorial sequence. *Students must submit a request to the training committee for permission to enroll in this course.

GPSA586 Career Counseling (3 credits)

This course is designed to provide an understanding of career development and the interrelationship between careers and personality, lifespan development, family, lifestyle choice, use of defense mechanisms and diversity. A broad understanding of career development theories, occupational and educational information sources, assessment tools, and measures, decision-making models and Online resources will be reviewed. Students' assignments will be based on self-assessment modules in which the student will apply concepts, tools and theory to the student's own life experience.

GPSA687 Reading Course in Modern Psychoanalytic Approaches: Clinical Practice (3 credits)

This course examines a designated author or topic within a historical psychoanalytic context. Resources such as literature, videos, artifacts and clinical material will provide a view of the development of how the author or topic has contributed to psychoanalytic concepts, clinical work and current practice.

GPSA700 Fieldwork Practicum Seminar & Supervised Group Studies (SGS) (4 credits)

In this first segment of the fieldwork experience, students are supported to apply skills and develop self-awareness through clinical experiences while interfacing with the fieldwork coordinator, mentor, clinical supervisor, academic advisor. Students are guided in a clinical site to initiate therapeutic relationship and apply basic techniques to facilitate understanding of transference while the student observes themselves through describing countertransference experiences. Ethical approaches to practice are emphasized.

GPSA702 Fieldwork Internship Seminar – Issues of Bias in the Treatment of Mental Illness & Supervised Group Studies (SGS) (4 credits)

In this course, students will study their countertransference responses, listen to, and become aware of client's dynamics and how each client speaks to present these dynamics through symbolic communication. This clinical course has a focus on how perceptions shape our views of various society groups. Aspects of bias that influence practice experiences are examined while providing client hours at an externship site. Students will identify the phenomena of bias in cases presented in relation to diversity in terms of ethnic, sociological and psychopathological processes. They will learn to observe their own reactions to the clinical work and use with growing understanding as a clinical and technical tool. Students will achieve this by studying internal unexamined perceptions as well as broader societal prejudices, society trends and subgroups, interaction patterns and the impact of differing lifestyles and maladaptive behaviors, including stress, abuse and discrimination on subjective responses.

GPSA 752 Clinical Case: Resistance, Transference and Countertransference Issues (3 Credits)

Through readings and clinical case presentations, the students in this advanced clinical course will learn how to analyze the unique and diverse ways in which resistance, transference and countertransference responses are expressed during treatment. Transference and countertransference will be analyzed in both its historical and present contexts including the unconscious forces motivating the responses, the defenses underlying their operation and their impact on the therapeutic process. Students will explore the verbal and non-verbal expression of transference, especially in its pre-verbal form and countertransference along with the resistances that interfere with "knowing" and awareness. The clinical uses of following the contact, joining, mirroring and psychological reflection will be studied as key elements in the development of the positive and negative narcissistic transference. Ethical practice considerations of the therapist's subjective and objective countertransference (& countertransference resistance) will also be highlighted through the readings and analysis of case presentation material.

SPRING 2024 COURSE DESCRIPTIONS CONTINUED

GPSA758 Continuing Case Seminar (3 Credits)

Through continuing case presentations of three cases, students will apply theory to practice. With the agreement of the training committee, this course can be selected as fulfilling the requirement for the clinical case course after four semesters of successful completion of clinical case coursework.

GPSA 760/761 Clinical Research Tutorial (3 credits)

Students in the Certificate program work individually with a chairperson after development of a proposal approved by the training committee. The chairperson assists the student in completion of the proposal for the project through completion, approval and final presentation of the project.

GPSA824 (formerly 524) Treatment Techniques: Symbolic and Emotional Communication (3 credits)

In individual treatment, what the person says and does not say, what is felt and not felt, what is enacted and not spoken is put into words. Metaphor and Symbolic verbal and nonverbal communication come in many forms, and these manifestations assist in the understanding of treatment dynamics that motivate the person in the consulting room and in daily life. Through readings, classroom discussion, case presentation and individual research, this course will explore the many forms of communication in treatment.