

Psychoanalytic Education Center of the Carolinas

A division of the North Carolina Psychoanalytic Society

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Psychoanalysis and Mindfulness

Spring 2009

Instructor: Alan J. Stern, PhD

Class Outline and Readings

Section One: Introduction to Mindful Meditation

Week I. Introduction

Germer - chapter 1, pp 3-28

Fulton in Germer ed - chapter 3, pp 55-72

Kabat-Zinn - chapter 2, pp 31-46

What is Mindfulness?

Mindfulness as Clinical Training

The Foundations of Mindfulness Practice: Attitudes and Commitment

Week II. Mindfulness and Meditation as Tools for Therapist and Client

Epstein - pp 129-163

Williams, Teasdale, Segal et al - pp 53-96

Kabat-Zinn - pp 47-58

Section Two: Psychoanalysis and Buddhism

Week III. Buddhism and the Psychoanalytic Perspective: Basic Dimensions, Basic Questions

Safran – Introduction, pp 1-32

Epstein - Introduction, chapters 1-5, pp 1-109

Fulton and Siegel chapter 2, in Germer ed. - pp 28-51

Week IV. Buddhism and the Psychoanalytic Perspective: the place of spirituality

Finn chapter 2, in Safran ed. - pp 101-130

Batchelor - pp 3-57

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Section Three: Integrative Approaches to Core Concerns

Week V. Awareness, Compassion, Empathy

Batchelor - "Awareness" pp 57-66, "Compassion" pp 84-90

Epstein - chapter 6, "Bare Attention" pp 109-129

Morgan and Morgan in Germer ed. - chapter 4, "Cultivating Attention and Empathy" pp 73-90

Suggested: Barry Magid in Safran ed. - "Your Ordinary Mind" pp 252-300

Week VI. The Self and Connection to Others

J. Engler in Safran ed. - "Being Somebody and Being Nobody" pp 35-101

Suggested: R.Langan in Safran ed. - "The Dissolving of Dissolving Itself" pp 131-169

Week VII. Change and Acceptance: The Role of the Analyst and Teacher

Polly Young-Eisendrath in Safran ed. - "Transference and Transformation in Buddhism and Psychoanalysis" pp 301-331

Janet Surrey in Germer ed. - "Relational Psychotherapy and Relational Mindfulness" pp 91-113

Section Four: Integrative Approaches to Specific Psychological Problems

Week VIII. Anxiety

Germer in Germer ed. - "Anxiety Disorders: Befriending Fear" chapter 8, pp 152-173

Kabat-Zinn - Chapter. 25 Fear, Panic, Anxiety pp 333-348

Strongly suggested: Jeffrey Brantley, Calming Your Anxious Mind, New Harbinger Press, 2003.

Week IX. Depression

Stephanie Morgan in Germer ed. - "Depression :Turning Toward Life" chapter 7, pp 130-152

Williams, Teasdale, Segal et al - pp 1-49 Introd. and Part I "Mind , Body and Emotion"

Strongly suggested: Williams, Segal et al - Part III, "Transforming Unhappiness" pp 117-211

Week X. Trauma

Siegel in Germer ed. - chapter 9, "Psychophysiological Disorders: Embracing Pain" pp 173-197

Strongly suggested: P.Ogden et al, Trauma and the Body, Norton 2006.