



Ottawa Psychoanalytic Society Société psychanalytique d'Ottawa

OPS SCIENTIFIC MEETING Presenter: Steven Rosenbloom Discussant: Dr. Sarah Usher

Apr. 23, 2025 – Wednesday – 19:00 to 21:00 (Ottawa time)
via Zoom (please RSVP to ottawaps@yahoo.com)

Title: Understanding the Change Process Over the Length of Analyses: A Clinical Perspective

Presentation type: Clinical

Abstract: Although the emphasis on the study of Change in Psychoanalysis has been recently increased, little literature has appeared as to what does happen in individual analyses. The aim of this paper is to examine those factors leading to transformations in analyses, including an expanded understanding of what is meant by working through.

Required readings:

Rosenbloom, S. (2019). Working Through: Reflections on the Patient's Contribution to the Analytic Process. *Canadian Journal of Psychoanalysis*. 27:310-321. (available at www.pep-web.org)

Rosenbloom, S. (2021). Time for Change: Tracking Transformations in Psychoanalysis—The Three Level Model Edited by Marina Altmann de Litvan New York: Routledge, 2014, 366 pp. *Canadian Journal of Psychoanalysis* 29:102-105 (available at www.pep-web.org)

Additional readings:

Kulish, N. (2024). Change Through Time in Psychoanalysis: Transformations and Interventions, The Three Level Model, edited by Margaret Ann Fitzpatrick Hanly, Marina Altmann de Litvan and Ricardo Bernardi, New York, Routledge, 2021, 341 pp. Book Review: *International Journal of Psychoanalysis*. 105: 113-117 (available at www.pep-web.org)

Blass, R.B. (2023). Remembering, Repeating and Working-Through as a Step in Freud's Ongoing Struggle with the "What", "Why" and "How" of Analytic Knowing in the Curative Process, *International Journal of Psychoanalysis*. 104: 436-451. (available at www.pep-web.org)

Usher, S.F. (2017). Separation-Individuation Struggles in Adult Life. London: Routledge. (available at www.amazon.ca)

Learning objectives:

After attending this presentation, the participants will be able to:

1. Become familiar with the existing literature on Change in Psychoanalysis
2. Gain a more critical view of how change works in analysis
3. Understand the patient's perspective as transformations occur

Bio:

Steven Rosenbloom is a training and supervising analyst at the Canadian Institute of Psychoanalysis, QE. He is also an Assistant Professor of Psychiatry at McGill University. Steven has written and presented 5 papers on Change in Psychoanalysis.

Bio:

Sarah Usher, PhD, C. Psych. is a psychologist and psychoanalyst practicing in Toronto. She is a past president of the Toronto Psychoanalytic Society and the author of three books all published by Routledge:

What is this Thing Called Love?(2007)

Introduction to Psychodynamic Psychotherapy Technique. 2nd edition (2013)

Separation-Individuation Struggles in Adult Life Leaving Home (2017)

Join Zoom Meeting:

<https://zoom.us/j/4844761127?pwd=MG8zVVNyRVFIWEZ1emlMN2RzTXhwZz09>

Meeting ID: 484 476 1127

Passcode: 485239

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada and approved by the Scientific Chair of the Ottawa Psychoanalytic Society.

If you would like to receive participation confirmation, please fill out the feedback form and email it to ottawaps@yahoo.com

Please note that there is a \$40 fee and a \$20 student fee for participants who are not CPS members or candidates, or OPS guests:

By cheque:

Send a cheque made out to "Ottawa Psychoanalytic Society" to:

The Treasurer, OPS

c/o Louise Morel

2089 Orient Park Drive

Gloucester ON K1B 4W1

By online purchase:

Make payment by following the links: <https://ottawaps.ca/scientific-program/>

By e-transfer:

We deal with RBC. The e-mail address associated with our account is ottawaps@yahoo.com. Your payment will be automatically deposited into our bank account; there is no need for a security question / answer.



SCIENTIFIC MEETING EVALUATION FORM

DATE: _____ **# Credits (Hours):** _____

Please rate the quality of the activity on a scale from 1 (strongly disagree) to 5 (strongly agree)

This activity

<i>Met the stated objectives</i>	1	2	3	4	5
<i>Enhanced my knowledge</i>	1	2	3	4	5
<i>Satisfied my expectations</i>	1	2	3	4	5
<i>Conveyed information that applied to my practice</i>	1	2	3	4	5
<i>Allocated ≥ 25% for interaction</i>	1	2	3	4	5
<i>Was free from commercial bias?</i>	1	2	3	4	5

What did you learn or how will this event impact on your practice?

Please indicate which CanMEDS roles you felt were addressed?

- Medical Expert Scholar Collaborator Communicator
- Manager Professional Health Advocate

Evaluation of Presenter(s) *Overall Effectiveness* *Content Relevance* *Teaching Methods*

1 2 3 4 5 1 2 3 4 5 1 2 3 4 5

ADDITIONAL COMMENTS/ SUGGESTIONS: (please use verso if needed)