



The Toronto Institute for Contemporary Psychoanalysis
is pleased to present

Progressive and Defensive Adaptations to the Challenges of Adult Life

SAM GERSON, PH.D.
AND
**SHELLEY NATHANS,
PH.D.**

Saturday, May 25, 2019

Innis Town Hall Theatre, 2 Sussex Ave., Toronto, M5S 1J5 10:00 a.m. – 4:00 p.m.

About The Day

Morning Session: Shelley Nathans, Ph.D.

Infidelity as Manic Defense

The paths leading to infidelity in a couple's relationship are manifold and diverse; there is no singular cause, no simple, linear route. Using a contemporary Kleinian framework, Shelley Nathans, Ph.D. will present her paper "Infidelity as Manic Defense", in which she describes some of the important theoretical issues relevant to understanding affairs. The main focus of this paper is on the problems that one or both of the partners in a couple may have with mourning past or impending loss, and the consequent infidelity that may result from a manic attempt to replace depression or psychic pain with excitement. A developmental orientation will be used to delineate a range of psychological dilemmas that contribute to infidelity, including claustrophobic anxieties, difficulties with mourning past or impending loss, Oedipal problems and separation issues.

Afternoon Session: Sam Gerson, Ph.D.

Changing One's Mind: Adult Development and the Complexity of Internal Representations

Progressive adult development involves processes of internal alterations that are quite similar to what occurs in positive psychotherapeutic outcomes. The overlap between these domains has, however, been widely neglected to the detriment of both disciplines. In this presentation, a detailed case of a man in "mid-life crisis" is discussed in terms of the challenges posed by novel demands on structured self-and object-representations. The material illustrates how newly emergent contemporary demands that create conflict with established internal configurations create crises that can only be resolved through adaptive alterations in unconscious representations.

Learning Objectives

Morning Session:

1. Participants will be able to describe Klein's concept of the manic defense.
2. Participants will be able to describe how manic excitement may be used to defend against loss.
3. Participants will be able to list two types of triangulations that may be relevant to understanding infidelity.

Afternoon Session:

1. Participants will be able to identify the self and object-representations that are involved in navigating emergent developmental demands.
2. Participants will be able to identify the transference and counter-transference dynamics involved in shifting internal representations.
3. Participants will be able to identify the presence of "generative" dynamics as defined by Erickson.

Schedule of the Day

- 10:00 a.m. Introduction
- 10:10 a.m.: **Dr. Shelley Nathans**
"Infidelity as Manic Defence"
- 11:00 a.m.: Audience Discussion
- 12:00 – 2:00: Lunch **on your own*
- 2:00 p.m.: **Dr. Sam Gerson**
"Changing One's Mind: Adult Development and the Complexity of Internal Representations"
- 3:00 p.m.: Audience Discussion
- 4:00 p.m.: Closing remarks

ABOUT THE SPEAKERS

Shelley Nathans, Ph.D. is a member of the teaching faculties of The California Pacific Medical Center in San Francisco, The Psychoanalytic Couple Psychotherapy Group training program, The Psychoanalytic Institute of Northern California and The Contemporary Psychoanalytic Couple Psychotherapy Program in New York City. She has completed the Tavistock Center for Couple Relationships Advanced Training in Psychoanalytic Psychotherapy with Couples and is on the International Advisory Board for the Journal, *Psychoanalytic Couple and Family Psychoanalysis*. She is the director and producer of the film, *Robert Wallerstein: 65 Years at the Center of Psychoanalysis*. Her most recent publications include: *Whose Disgust is it Anyway?: Projection and Projective Identification in the Couple Relationship (Psychoanalytic Dialogues, 2016)* and the book, co-edited with Milton Schaefer, *Couples on the Couch: Psychoanalytic Couple Psychotherapy and the Tavistock Model* (Routledge, 2017). She is in private practice in both San Francisco and Oakland, California.

Sam Gerson, Ph.D. is a founder and Past-President of the Northern California Society for Psychoanalytic Psychology (NCSPP) and the Psychoanalytic Institute of Northern California (PINC) where he is a Training and Supervising Analyst. Dr. Gerson is an Associate Editor of *Psychoanalytic Dialogues*, and an Editor for *Studies in Gender and Sexuality* and the *Psychoanalytic Quarterly*. His publications have focused on contemporary issues in clinical process and on the transgenerational aftermath of massive trauma. He has received the "Elise M. Hayman Award for the Study of Genocide and the Holocaust" from the International Psychoanalytic Association for "When the Third is Dead: Memory, Mourning and Witnessing in the Aftermath of the Holocaust" (*International Journal of Psychoanalysis*, 2009).

Judi B. Kobrick, Ph.D. is President, supervising analyst, faculty and founding member of the Toronto Institute for Contemporary Psychoanalysis (TICP), faculty at Toronto Psychoanalytic Institute & Society (TPS&I) and is in private practice.

Planning Committee

Dr. Hazel Ipp Dr. Hilary Offman Dr. Sarah Turnbull
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ACCREDITATION

This event is an accredited group learning activity (section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the **Canadian Psychiatric Association (CPA)**. The specific opinions and content of this event are not necessarily those of the CPA, and are the responsibility of the organizer(s) alone

ABOUT THE TICP

The Toronto Institute for Contemporary Psychoanalysis offers a four-year program of professional and scholarly education that examines, contrasts and where possible, integrates the thoughts and methods of major perspectives in contemporary psychoanalysis. The TICP brings outstanding investigators from around the world to present their work to professionals and scholars interested in expanding their knowledge of psychoanalysis.

SAVE THE DATES: FUTURE TICP EVENTS

Saturday Scientific Meeting "The Otherness of Fat" **October 5, 2019**
Conference with **Dr. Edward Tronick – November 2, 2019**
Conference with **Dr. Josh Levy – January 20, 2020**
Conference with **Dr. Virginia Goldner – February 21, 2020**
Conference with **Dr. Jeanne Wolff-Bernstein – May 23, 2020**

REGISTRATION

Registration is limited. All cheques must be made payable to TICP. Cancellation must be made in writing; if received prior to **May 10, 2019** a full refund less \$25 will be given. There are no refunds after that date.

Name _____

Address _____

City _____

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Professional Affiliation (Please indicate if MD)

FEES

Earlybird Registration Deadline is **May 10, 2019**

TSCP Member: \$170 / \$180

Regular: \$180 / \$190

Student: \$100 / \$120

ONLINE REGISTRATION AT:

www.ticp.on.ca

QUESTIONS?

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