



## Syllabus:

### What are we doing here?

Speaker: Loren Sobel M.D.

Date: 09/16/2025

Time: 6:15 pm – 9 pm

Seminar

2.75 CE Credits

Fee: Free to Members; Pay-What-You Can Model to Non-Members per our Seminar Series Guidelines

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#### Description:

As therapists engaged in and looking to elaborate ways to work from places of depth, we frequently have in mind ways of defining what we do and how we do it—a common set of terms and definitions. The unconscious, the relationship, the defenses, the transference, are examples of such terms. Much less frequently, however, do we spend as much time reflecting—openly—on why we’re doing what we do. What is it about this type of engagement, these types of terms, these ways of being involved with others (our patients, our learning communities) that compel us to invest the multidimensional labor so often required for growth as a psychoanalytic therapist. As we begin to think about how we’d like to define a psychoanalytic sensibility, it feels prudent to start with the question, “What are we doing here?”. The answers will inevitably include reflecting on our own personal journeys up to now, something that will be important to share with one another as we begin.

#### Program Objectives:

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

1. Describe key psychoanalytic terms that most therapists agree are explicitly considered when working psychoanalytically.
2. Identify some of your own personal and/or professional experiences that have contributed to your reasoning for pursuing further training in psychoanalytic therapy.

3. Identify common themes across individual's personal narratives that may contribute to why people may choose to pursue advanced training in psychoanalytic therapy.

## References/Readings

### Required:

1. [Jonathan Shedler Ph.D. \(2022\) that Was Then, This Is Now: Psychoanalytic Psychotherapy For The Rest Of Us, Contemporary Psychoanalysis, 58:2-3, 405-437](#)

### Optional:

2. Aibel, M. (2018) The Personal is Political is Psychoanalytic: Politics in the Consulting Room. *Psychoanalytic Perspectives* 15:64-101
3. Irwin Hirsch (2016) Reflections on Ferenczi, Analytic Subjectivity, and Analytic Hierarchy, *Contemporary Psychoanalysis*, 52:3, 383-390
4. Kuchuck, S. (2018) The Analyst's Subjectivity: On the Impact of Inadvertent, Deliberate, and Silent Disclosure. *Psychoanalytic Perspectives* 15:265-274

**The Speaker: 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](mailto:inquiries@wpacommunity.org) or see our faculty section on our website at [www.wpacommunity.org](http://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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