



The Toronto Institute for Contemporary Psychoanalysis  
is pleased to present

# Oedipus Wrecks: Infidelity as Manic Defense

**SHELLEY NATHANS,  
PH.D.**

**Saturday, September 14, 2019**

Innis Town Hall Theatre, 2 Sussex Ave., Toronto, M5S 1J5

10:00 a.m. – 4:00 p.m.

## About The Day

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 ideas on the theory and technique of working with couples struggling with infidelity.

### **Morning Session:**

#### **Infidelity as Manic Defense: Theory and Technique**

In the morning, Dr. Nathans 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. Following the paper, Dr. Nathans will give a presentation on the technique of working with infidelity issues in psychoanalytic couple psychotherapy.

### **Afternoon Session:**

#### **Frozen loss and failure to mourn: A discussion and screening of an edited version of the film 45 Years.**

In the afternoon session, the theme of loss and mourning in the life of the couple will continue through the viewing of a short, edited version of the 2015, Andrew Haigh film, 45 Years. This will be followed by Dr. Nathans' commentary on the dynamics of the couple portrayed in the film and a subsequent hour-long audience discussion.

## Learning Objectives

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.

## 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. Shelley Nathans  
"Frozen Loss and Failure to Mourn"  
3:00 p.m.: Audience Discussion  
4:00 p.m.: Closing remarks

## ABOUT THE SPEAKER

**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.

**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
Dr. Judi B. Kobrick	Dr. Gary Rodin	Dr. Brent Willock
Dr. Gordon Yanchyshyn		

## ACCREDITATION

This program has been approved by the **Ontario Psychological Association** to offer continuing education for psychologists and psychological associates. This program meets the criteria for 4 continuing education credits.

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

Dr. Hilary Offman and Dr. Zoe Meleo-Erwin – October 5, 2019  
Dr. Edward Tronick – November 2, 2019  
Dr. Josh Levy – January 25, 2020  
Dr. Virginia Goldner – February 22, 2020  
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 **September 2, 2019** a full refund less \$25 will be given. There are no refunds after that date.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Province \_\_\_\_\_

Postal \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Professional Affiliation (Please indicate if MD)

## FEES

Earlybird Registration Deadline is **September 2, 2019**

**TSCP Member:** \$170 / \$180

**Regular:** \$180 / \$190

**Student:** \$100 / \$120

**ONLINE REGISTRATION AT:**  
[www.ticp.on.ca](http://www.ticp.on.ca)

## QUESTIONS?

[info@ticp.on.ca](mailto:info@ticp.on.ca)

**416.288.8060**

To register by mail please send this form to:

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