

Understanding Primitive Mental States

Susan Finkelstein, LCSW, Director

Bion and Beyond: Nameless Dread and Anxiety – Break Down, Break Through

**Presenter:
Chris Mawson**

**Winter – Spring 2021
2:00pm-3:30pm EST**

Little known and previously unpublished material of Bion's has been brought together by Bion editor and expert Chris Mawson in a slim volume *Three Papers of Bion* (2018). Inspired by the writings in this collection, he has also published his own book *Anxiety and Psychoanalysis: from Knowing to Being* (2019).

This seminar series involves a detailed exploration of each of the three papers, Mawson's own post-scripts to the texts, along with his own clinical and theoretical developments of the material.

Beginning with *withholding aspects of memory and desire* – it is the *withholding* that is so challenging in the face of anxiety – in the first three seminars Mawson explicates Bion's thinking and draws upon his own clinical experiences to facilitate a discussion on how we can use withholding these faculties to resist the urge to flee from anxiety. The second section considers how Keats' use of the term *Negative Capability* came to be associated with Bion's clinical method and concludes with the existential dimension in Bion's work and its use in psychoanalytic method.

The final seminars on anxiety focus on the previously unpublished paper, *Break Up, Break Down, Break Through* (1975) -- reconstructed from notes in Bion's personal library, and additional to *The Complete Works* (edited by Mawson with the help of Bion's widow Francesca Bion). In these unique seminars Mawson discusses for the first time how he approached the writing, brought his own clinical experiences to bear in understanding the complexities of Bion's thinking and his discoveries of how bound up Bion's own thinking and understanding was with his autobiographical experiences. The series concludes with *Beyond Bion* – a look at the ways in which Mawson has taken Bion's ideas on anxiety forward in his own clinical and theoretical thinking.

Program Dates: This ongoing seminar will meet on the first and third Friday of the month from 2-3:30pm EST, following the academic calendar with the exception of April 30. January 15, February 5, March 5, March 19, and April 30.

Program Fee: \$625

Learning Objectives:

1) To gain an understanding of Bion's ideas on Nameless Dread, Anxiety, and the Container-Contained

relationship, how these have been taken further to include ontological anxiety, and to relate theory to everyday clinical practice.

2) To gain a deeper, clinically based understanding of Bion's recommendations on suspending Memory, Desire, avoiding premature, recognition-based understanding, and to review these in light of previously unavailable material.

Chris Mawson is a Training and Supervising Analyst of the British Psychoanalytical Society. He trained at the Tavistock Clinic in psychoanalytic psychotherapy with children and adolescents, and in psychoanalysis at the British Psychoanalytical Society and Institute. He has a special interest in the work of Wilfred Bion and is the editor of *The Complete Works of W.R. Bion (2014)* Karnac—now Routledge Books.

Other publications include:

Psychoanalysis and Anxiety: From Knowing to Being (2019), Routledge Books; *Three Papers of W. R. Bion* (Ed, 2018, Routledge); “*Interpretation as Freud’s specific action, and Bion’s container–contained*” (2017, International Journal of Psychoanalysis); “Review: Between Mind and Brain: Models of the Mind and Models in the Mind by Ronald Britton” (2017, International Journal of Psychoanalysis); *Bion Today* (Ed; 2010) Routledge Books; “*The use of play technique in understanding disturbed behaviour in school*” (1986), Psychoanalytic Psychotherapy; “*Containing anxiety in work with damaged children*” in Anton Obholzer and Vega Zagier Roberts (eds), *The Unconscious at Work: Individual and Organisational Stress in the Human Services* (1994, Routledge). New Edition 2019.

Susan N Finkelstein, LCSW, UPMS Director, is a Training and Supervising analyst at the Contemporary Freudian Society and Fellow at IPTAR. She developed Understanding Primitive Mental States, a study group where she teaches The Internal World and Its Objects, The Claustro-agoraphobic Dilemma, Clinical Klein, Bion and Beckett: The Not-I Patient. At the APsaA she co-chairs an annual winter discussion group with Nasir Ilahi on Schizoid Modes-Spatial Time Continuum. She is in private practice in NYC in psychoanalysis, psychotherapy, couples therapy and clinical supervision. She is an associate board member of the International Journal of Psychoanalysis.

Continuing Education Credits:

Susan N. Finkelstein, LCSW, PC 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 #0262. CE credits are granted to participants with documented attendance of the entire program. No partial credits will be offered. It is the responsibility of the participants seeking CE credits to comply with these requirements. Upon completion of this program and evaluation form, participants will be granted **7.5 CE credits**.

To Register:

Please contact Susan Finkelstein (susanfcsw@aol.com) to register and make payment arrangements. Advance Limited Registration Only. No cancellation or refund, except for a medical emergency. For additional information, please contact Susan Finkelstein, Program Director (917-838-3266 or susanfcsw@aol.com)