

## **Syllabus:**

### **The Framing of Psychoanalytic Therapy**

Speakers: George Herrity, Psy.D, MSW

Date: 9/30/25

Time: 6:15 pm – 9 pm

Seminar

2.75 CE Credits

Fee: Free to Members and Non-Members per our Seminar Series Guidelines

**For general programming questions email: [inquiries@wpacommunity.org](mailto:inquiries@wpacommunity.org)**

#### **Description:**

This class on practitioner and patient preparation for engaging in psychoanalytic psychotherapy continues from the preceding class which focused on awareness of self and what we as practitioners bring to the therapeutic encounter. The first chapter (ch. 3) of the assigned reading for this class addresses a variety of concerns many practitioners early to this work encounter within themselves and within their supervisory relationships and in their experiences with patients. In the second chapter (ch. 4), the author covers a multitude of issues common to beginning psychoanalytic practitioners, as well as useful ways to approach handling these issues so as to constructively propel the therapeutic work.

Both the assigned readings and our class discussion aim to elucidate fundamental ways of orienting oneself to thinking about entering a psychodynamic treatment process and how to make use of difficult issues that can arise early on. Nancy McWilliams contextualizes much of the content in the readings within a larger picture of a client's treatment. Over the course of the evening in the seminar we will discuss common insecurities, the function of various preparatory approaches to beginning treatment, and the clinical usefulness of one's personal psychotherapy / psychoanalysis.

This class will also include discussion of clinical examples and attendees will be encouraged to discuss personal / professional ways the material relates to them and their own experiences of beginning treatments with clients. This is meant to allow opportunities for seminar attendees to apply concepts from the readings to actual clinical experiences.

Over the course of this class we will attempt to cover as much as we can with regards to preparing oneself for psychodynamically working with patients, however, this seminar will not be exhaustive of the topic and therefore future seminars will continue taking up these issues.

### **Program Objectives:**

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

1. Describe common insecurities practitioners early in their career experience.
2. Describe the benefits of engaging in one's personal therapy / analysis.
3. Identify key links between the readings for this seminar and the ways in which you and other learners think about preparing for this work.
4. Critically reflect on what it means to make a mistake in psychotherapy context.
5. Describe the benefits of being able to educate a patient about the therapeutic process.
6. Identify the clinical importance of spontaneous, open expression from the patient.
7. Begin reflecting on what transference looks like and how to speak with patients about encouraging them to share about their thoughts and feelings about how they experience the therapist in session.

### **References/Readings**

#### **Required:**

- McWilliams, N. (2004). *Psychoanalytic psychotherapy: A practitioner's guide*. Guilford Press.
- Chapters 3: *The Therapist's Preparation* pp. 46 – 72.
  - Chapter 4: *Preparing the Client* pp. 73 – 98.

#### **Optional:**

Briggs, S., Netuveli, G., Gould, N., Gkaravella, A., Gluckman, N. S., Kangogyere, P., & Lindner, R. (2019). The effectiveness of psychoanalytic/psychodynamic psychotherapy for reducing suicide attempts and self-harm: systematic review and meta-analysis. *The British Journal of Psychiatry*, 214(6), 320-328.

Shedler, J. (2020). Where is the evidence for “evidence-based” therapy? 1. *Outcome research and the future of psychoanalysis*, 44-56.

Tarzian, M., Ndrio, M., & Fakoya, A. O. (2023). An introduction and brief overview of psychoanalysis. *Cureus*, 15(9).

## The Speaker:

**Dr. George Herrity** earned his doctoral of psychology degree from Carlow University and his master's of social work degree from Smith College School for Social Work. He is an active Faculty member at the Western Pennsylvania Community for Psychoanalytic Therapies where he teaches psychoanalytic theory and technique. He has a private practice in the Oakland area of Pittsburgh and provides ongoing supervision and consultation to 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:*** *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.

The Western Pennsylvania Community for Psychoanalytic Therapies values cultural and social diversity. Full participation in the educational activities of the Community is available to any qualified individual regardless of age, race, creed, gender, disability, sexual orientation, or ethnic background.

The Community conducts seminar series and free-standing seminars in venues that are able to accommodate participants with physical disabilities. Accommodations, such as visual or hearing, are specifically tailored to participant needs upon request. For those enrolled in our programming please request accommodations through contacting [inquiries@wpacommunity.org](mailto:inquiries@wpacommunity.org)

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