

The North Carolina Psychoanalytic Society
2010-2011 Scientific Program Series

Saturday, December 4, 2010

10 am-12:00 noon

The Lucy Daniels Foundation

Registration and Refreshments begin at 9:30 am

**"Guess What?": Getting Entangled With and Cultivating Curiosity
in Young Adults Who Have Learned to Be Mindless**

Presented By
Anton Hart, PhD

Register online at www.ncpsasoc.org/registration.shtml

Cost: \$45 (\$50 at the door)

Registration prior to the date of the program is encouraged and appreciated. The Presentation is offered at no charge to NC Psychoanalytic Society Members. Pre-Registered full-time students with ID and trainees in the Department of Social Work, Psychology, and Psychiatry are admitted without charge as well. Scholarships are available for others for whom the admission fee is a hardship. Please contact the administrator (contact info listed below) if interested.

The premises that *curiosity* is the foundation of engaged and creative mental life and that anxiety-based, micro-traumatic damage to a person's capacity for curiosity in childhood and throughout life in the relational and social world can derail the ability to be curious, this presentation focuses on the plight of curiosity in college aged people, particularly the many who have learned that their minds are not to be of interest.

Hart proposes that the process of psychoanalytic psychotherapy offers, first and foremost, the psychotherapist's attempts to cultivate curiosity in the patient, to enable the patient to sense that unbidden experience is always just around the next experiential corner, and that becoming receptive to emergent unconscious thought and desire can be useful and enriching.

Also explored is the idea of *entanglement* in the psychotherapeutic process with college-aged people. There is a potentially useful confusion accompanying the sometimes entrenched, dissociation-based lapses of role and boundary that may arise in clinical work with this population. The goal, it is argued, is not to completely avoid entanglement but, instead, to make use of it via a restoration of the capacity to be curious—on the parts of both the patient and the therapist.



Anton Hart, PHD is currently a Fellow, Training and Supervising Analyst and Supervisor in Intensive Program in Psychoanalytic Psychotherapy at the William Alanson White Institute, N.Y., N.Y. He is also an Adjunct Clinical Supervisor at City College of New York, Doctoral Program in Clinical Psychology. His other roles include: Supervisor of Psychotherapy, Psychological and Adult Development Center at City University of New York, Graduate Center as well as his private Practice offices in New York, N.Y. and Poughkeepsie, N.Y. specializing in individual, group, family and couple therapy, psychoanalysis, psychotherapy supervision. He also serves on the editorial board at *Psychoanalytic Psychology*, (APA Division 39) and is an associate editor at *Contemporary Psychoanalysis*. In 2009 he published a chapter in the Book. *Taboo or Not Taboo?* entitled "Analytic safety through the analyst's availability as a subject." Other recent publications include: *Self-help and the psychotherapeutic endeavor—whose side are these books on?* *Contemporary Psychoanalysis*.

How to Register:

You may register online at www.ncpsasoc.org/registration.shtml or mail your contact information and payment to: NC Psychoanalytic Society, 901 Paverstone Drive, Suite 11, Raleigh, NC 27615. Society members should register by e-mailing your reservation to info@ncpsasoc.org

Special accommodations may be made for participants with disabilities. Please contact the Society Administrator at the number below before November 19, 2010 to make arrangements.

Our refund/cancellation policy is available upon request. Contact the Administrator for further details. Up to 2 Category I CME credits are offered through the American Psychoanalytic Association. NCPS is approved by the American Psychological Association to offer up to 2 Category A CE hours for Psychologists. Letters of attendance will be provided to all others. See below for details.

If you have any questions, please contact the Administrator at 877-572-6778 or info@ncpsasoc.org.

Directions: Lucy Daniels Foundation (LDF) is located at 9001 Weston Parkway in Cary, NC. From I-40, take exit 287, Cary/Harrison Avenue. Proceed toward Cary on Harrison Avenue, approximately one-half mile. Turn right onto Weston Parkway and travel for 1.5 miles. The LDF is across the median on the left. Continue driving another 0.1 mile and make a U-turn at the median break to return to the LDF, now on your right. After turning into the LDF drive, you may park alongside the building or in the upper parking lot. (The LDF is located in the end of the building closer to Weston Parkway; the section of the building housing the Lucy Daniels Center for Early Childhood is at the far end, closer to the upper parking lot.)

Target Audience: Open to mental health professionals and anyone else with an interest in this topic. This program is at an intermediate instructional level.

Educational Objectives:

After this presentation, participants will be able to:

- 1) To develop the concept of *curiosity*, the cultivation of which is central to the psychoanalytic psychotherapeutic process, and to examine curiosity's vicissitudes in the development of mental life of adolescents, young adults and people in general.
- 2) To increase practitioners' understanding of the psychological and social forces that undermine the capacity to be curious—and, thus, the capacity to use psychoanalytic psychotherapeutic consultation—in adolescents and young adults and to illustrate they ways that such defensive forces may be countered in the clinical process.

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of The American Psychoanalytic Association and the North Carolina Psychoanalytic Society. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians and takes responsibility for the content, quality, and scientific integrity of this CME activity.

The American Psychoanalytic Association designates this educational activity for a maximum 2 hours in category 1 credit towards the AMA Physician's Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

The North Carolina Psychoanalytic Society is approved by the American Psychological Association to sponsor continuing education for psychologists. The North Carolina Psychoanalytic Society maintains responsibility for this program and its content.

IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS: None of the planners and presenters of this CME program have any relevant financial relationships to disclose. Patient confidentiality is maintained throughout the program.