Course Overview

Adolescence spans from about age 10-22. It is a time of tremendous development. In the *Adolescent Journey* by Marsha Levy-Warren she notes that this phase of development brings to mind the often quoted line by Charles Dickens, “It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness….”

In this course we will have the opportunity to think in depth about this time period known as adolescence. This course will explore the biological, psychological, and sociocultural influences on adolescent development. Historical and contemporary ideas of adolescence from a psychodynamic perspective will be examined. Both normative and non-normative stressors and pathways of development will be considered, as well as implications for clinical practice.

Course Objectives

- To become familiar with the historical and contemporary psychodynamic theories of adolescence
- To understand the mutually influential impact of physiological, psychological, and sociocultural forces on adolescent development
- To deepen one’s understanding of the importance of the developmental phases and its impact on character and identity formation
- To examine key themes in the developmental transition from adolescence to early adulthood
Assignments

It is expected that students will demonstrate their progress in comprehension and integration of the course material through class attendance and participation, and through assigned papers. Students should be prepared with relevant questions and comments related to the readings. Clinical material from the student’s practice is encouraged.

During the term, each student will be expected to complete three brief integration papers and one final, lengthier integration paper. The purpose of these papers is to demonstrate an understanding of psychoanalytic concepts; examine key themes pertaining to adolescent development and then apply the idea to a real or hypothetical adolescent.

**Brief Integrative Papers:** These 1-2 page papers are designed to give the student an opportunity to master psychodynamic theoretical perspectives of adolescent development. Select a minimum of one article or chapter from the week that the paper is due or from the proceeding weeks and provide a summary of a developmental concept, theme, or research finding that interests you and then apply that idea to a real adolescent or from a hypothetical situation. You may use current or past patients, individuals you’ve known, fictional characters from novels or movies. You may also write about yourself as an adolescent.

These papers are due the second (October 8), fourth (November 9), and sixth (December 10) session.

**Final Integrative Paper:** This 10-12 page paper is designed to give the student an opportunity to examine in greater depth a theme of adolescent development or emerging adulthood in the context of case formulation. As with the brief integrative papers, current or past patients, individuals you’ve known, fictional characters from novels or movies may be used.

This paper should include a) how developmental research and psychodynamic clinical theory contributes to an understanding of this individual; b) how it explains the behaviors, motives, thinking patterns, affect, relationships, etc. that encompasses the adolescent’s current development, and; c) how this teen’s experience can inform your clinical work with similar patients.
**Evaluation and Grading**

Oral Participation: 25% of final grade  
Brief Integrative Papers: 25% of final grade  
Final Integrative Paper: 50% of final grade

**Text** (Available on Amazon)


**Course Schedule and Readings**

**Session 1:** On-site Sunday, September 7  9:00 a.m.—12:00 noon  
**Overview of Adolescence**


**Session 2:** On-line Wednesday, October 8  7:00.-9:00 p.m.


**Session 3:** On-line Wednesday, October 22  7:00.-9:00 p.m.  
**Early and Middle Adolescence**


**Session 4:** On-site Sunday, November 9 9:00—12:00 noon
Late Adolescence


**Session 5:** On-line Wednesday, December 3 7:00.-9:00 p.m.
Psychodynamic Perspectives of Adolescent


**Session 6: On-line Wednesday, December 10 7:00.-9:00 p.m.**
*Psychodynamic Perspectives*


**Session 7: On-line Wednesday, January 14, 2015 7:00.-9:00 p.m.**
*Psychodynamic Perspectives*
