Trauma, Psychoanalysis and the Body
Heather Craige, MSW, LCSW, Psychoanalyst
Fall 2020
Provisional Syllabus

Week 1: Overview (Please read these selections before the first class)

4) Shedler, J. (2006). *That was then, this is now: An introduction to contemporary psychodynamic therapy.* [http://www.jonathanshedler.com/writing](http://www.jonathanshedler.com/writing)

Week 2: Anatomy of Survival


Optional Reading:

2) To learn more about the ACE (Adverse Childhood Experiences) study, see this excellent page on the CDC website [https://www.cdc.gov/violenceprevention/acestudy/about.html](https://www.cdc.gov/violenceprevention/acestudy/about.html)

One-page case summary due.

Week 3: Body-Brain Connection and the Polyvagal Theory


Optional video:
Stephen Porges, S. (November 10, 2014). [https://www.youtube.com/watch?v=1C9k5bdgq5g](https://www.youtube.com/watch?v=1C9k5bdgq5g)

Week 4: Losing Body and Losing Self


Homework Exercise (20 minutes):

Practice tracking your body sensations and rate your activation level as you watch the video:

Week 5: Attachment and Attunement
2) van der Kolk, B. (2015). Trapped in relationships: The cost of abuse and neglect. The body keeps the score (pp. 125-137).

Optional Reading:
1) Cuddy, A. (October 1, 2012). Your body language may shape who you are. https://www.youtube.com/watch?v=Ks- _Mh1QhMc

Week 6: Developmental Trauma and Disorganized Attachment

Optional Reading:

Week 7: Memory and Self-States
Optional Reading:

Week 8: Body Countertransference

Case reformulation due, typed.


Optional Reading: