

Seizing The Vital Moment: Passion, Shame, and the Freedom To Become

Virtual Mini Course
Saturday, July 20, 2024
1100 a.m. - 2:00 p.m. CDT

Course Summary:

In this course we will explore how traumatic and chronically disillusioning experiences have profoundly inhibiting effects on the passion necessary to grow and change throughout life. We will devote special attention to how human beings transform their traumatic experiences outside of their control into shameful failures, in which they “blame the victim” in themselves for being a victim. After describing how the “intimate creation” of one’s unique constellation of symptoms is a means of both communicating and memorializing such traumatic experiences, we will examine how shame leads to character passivity and interrelated dynamics such as self-pity, resentment, entitlement, envy, perverse spite, and regret. Finally, we will discuss how the mourning process of accepting and reintegrating one’s shamed desires paradoxically facilitates the generosity of relinquishing the necessity that those desires be fulfilled.

Bio:

Dr. Shabad is on the faculty of the Chicago Center for Psychoanalysis (CCP) and the Chicago Institute for Psychoanalysis. He is also a supervisor and Training Analyst at the Institute for Contemporary Psychoanalysis. He is an Associate Editor on the Editorial Board of Psychoanalytic Dialogues. Additionally, he is co-editor of *The Problem of Loss and Mourning: Psychoanalytic Perspectives* (IUP, 1989) and the author of *Despair and the Return of Hope: Echoes of Mourning in Psychotherapy* (Aronson, 2001). Dr. Shabad has a new book in press: *Passion, Shame, and Mourning: Seizing the Vital Moment in Psychoanalysis* which will be published by Routledge.



Instructor: Peter Shabad, PhD

