Western Branch Canadian Psychoanalytic Society
Extension Program Victoria

Minding the Body- Alessandra Lemma
October 2105 to June 2016

Preamble:
The Western Branch CPS faculty is offering a theoretical/clinical course in preparation for the 2016 WBCPS Annual Scientific Meeting with guest speaker Alessandra Lemma, noted for her many studies on the mind body connection. Her two books are not only about what she discovers about the relationship between the mind and the body, but also how she discovers it. Her basic assumption is that embodiment shapes the mind, following Freud’s noted concept about the ego being first and foremost a bodily ego. In today’s world in which there is a trend toward using the skin and the body as the site for the expression of internal struggles, her studies come as a very timely addition to the psychoanalytic literature. In this course we will be studying several themes from her two books: Under the Skin and Minding the Body, along with several complementary articles from other authors. The themes include developmental considerations in the formation of the bodily self as a construct that forms within the relational matrix; developmental imitation and the influence of the mother’s internal world on the baby’s development of a sense of self; the issue of shame in relation to body dysmorphia; the psychodynamics of cosmetic surgery; gender identity and transsexual; the multiple psychic functions of the skin; the body of the analyst in the therapeutic setting, among others. The course will be held in two separate locations, Vancouver and Victoria, with different dates.

Schedule: The seminars will be held on Thursdays from 7:30 pm – 9:30 p.m. There will be a theoretical segment for 1hr and 45 minutes followed by a clinical segment in which participants will present clinical material.

Dates: Victoria: October 29, November 19, 2015
January 28, February 25, March 24, April 28, May 26, June 30, 2016

Location: Victoria: Room 135 Eric Martin Pavilion

Cost: Regular
$240.00
$120.00 Students, Residents and candidates

Group Facilitators:
The program is coordinated by Rose Vasta, PhD, FIPA and Catherine Young, PhD, FIPA.

Withdrawal Policy:
The withdrawal policy of the Extension Program allows for a refund, minus a 10% administration cost, up to five business days before the first class. No refund will be granted as of the first meeting.

Books:
Recommended Texts

CME Credits:
“This event is (in process to be) an accredited group learning activity (section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, approved by the Canadian Psychiatric Association (CPA). The specific opinions and content of this event are not necessarily those of the CPA, and are the responsibility of the organizer(s) alone.”

1 credit per hour of attendance at the accredited sessions, up to a maximum of 16 hours for the entire series (2 hours/event)

REGISTRATION FORM

Western Branch Canadian Psychoanalytic Society
Extension Program (Victoria)

Minding the Body
Alessandra Lemma
September 2015 to March 2016

Registration Form

Name:_________________________________________________________
Address:_______________________________________________________
Phone number:______________________E:mail address:____________

Student:_______________________________________________________
name program and university; along with photocopy of proof of registration.

Professional Affiliation:________________________________________

Degrees:_______________________________________________________

Send payment ($240.00 for professionals or $120.00 for students, residents, candidates, members and WB guest members) and registration form to the address below or contact Nancy Briones at nbriones@telus.net with further enquiries.

Western Branch-CPS
c/o Nancy Briones,
7755 Yukon Street,
Vancouver, B.C. V5X 2Y4
COURSE OUTLINE

Session 1: Theoretical constructs
Date: October 29, 2015
Facilitator: Rose Vasta, PhD

Learning Objectives:
1. Participants will review the body self as a psychological construct that evolves out of the relational matrix.
2. Participants will consider the pathological sequences in body self disorders: over-intrusiveness (overstimulation); empathic unavailability (non-response); selectivity of response (inconsistency)
3. Participants will identify the four assumptions that guide Lemma’s work in treating body related disorders.
4. Participants will identify the three dominant unconscious phantasies Lemma sees as underpinning pathological cases of body modification.

Readings:
2. Forward, Minding the Body (MTB), Donald Campbell, pp. xv-xxvi

Session 2: The Mother’s Libidinal Cathexis of the Infant’s Body
Date: November 19, 2015
Facilitator: Catherine Young, PhD

Learning Objectives:
1. Consider and discuss the basic milestones in the development of body representation that Lemma proposes.
2. Identify and consider the fundamental paradoxes that Lemma delineates in relation to the development of the body self.
3. Explore Rhodes distinction between developmental imitation and adhesive or projective identification and the influence of the mother’s internal world on the development of the baby’s sense of self.

Readings

Supplementary reading:

Session 3: The Hated Body
Date: January 28, 2016
Facilitator: Rose Vasta, PhD
Learning Objectives:
1. Participants will discuss the unconscious representations Lemma discusses in regards to hatred for the body or body part.
2. Participants will review the concept of shame as it relates to bodily preoccupations including Body Dysmorphic Disorder.
3. Participants will relate the experience of shame and humiliation to abnormal forms of superego functioning.

Readings:
1. Lemma, A. Being seen and being watched. Chap. 4 (UTS) pp. 74-91

Session 4: Reclaiming the Body
Date: February 25, 2016
Facilitator: Catherine Young, PhD

Learning Objectives:
1. Participants will be able to identify two related psychic processes that are necessary to feeling at home in one’s body.
2. Participants will be able to discuss how being-in-a-body is challenged by different stages of development, particularly adolescence.
3. Participants will be able to describe the nature of horror which underlies body modification and horror films alike.
4. Participants will be able to discuss the formation of the body-image and the erogenous zone characteristics of inner space.

Readings:
1. Lemma, A. Occupied Territories and foreign parts, Chap 5. (UTS). pp. 92-111

Suggested Films to View for discussion:

Session 5: The Psychodynamics of Cosmetic Surgery and Expressions on the Surface of the Skin
Date: March 24, 2016
Facilitator: Rose Vasta, PhD

Learning Objectives:
1. Participants will be able to identify how difficulties accepting loss, separateness and dependence relate to seeking cosmetic surgery.
2. Participants will be able to describe the three unconscious phantasies that Lemma identifies as underpinning a compelling need to modify the body.
3. Participants will be able to describe the role that envy plays in the "self made" phantasy.
4. Participants will be able to describe how Lemma accounts for the increased risk of suicide in patients who seek breast augmentation surgery.
Readings:
2. Lemma, A. Copies without originals, Chap. 6 (UTS). pp. 112-128

Session 6: The Skin as the Canvas of the Mind
Date: April 28, 2016
Facilitator: Catherine Young, PhD

Learning Objectives:
1. Participants will be able to identify some of the many ways the skin functions psychologically along with the two phantasies exerting symbolic control over it.
2. Participants will be able to link 3 types of skin marking practices in Western societies to anxieties around identification and differentiation.
3. Participants will identify the unconscious sources of the meanings given to pain, blood, and bodily fluids.
4. Participants will be able to compare Bick’s and Anzieu’s conceptual contributions on the multiple psychic functions of the skin.

Readings:

Session 7: Gender Identity and Transsexual
Date: May 26, 2016
Facilitator: Rose Vasta, PhD

Learning Objectives:
1. Participants will be able to describe how transsexuals extensive modification of the body affects these individuals relationship to time.
2. Participants will be able to describe the important role "being seen" plays, both developmentally and in the therapeutic relationship with transsexuals.
3. Participants will be able to describe the role of mirroring in developing a coherent identity and how a failure of early mirroring may contribute to cross gender identification.

Readings:
2. Lemma, A. The body one has and the body one is. Chap 5. (MTB) pp. 88-101

Session 8: The Body of the Analyst in the Analytic Setting
Date: June 30, 2016
Facilitator: Catherine Young, PhD

Learning Objectives:
1. Participants will discuss Lemma’s proposal that the embodied aspects of the setting (analyst) are especially important for patients with fusion needs requiring the analyst’s tolerance of their use of him/her self in this way.
2. Participants will discuss Lemma’s concept of two qualitatively different uses of the toilet in the context of the analytic relationship.
3. Participants will explore Bollas’ idea that the analyst’s body can act as a stimulus in the internal world of the patient, particularly in different types of erotic transferences.

Readings:
1. Lemma, A. The body of the analyst in the analytic setting. Chap 7. (MTB) pp.111-127
2. Lemma, A. Off the couch and into the toilet. Chap. 9 (MTB) pp. 143-159

Supplementary Reading: