COMMUNITY
WESTERN PENNSYLVANIA COMMUNITY FOR PSYCHOANALYTIC THERAPIES

Syllabus:

Klein's Becoming: The Kleinian World. Part 1

Speakers: Loren Sobel M.D.
Date: 11/18/2025
Time: 6:15 pm – 9 pm
Seminar
2.75 CE Credits
Fee: Free to Enrolled Participants

For general programming questions email: inquiries@wpacommunity.org

Description:

In the first of 3 seminars, we will try to enter the theoretical mind of Melanie Klein as she worked to envision the emergence of infant and early childhood experiences and their complexity in a complicated world. How do infants relate to the world at the beginning? How do they manage innate motivations/drives and early affect states? How does Klein extend and/or depart from conceptions of the Freudian infant? What lineage of thought is Klein elaborating, modifying, or resisting? In this seminar we will put Klein in context to her peers, begin to describe her focus of interest, and introduce the learner to her voice as well as some of the therapeutic applications of her ideas.

Regarding the required readings for this class. The first item is a recording of a paper given by John Steiner. You can watch the video or read the pdf of the transcript. I recommend doing this first, prior to then turning to Klein's writing (reading 2 and 3).

Program Objectives:

At the end of the program, participants will be able to:

1. Describe what features of Klein's approach to psychoanalysis were novel for the field at the time she began practicing.
2. Describe how Klein's conception of mind connects, extends, and departs from Freud's
3. Apply some of the early infantile processes elaborated by Klein to clinical material of an adult.

Readings:

Video:

Klein, Melanie, and West Lodge. "Melanie Klein's Technique Then and Now," *Melanie Klein Trust*. 2016

a. You can watch this video at the following link, the pdf of the recording is provided: https://vimeo.com/174515650

Required Reading:

Klein, M. (1935). *A contribution to the psychogenesis of manic-depressive states. The International Journal of Psychoanalysis, 16*, 145–174.

Klein, M. (1940). *Mourning and its relation to manic-depressive states. The International Journal of Psychoanalysis, 21*, 125–153.

Optional Readings:

Feldman, M. (2018). *Lectures on technique by Melanie Klein: A commentary. The International Journal of Psychoanalysis, 99*(4), 990–992.

Seidman, S. (2019). *The psychological origins of the self: A reading of Melanie Klein. IJP Open, 6*(28), 1–31.

The Speakers: **Dr. Loren Sobel** earned his medical degree from the University of Chicago Pritzker School of Medicine and completed his psychiatry residency at the Western Psychiatric Institute and Clinic at the University of Pittsburgh where he served as Chief Resident for Psychotherapy Training. He is a graduate psychoanalyst in adult psychoanalysis from the Pittsburgh Psychoanalytic Center. Dr. Sobel is a volunteer Clinical Faculty member at the University of Pittsburgh, and an active Faculty member at the Western Pennsylvania Community for Psychoanalytic Therapies where he teaches psychoanalytic theory and technique. Dr. Sobel serves on the board for the Clinic Without Walls, a low-fee clinic that provides psychodynamic psychotherapy to the community for those who are uninsured or underinsured. He provides

ongoing supervision and consultation to psychiatry residents and psychotherapists in the community.

For additional information on the background and experience of the speaker, or to request the speaker's CV, please contact inquiries@wpacommunity.org or see our faculty section on our website at www.wpacommunity.org

Who Should Attend and Instructional Level of Activity: Psychologists, psychiatrists, social workers, counselors with interest in advancing their understanding and application of contemporary psychoanalytic concepts. Instructional level is suited for practicing mental health clinicians. Intermediate level of instructional programming.

Continuing Education Credits: 2. *The Western Pennsylvania Community for Psychoanalytic Therapies is approved by the American Psychological Association to sponsor continuing education for psychologists. The Western Pennsylvania Community for Psychoanalytic Therapies maintains responsibility for this program and its content.*

Attendance: To receive continuing education credit, you must sign in and be present for the entire seminar. You will be asked to complete an evaluation at the end of the session.

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