

Psychoanalytic Education Center of the Carolinas

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Psychoanalysis and Mindfulness

Spring 2010

Instructor: Alan J. Stern, PhD

Class Outline and Readings

Section One: Introduction to Mindfulness, Mindful Meditation and the Approach of this Course

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

What is Mindfulness?

The Foundations of Mindfulness Practice: Attitudes and Commitment

Mindfulness as part of Clinical Training

Reading: Germer, ed.: chapter 1 (Germer), Chapter 3 (Fulton)

Safran, ed.: Introduction (Safran)

Epstein: chapter 7

Suggested, helpful, but not core reading: Kabat-Zinn, chapters 2 and 3

NB: I think the readings are all helpful and worth pondering and discussing, but I know from my own experience that busy people have limited amounts of time and energy. I suggest you do as much of the reading as you can in the order it is listed.

Section Two: Buddhism and the Psychoanalytic Approach to Treatment

Week II: Basic Dimensions and Expanded Ways of Thinking about Psychodynamic Treatment

Is there ever a place for spirituality in psychodynamic treatment informed by a Buddhist Perspective?

Reading: Germer, ed.: chapter 2 (Fulton and Siegel)

Batchelor: pp 3-57

Safran, ed.: chapter 2 (Finn, Altman, Finn)

Highly suggested, but not core reading: Epstein, chapters 1-5

Section Three: Integrative Approaches to Key Aspects of Psychodynamic Treatment

Week III: Awareness, Compassion, Empathy

Reading: Batchelor: pp 57-66, 84-90
Epstein: chapter 6
Germer, ed.: chapter 4 (Morgan and Morgan)

Week IV: The Self and Connection to Others

Reading: Safran, ed.: chapter 1 (Engler, Mitchell, Engler)

Week V: Change and Acceptance in Mindfulness and Therapy: The role of the Therapist and Teacher (Transference and Countertransference)

Reading: Safran, ed.: chapter 7 (Young-Eisendrath, Renik, Young-Eisendrath)
Germer, ed.: chapter 5 (Janet Surrey)

Section Four: Integrative Approaches to Specific Clinical Situations

Week VI: Anxiety

Reading: Germer, ed.: chapter 8 (Germer)
Kabat-Zinn: chapter 25
Very helpful additional reading:
Brantley, Jeffrey (2007) Calming Your Anxious Mind. New Harbinger Publications, California.

Week VII: Depression

Reading: Germer, ed.: chapter 7 (Morgan)
Very helpful additional source:
Williams, J. Mark G., Teasdale, John D., Segal, Zindel V., and Kabat-Zinn, Jon (2007) The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness. The Guilford Press, New York.

Week VIII: Pain and Trauma

How far can we responsibly expand the therapeutic frame and therapeutic alliance in basically psychodynamic treatment?

Reading: Germer, ed.: chapter 9 (Siegel)
Very helpful additional sources:
Minton, K., Ogden, P., Pain, C., van der Kolk, B., and Siegel, D. (2006) Trauma and the Body: A Sensorimotor Approach to Psychotherapy. W.W. Norton & Co., New York.
Aron, L. and Anderson, F. eds. (1998) Relational Perspectives on the Body. The Analytic Press, N.J.