

# Psychoanalytic Dimensions

## SELECTED TOPICS IN CHILD AND ADOLESCENT PSYCHOTHERAPY

**Elizabeth Slater, PhD**

This course will review selected topics in Child and Adolescent Psychotherapy. It will look at the nature and uses of play and how to use its symbolic and non-symbolic functions. Further it will compare techniques for working with adolescents vs. adults, focusing on both the greater freedom and challenges entailed, especially with reference to managing the upsurge of adolescent urges and impulses. Finally, the class will discuss how to engage parents and how to create a therapeutic environment which supports them while promoting their growth, appreciating the family system as an ally and/or resistance. Ample case material will be used to illustrate these issues.

3 Saturdays: January 11, 25 & February 1, 2020  
10:00 -- 12 noon  
32 Greenridge Lane, Lincoln

Enrollment limit: 7 participants

### **Learning Objectives:**

- By the end of the class, participants will be able to differentiate symbolic vs non-symbolic play and how to use them.
- By the end of the class, participants will know the technical freedom and challenges of working with adolescents vs. adults.
- By the end of the class, participants will be acquainted with variations with which teens manage new urges: disinhibition vs. inhibition (eating disorders, cutting, and acting out behaviors).
- By the end of the class, participants will know how to engage parents effectively and have an understanding of the family system and its resistances.

### **Suggested Readings:**

Briggs, Altman, Gensler, Frankel, Pantone; Relational Child Psychotherapy; Other Press, 2010.

Novick and Novick; Working with Parents Makes Therapy Work; Jason Aronson, 2005.

Novick and Novick; Emotional Muscle: Strong Parents, Strong Children. Xlibris, 2010.

Fraiberg, Selma; Adelson, Edna; Shapiro, Vivian; "The Ghosts in the Nursery", J of the American Academy of Child Psychiatry, 14(3), pp. 387-421., 1975

Bromfield, Richard; Doing Child and Adolescent Psychotherapy, Wiley, 2007.

Dr. Elizabeth Slater earned her Ph.D. from Adelphi University's Derner Institute of Advanced Psychological Studies in 1981 and completed a postdoctoral certificate Program in Psychoanalysis and Psychotherapy in 1987 also from the Derner Institute. After practicing psychotherapy and teaching for many years in New York City, she relocated to Wayland, MA in 1994, where she was in private practice working with adults, adolescents and children. In 2018 she moved her practice to Lincoln, MA. She has had teaching and supervisory responsibilities at the Massachusetts Institute for Psychoanalysis, the Boston Institute for Psychotherapy, and Psychoanalytic Couple and Family Institute of New England. She is also Chair of the Stechler Child and Adolescent Therapy Fellowship at MIP.