



CMPS

Center for Modern Psychoanalytic Studies

Distance Learning Program: Online Course via Zoom

THIS COURSE IS OPEN ONLY TO STUDENTS OUTSIDE THE GREATER NEW YORK CITY AREA

Two-Year Program in Modern Psychoanalysis: The Maturation Process

This course focuses on how the infant develops—bodily, cognitively, and emotionally—and the interaction among the three. Theories of infant development are examined, with emphasis on the processes that contribute to psychological health and psychopathology. The course will begin with a review of classical Freudian theory, then will focus on Winnicott's explorations of the mothering process, and will culminate with an introduction to modern psychoanalytic theories of the psychodynamics and treatment of preoedipal disorders. Classical and modern psychoanalytic approaches to diagnosis and treatment will be compared and contrasted.

15 CE Credits for Psychoanalysts, Psychologists, and Social Workers

**TUESDAYS | SEPTEMBER 15–NOVEMBER 17, 2026
5:00 - 6:30 PM (Eastern)**

To Register: cmps.edu/events

For More Information: 212-260-7050 • cmps@cmps.edu

TUITION: \$550

Mary Landers is a psychoanalyst in practice in New York City. She is on the faculty of the Center for Modern Psychoanalytic Studies

CONTINUING EDUCATION INFORMATION

LEARNING OBJECTIVES: Participants will be able to (1) describe the shift in the theory of the development of psychopathology from emphasis on difficulties in the oedipal period to maturational failures in the preoedipal period; (2) describe the shift in treatment approach from Freud's emphasis on intellectual interpretation of oedipal conflict between the id and the ego to the modern relational focus on helping the patient to develop a sense of self (ego) independent of the mothering figure; (3) describe Winnicott's theory of the good-enough mother; (4) describe Winnicott's theory of the infant's sense of subjective omnipotence and why protecting it promotes healthy psychological development; (5) describe Winnicott's theory of the true self and the false self; (6) describe Winnicott's understanding of the analytic situation, especially as it recreates the holding environment of infancy and keeps impingements on the fragile ego to a minimum; (7) describe the modern psychoanalytic theory of the narcissistic defense and the damaging effects of aggression turned against the self; (8) describe the modern analytic view of the role that insulation plays in psychological health and illness; (9) compare and contrast treatment approaches appropriate to patients with preoedipal disorders and those with oedipal disorders; and (10) describe the parallel process between how psychoanalytic treatment is conducted and how analytic students are taught to conduct psychoanalysis, especially when following the modern psychoanalytic supervisory model.

Psychoanalysts: The Center for Modern Psychoanalytic Studies is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts (#P-0032).

Psychologists: The Center for Modern Psychoanalytic Studies is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0163).

Social Workers: The Center for Modern Psychoanalytic Studies is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0206).