
INTRODUCTION to SELF PSYCHOLOGY: Theory and Practice

Announcing a SIX session online *Reading and Discussion group* covering the foundations of Heinz Kohut's psychoanalytic Self Psychology- a theory of and about how humans change, develop and thrive that informs effective 'what' and 'how' in clinical practice - a theory and practice guide to what works in therapy."

Course will include

- Online lecture/discussion
 - from 6:00 to 8pm
 - on the First Wednesday of April, May, June, August, September, and October (break in July for school holidays)
- Articles and chapters from the canon of Self Psychological literature covering key theoretical premises including empathic attunement, selfobject functions/experience, self-organising self, affect theory and application, intersubjectivity, and more
- Opportunities for reflections and questions regarding the key theoretical concepts

Course will be led by Sandra Lauffenburger, Chantal Jackson, Hollie Wildethorn, and Karen Stewart, four experienced Self Psychological psychotherapists

Course fee: **\$450 AUD** upon registration.

PACFA CPD credits pending

Who will want to attend: Counsellors, Psychologists, Social Workers, Psychotherapists, anyone working in the Mental Health field – for those who want to learn about working psychotherapeutically within a Kohutian Self Psychological framework which places empathic attunement and the therapeutic relationship central to the processes supporting change and growth.

This course will also provide a helpful introduction to Somatic Intersubjective Self Psychology for the February 2026 CRSPC* biannual three day conference on *Configurations and Treatment of Narcissism*.

For information and to register – contact Sandra Lauffenburger, info@selfnmotion.com.au
Registration closes on 15 March 2025. Remaining places are limited.

*CRSPC = Canberra and Region Self Psychology Community www.canberraselfpsychology.org