

The Capacity to Love

Instructor: Carolyn Stack, Psy.D.

Psychoanalysis has always concerned itself with love and relationships. Our most influential theorists focus primarily on adult sexual relationships and the romance of the child/parent dyad. How do psychoanalytic “origin myths” (that is, the origin of the self in relation) formulate the development of the capacity to love not only in primary and parental relationships but also in friendships, community, toward strangers and our natural world?

In this course we read seminal papers by Klein, Winnicott, Green, Ogden and Bion to reexamine the development of a capacity to love and be loved – one that privileges concern, empathy, respect, sympathy and compassion. We also ask what thwarts the development of this capacity. And we question how to use our understanding of capacious love to help patients broaden their potential for concern and empathy for those close as well as those who are unknown or different.

Thursdays, April 5, 12, 19, 26. May 3, 10. 2018
7pm – 8:30pm
154 Chilton Street, Cambridge, MA 02138

Participants: 7 maximum

Learning Objectives

- At the end of this course participants will distinguish between literal and dynamic readings of attachment theories.
- At the end of this course participants incorporate the meaning of compassion, empathy and respect into traditional understandings of love.
- At the end of this course participants will apply psychoanalytic understandings of the capacity to love to their clinical work.

Bibliography Draft

- Winnicott, D. W. (1963). The development of the capacity for concern. In, *The Maturation Processes and the Facilitating Environment*. New York: International Universities Press, 1965.
- Green, Andre (1999). *The Work of the Negative*. Free Association Books.
- Ogden, T.H. (2004). On holding and containing, being and dreaming. *Int. J. Psycho-Anal.*, 85:1349-1364.
- Bion, W. R. (1967). A theory of thinking. In, *Second Thoughts*. London: Karnac.
- Klein, M and Riviere, J. (1964). *Love, Hate and Reparation*. New York: Norton.

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Private Practice: Psychodynamic psychotherapy and psychoanalysis with adults, adolescents and couples, Cambridge; Mass. Institute for Psychoanalysis graduate, supervisor, faculty.