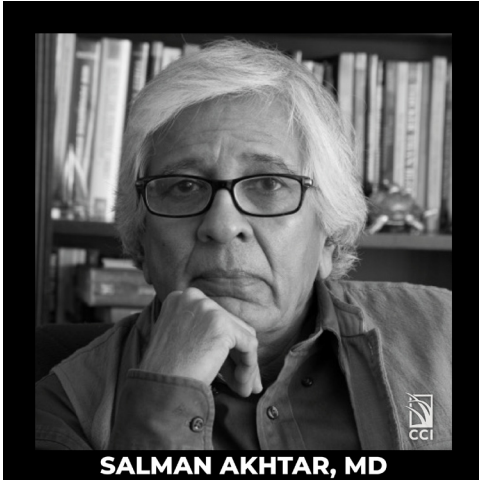


IN-PERSON LIVE-ONLINE**AUGUST 14th - AUGUST 18th, 2023****SALMAN AKHTAR, MD****Salman Akhtar, MD*****In Leaps & Bounds: Psychic Development And Its Facilitation In Treatment*****15 Hour In-Person Course****Monday - Friday: 9:00a.m.-12:30p.m. EDT/30-Min Break Daily at 10:30a.m.**

This set of presentations is about the up-to-date psychoanalytic understanding of psychic development and its application to treating patients in psychotherapy or psychoanalysis. It will cover the entire human life span beginning from the 'pre-self' (the prenatal determinants of personality) to the 'post-self' (the posthumous persistence of self as an internal object of others). Interspersed between these two poles shall be the psychosocial tasks of infancy, toddlerhood, oedipal phase, latency, and adolescence. However, unlike the customary ending at this point, the course will go on to a piecemeal deconstruction of adult

development, focusing upon the major milestones of marriage, parenthood, midlife, changing relationships with parents and children, aging, infirmity, and death. The clinical utility of these ideas shall be established by the presentation of ten specific therapeutic measures that un-block thwarted development or create it in the first place. Ample illustrations from daily life, poetry, movies, and clinical practice will be provided.

Course Agenda**Monday:****The 'Pre-Self', Infancy, and Toddlerhood**

The opening session of this series will focus upon the presenter's novel concept of the 'pre-self'. This notion refers to the vague outlines of the psychic self sketched out by pre-natal variables such as race, socioeconomic status, family myths, parental fantasies, birth order, and so on. The shadows and echoes of such factors will be shown to contribute to the post-natal self as it enters into interactional cycles with its caregivers. Early infantile development will be traced from the achievement of self-nonsel self discrimination and reality constancy to the establishment of dual unity and symbiotic experience. Subsequent phases of separation-individuation and move towards self and object constancy will also be highlighted. Clinical applications of these concepts will be emphasized and illustrated.

Tuesday:**Oedipus, Latency, and Adolescence**

This session will seek to explain the elusive or caricatured concept of the oedipus complex in its phenomenological and psychodynamic details. Mistakes made in the early conceptualization of this developmental challenge and the misogyny of some of those errors shall be highlighted and corrected by presenting alternate and newer models of understanding the issues involved here. Results of a successful shift from a dyadic to a triadic sense of family structure as well the consequences of the failure (or distortions) of this task will be noted. Subsequent phases of latency (with its emphasis upon engagement with external reality, conventionality, and school life) and adolescence (with its focus upon a second individuation, life-dream evolution, and merging affection and lust to arrive at the capacity for romantic love) will also be discussed.

Salman Akhtar, MD is Professor of Psychiatry at Jefferson Medical College and a Training and Supervising Analyst at the Psychoanalytic Center of Philadelphia. He has served on the editorial boards of the International Journal of Psychoanalysis, the Journal of the American Psychoanalytic Association, and the Psychoanalytic Quarterly. His more than 400 publications include 109 books, of which the following 23 are solo-authored: *Broken Structures* (1992), *Quest for Answers* (1995), *Inner Torment* (1999), *Immigration and Identity* (1999), *New Clinical Realms* (2003), *Objects of Our Desire* (2005), *Regarding Others* (2007), *Turning Points in Dynamic Psychotherapy* (2009), *The Damaged Core* (2009), *Comprehensive Dictionary of Psychoanalysis* (2009), *Immigration and Acculturation* (2011), *Matters of Life and Death* (2011), *The Book of Emotions* (2012), *Psychoanalytic Listening* (2013), *Good Stuff* (2013), *Sources of Suffering* (2014), *No Holds Barred* (2016), and *A Web of Sorrow*

(2017), *Mind, Culture and Global Unrest* (2018), *Silent Virtues* (2019), *Tales of Transformation* (2022), *In Leaps and Bounds* (2022), and *In Short* (2023). Dr. Akhtar has delivered many prestigious invited lectures throughout the world. He is the recipient of numerous awards including the American Psychoanalytic Association's Edith Sabshin Award (2000), Columbia University's Robert Liebert Award for Distinguished Contributions to Applied Psychoanalysis (2004), the American Psychiatric Association's Kun Po Soo Award (2004), and the Irma Bland Award for being the Outstanding Teacher of Psychiatric Residents in the country (2005). He received the highly prestigious Sigourney Award (2012) for distinguished contributions to psychoanalysis. Dr. Akhtar has served as the Film Review Editor for the International Journal of Psychoanalysis and is currently serving as the Book Review Editor for the International Journal of Applied Psychoanalytic Studies. He has also published 16 collections of Poetry.

**Salman Akhtar, MD | In Leaps & Bounds: Psychic Development And Its Facilitation In Treatment
August 14th - August 18th, 2023****Wednesday:****Young Adulthood, Midlife, and Aging**

This session will tackle the sub-optimally discussed realm of adult psychic development. Dividing adulthood into young adulthood, midlife, and old age shall set the ground to highlighting the specific psychosocial tasks of each subphase. Young adulthood subsumes the assumption of a wage-earner and householder status, marriage, and the pleasures and pains of becoming a parent. Midlife involves changing relationship to one's body, one's parents, and the re-working of oedipal anxieties now appearing in their inverted form and involving one's offspring. This period of life also stirs up a greed-asceticism dilemma which needs to be resolved. And, then there is old age with illnesses, infirmities, losses but also freedom from life's demands, joys of grandparenthood, and accrued wisdom.

Thursday:**Development-Facilitation Interventions**

This session will offer the details of ten therapeutic interventions that are intended to facilitate the resumption of thwarted development or to set it into motion for the first time. These interventions include 1) providing nonverbal ego-strengthening measures, (2) creating psychic space for thinking, (3) helping the patient find words for inner experiences, (4) continuing to work despite what might seem reprehensible in the patient's material, (5) recognizing that an occasional regression is integral to development, (6) validating the patient's reality, (7) restraining the greed for interpretation, (8) seeing goodness in the patient, (9) enhancing the sense of personal agency in the patient, and (10) facilitating conversation about mortality, death, and dying.

Friday:**Dying, Death, and the 'Post-Self'**

This session will focus upon end-of-life issues. Six misunderstandings in psychoanalysis regarding death will be elucidated and discussed. The importance of graves, epitaphs, alternate forms of disposal of dead bodies, living wills, inheritance etc. will be discussed. All this would lead to the concept of 'post-self,' which refers to the posthumous persistence of one's self as an internal object of others. The responsibility of creating a "good" post-self would be brought up, and the variations of psychic immortality will be discussed. Clinical relevance of such proposals will be highlighted.

Course Objectives

Upon completion of this course participants will be able to:

1. Apply a psychoanalytic understanding of personality development to the treatment of patients
2. Describe the concept of "pre-self" and how pre-natal variables such as race, socioeconomic status, family myths, parental fantasies, and birth order, can impact "post-self" or post-natal interactional patterns
3. Discuss the phases of separation-individuation and the move towards self and object constancy in toddlerhood
4. Discuss the oedipal complex in phenomenological and psychodynamic details
5. Summarize the psychosocial tasks of latency and adolescence
6. Describe the psychosocial tasks of each subphase of Adulthood (young adulthood, midlife, and old age)
7. Identify ten therapeutic interventions that are intended to un-block thwarted development or create it in the first place
8. Name six common misunderstandings in psychoanalysis regarding death
9. Discuss how the use of "development work" can help patients talk about death and mortality in clinical sessions

Continuing Education

Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced.

In Leaps & Bounds: Psychic Development and Its Facilitation in Treatment, Course #4926, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by MAK Continuing Education, LLC, Cape Cod Institute as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 5/2/2023 - 5/2/2025. Social workers completing this course receive 15 General continuing education credits.

Please see the CE section on the [individual course page](#) for a full listing of CE course approvals.

For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>

Speaker Disclosures:

Financial: Salman Akhtar has no relevant financial relationships with ineligible organizations. He receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

Non-Financial: Salman Akhtar has no relevant non-financial relationships with ineligible organizations.

Tuition, Registration & Course Formats

Registration:

Visit www.cape.org to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

Course Formats:

In-Person Course Format: Monday through Friday from 9:00a.m. to 12:30p.m. EDT with a 30 minute break.

In-Person Location:

Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

Please visit <https://www.cape.org/policies> to review our Covid-19 procedures and requirements.

Live-Online Course Format:

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings Monday-Friday mornings from 9:00a.m. - 12:30p.m. EDT, with a 30-minute break. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible

Tuition:

In-Person Course:

Early Tuition Rate: \$700 (through 04/01/2023)

Full Tuition: \$750

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$575 for in-person courses.

Live-Online Course:

Early Tuition Rate: \$575 (through 04/01/2023)

Full Tuition: \$625

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$450 live-online courses.

Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

Cancellation & Refund Policy

Up until two weeks (14 days) prior to your course start date: For cancellations (in person & online), you will receive a full refund less \$50 cancellation fee.

Within two weeks: If you give notice between fourteen and one day(s) before your course start date a credit for a 2023 or 2024 Cape Cod Institute program is available. Credit may be applied to any 2023 or 2024 Cape Cod Institute course. There will be no price reduction for switching to a live-online course within two weeks of the course start date.

Once your course begins: No credit or refund is available if you cancel on the arrival day, if you do not show up, or if you leave an event early for any reason. No refund will be available if you attend a program and are dissatisfied with its presentation or content. If you need to leave for any reason, no partial credit can be given.

You can notify our staff of your cancellation at info@cape.org or by calling + 1 (203) 781-6492.

Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your 15-hour course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.

Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at (203) 781- 6492 or certificate@cape.org.

Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

Contact Information

Cape Cod Institute Administration
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Norwalk, CT 06852
Phone: + 1 (203) 781-6492 | Fax: + 1 (860) 499-3267
E-mail: info@cape.org

Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

JULY 3-AUGUST 25, 2023

JULY 3-JULY 7, 2023

Bessel van der Kolk, MD

Frontiers Of Trauma Treatment
In-Person, Live-Online

Anatasia S. Kim, PhD

Building Actionable Skills to Advance Diversity Equity and Inclusion (DEI) Conversations in Clinical, Community, and Organizational Practice
In-Person, Live-Online

Linda Graham, MFT

The Resilience Mindset: The Neuroscience Of Coping With Disappointment, Difficulty, Even Disaster
In-Person, Live-Online

JULY 10-JULY 14, 2023

Lana Epstein, MA, LICSW

Putting It All Together: Combining Somatic And Ego-State Therapies With EMDR To Change The Valence Of Emotional Memories
In-Person, Live-Online

Joe Kort, PhD, LMSW

Lesbian, Gay, Bisexual, Transgender And Questioning (LGBTQ) Clients: Clinical Issues And Treatment Strategies
In-Person, Live-Online

Licia Sky, BFA & Bessel van der Kolk, MD

Come to Your Senses: Embodied Self Awareness
In-Person

Richard Schwartz, PhD

Internal Family Systems Workshop
In-Person, Live-Online

JULY 17-JULY 21, 2023

Paul Foxman, PhD

The Anxiety Epidemic In Kids and Teens: A Workshop For Clinicians
In-Person, Live-Online

Janina Fisher, PhD

Healing The Fragmented Selves Of Trauma Survivors: Overcoming Self-Alienation
In-Person, Live-Online

Flint Sparks, PhD

Growing Up And Waking Up: Applied Mindfulness In Psychotherapy And Buddhist Practice
In-Person

JULY 17-JULY 21, 2023

James Hawkins, PhD, LPC

Facilitating The Function Of Attachment In Distressed Adult Romantic Relationships: An Emotionally Focused Therapy (EFT) Framework
In-Person, Live-Online

JULY 24-JULY 28, 2023

Gabriella Rosen Kellerman, MD

Building A Tomorrowmind: Thriving At Work, Now And In An Uncertain Future
In-Person, Live-Online

Rubin Naiman, PhD, FAASM

Healing Our Sleep, Dreams, And Consciousness: An Integrative Approach
In-Person

Franklin King, MD

The Promise Of Psychedelics: A Critical Look At The Therapeutic Potential Of Psychedelic-Assisted Treatments
In-Person, Live-Online

John P. Forsyth, PhD &

Jamie R. Forsyth, PhD

Harnessing The Transformative Power Of Mindful ACT Therapy: How To Live Well When Life Is Hard
In-Person, Live-Online

JULY 31-AUGUST 4, 2023

LaTonya Wilkins, PCC, MBA

Belonging: Fostering Psychological Safety And Below The Surface Leadership In Organizations, Clients, And Yourself
In-Person, Live-Online

Amy Weintraub, MFA &

Angela Huebner, PhD

Internal Family Systems Therapy™ Meets LifeForce Yoga - A Week Of Healing And Learning
In-Person, Live-Online

Maria Sirois, PsyD

Paradoxes In Resilience: Leveraging Moments Of Grief, Illness, Hardship And Sudden Change To Accelerate Growth
In-Person, Live-Online

AUGUST 7-AUGUST 11, 2023

Deborah Korn, PsyD

EMDR Therapy And The Treatment Of Complex PTSD In Adult Survivors Of Childhood Abuse And Neglect
In-Person, Live-Online

AUGUST 7-AUGUST 11, 2023

Harville Hendrix, PhD, Helen LaKelly Hunt, PhD, & Carol Kramer, LICSW with Faculty Associate: Joanne Audyatis, LMHC

Doing IMAGO Relationship Therapy In The Space Between
In-Person, Live-Online

Bob Anderson

Conscious Leadership: A Unified Model Of Leadership Development
In-Person

George McCloskey, PhD

Intervention For Child And Adolescent Executive Control Difficulties
In-Person, Live-Online

AUGUST 14-AUGUST 18, 2023

Deborah Dana, LCSW

Polyvagal Theory In Therapy: Practical Applications For Treating Trauma
In-Person, Live-Online

Mary-Frances O'Connor, PhD

The Grieving Brain: The Surprising Science Of How We Learn From Love And Loss
In-Person, Live-Online

Salman Akhtar, MD

In Leaps & Bounds: Psychic Development And Its Facilitation In Treatment
In-Person

Edward Hallowell, MD

Unwrapping The Gifts: A Strength-Based Approach To ADHD Across The Life Span
In-Person, Live-Online

AUGUST 21-AUGUST 25, 2023

Diana Fosha, PhD, Kari Gleiser, PhD, & Ben Medley, LCSW, with Molly Eldridge, LICSW

"HOT" Topics In AEDP™
In-Person, Live-Online

Jonah Paquette, PsyD

Awe, Wonder, And The Science Of A Meaningful Life
In-Person, Live-Online

Donald Meichenbaum, PhD

Creating Safety: Addressing The Growing Mental Health And Academic Challenges Faced By Youth, Parents, And Their Communities
In-Person, Live-Online

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted. For a complete list of CE approval statements, please visit: www.cape.org/ce-credit

FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT : WWW.CAPE.ORG