



CORE WELLNESS

**Psychoanalytic Insight
on Couples: 2 CE**

**Presented by:
Ronnie Solan, PhD**



About Core Wellness

Core Wellness is a dynamic training group offering evidence-based, practical workshops via live, webinar and home study delivery. Our passionate and knowledgeable trainers bring engaging and inspiring CE trainings that stimulate the heart and mind for client care and effective clinical skills.

Core Wellness LLC is authorized by the Board of Social Work Examiners in **MARYLAND** to sponsor social work CE programs (for LMSW, LCSW, LCSW-Cs) and maintains full responsibility for all content. The trainings qualify for Category 1 continuing education units (whether taken in person or via live interactive webinar). Our credits are also accepted by the Board of Professional Counselors of Maryland (LGPC, LCPC and MFTs) and Board of Psychologists of Maryland. Additionally, Core Wellness, LLC is recognized by the **NEW YORK** State Education Department's State Board for Social Workers #SW-0569 and the **NEW YORK** State Board for Mental Health Practitioners, #MHC-0167. For **other states**, contact your board & let us know if we can help!

About the Presenter

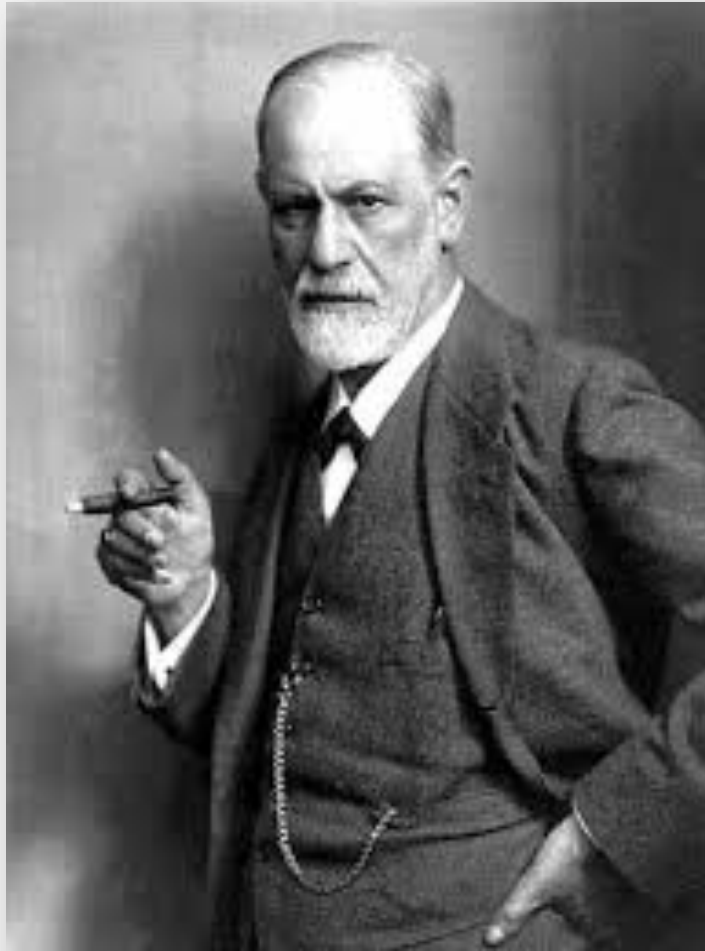
Dr. Ronnie Solan, PhD, a Senior training Psychoanalyst, was educated in Switzerland by the foremost psychologists and psychoanalysts, including Professor Jean Piaget at Geneva University and Professor R. Spitz at the Swiss Society of Psychoanalysis, Geneva. She has been practicing psychotherapy since 1963.

The author of multiple books exploring Freudian psychology and attachment theory, her critically acclaimed *The Enigma of Childhood - The Profound Impact of the First Years of Life on Adults as Couples and Parents* (2015) *culminates her lifetime work*. Her clinical expertise includes the emotional development of the infant from birth; disclosing and strengthening the inhibited healthy narcissism enabling the consolidation of the Self-Esteem & the True Self as well as the capacity to love and tolerate otherness. She lives in Israel with her family and is the proud grandmother of ten grandchildren. In her free time she enjoys gymnastics, yoga, sports and a warm social circle of friends.



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“SELF-LOVE WORKS FOR THE
PRESERVATION
OF THE INDIVIDUAL” (FREUD, 1921B, P. 102).



"It is precisely the
minor differences
in people who are
otherwise alike that
form the basis of
feelings of
strangeness & hostility
between them"
(Freud 1918, p. 199).

- *Ronnie Solan*

ME AND NOT ME
BEFRIENDING THE OTHERNESS



WHAT IS FAMILIAR TO ME – IS ME
THE UNFAMILIAR IS STRANGER
THE ART OF COUPLEHOOD MEANS –
BEFRIENDING THE OTHERNESS

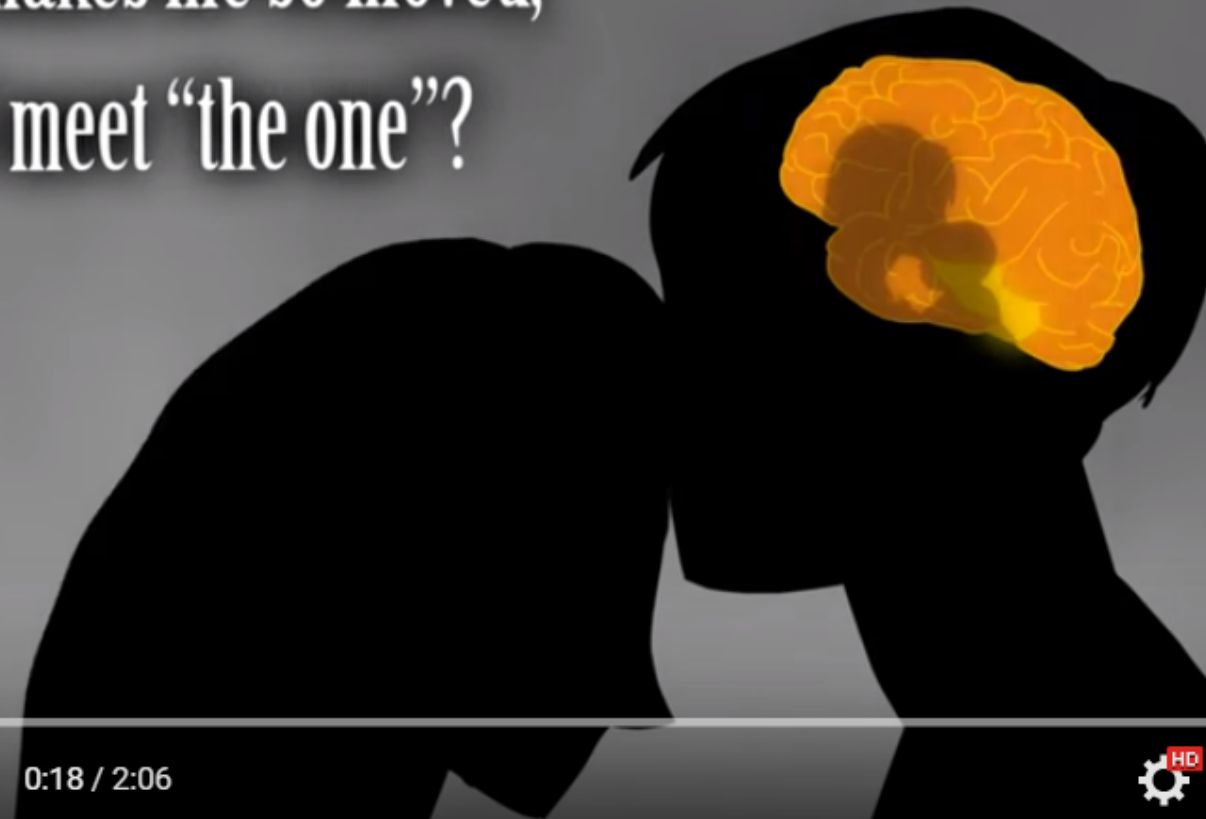


Ronnie Solan

click here for my website



What makes me so moved,
when I meet “the one”?



0:18 / 2:06



Have you ever fallen in love?
The excitement when we recognize
the Familiar [HTTPS://YOUTU.BE/PUWQBKEKNVQ](https://youtu.be/PUWQBKEKNVQ)



**The shared space of
two separate
individuals**

JOINTNESS



**DID YOU EVER THINK WHY THE
FIRST
YEARS OF LIFE HAVE SUCH AN
IMPACT ON ADULTHOOD AS
COUPLES AND PARENTS?**

The Enigma of Childhood The Profound Impact of the First Years of Life on Adults as Couples and Parents

RONNIE SOLAN

www.ronniesolan.com/EnigmaOfChildhood



LOVE RELATIONSHIPS ARE PRECIOUS

How can we maintain our love?

Did you know that

Hugs provoke from birth love addiction



It is so easy to destruct love and so difficult to renovate it

Both parents of Ben are very devoted to their children. They express love often and they convey sense of family stability and security, that turns often to unbearable fight and shouting. Their loving relationship is frequently placed under strain and they find it difficult to recreate their partnership.

Will this be the impact of Ben's childhood on his parenthood?

Belinda (age is 28) and Bob (age is 32)

And Ben (age is 3)



Ben's mother, Belinda (28 years) wants to "liberate" her child and allow him to express his individuality. She tries to be tuned to his separateness. She feels that she knows him well enough. She encourages him to dare and go up to the trampoline and to play alone. She remembers that her own father was like this with her. She liked his confidence in her and she felt as though he were proud of her. Nevertheless, sometimes she remembers thinking that maybe he didn't really care about her wellbeing. Now, she begins to wonder what Ben is feeling.

Ben's father, Bob (32 years) however, is really scared of his spouse's attitude and they quarrel about it in front of Ben. The father shouts at the mother that she is a bad mother that neglects her son, and says that something terrible might happen to him.

The mother shouts back at the father, asserting that he is a coward, and she doesn't want her son to be a coward like him. Neither can respect the otherness of their spouse, to enable each to be with the child as he feels familiar with in his true self. Although the mother tries to respect her child's separateness, she fails to do it toward her spouse. Each wants to program the other according to his familiar sense of his self.

WILL YOU BE ABLE TO RECONCILE?

James (age is 40) and Eva (age is 29)
The have 2 children age 8 and 4



- The couple invest a lot in their children, the family is very important to both. That's why, albeit they quarrel so much, and often hate each other, they decided not to break down their family and come to therapy.
- Each one has his own subjective perception of perfect love which is different from his spouse's own subjective perception of perfect love, but he is sure it is objective – that's how couplehood must be!

James: "I know that I have the look of a vulgar young man. I sometimes even like to maintain this appearance. A deep painful feeling floods me that I don't know who I really amI may then erupt aggressively for no reasonSometimes I need to feel that there is an exact matching between me and my wife, otherwise I erupt in rage and destroy our relationship. She cries but I don't care."

"My father's mockery and criticism of my gentle attitude, 'like that of a girl,' he would say, humiliated me and I forced myself to please himIt was my father who raised me from birth, who waited up for me at night, who whispered to me quietly but constantly that he is the only one who cares for me and can protect me....His wish was that I would be exactly like him, a tough boy. My parents quarreled a lot and I hated it, and now I do the same thing".

Eva: "James critiques me all the time. I never satisfy him; I am never good enough for him. I feel that he can be gentle to me, he is sometime gentle to our children. .. Deep inside me I feel love for James, and I feel that he can love me.... But he hides these skills and I can't touch them".

**SO GOOD TO RECONCILE
AND
BE TOGETHER AGAIN.**



RESOURCES

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Thanks for joining us!



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