

## **THE PASTOR AND THE ANALYST:**



### **An Interactive Discussion of Conscious and Unconscious Guilt, Religion, and Psychoanalysis**

**Saturday, March 11th, 2023, 10:30 am - 12:00 pm  
Via Zoom**

**Sonja Ware, TH.M., M.DIV., Lutheran Pastor**  
(ELCA), PCOP Faculty, Academic Analytic  
Member PCOP

**David Sachs, MD., PCOP Faculty,**  
Training & Supervising Analyst

Guilt is part of the emotional spectrum of human life. As a function of the superego, it can be a healthy compass helping us to make choices. Yet, guilt also has the capacity to burden us in painful and inhibiting ways. Guilt is a societal reality as well. Courts, judges, and juries are put in place to hear cases and then declare a person either guilty or not guilty. In Religion, guilt is addressed through the concept of sin defined as acting against God's will. Discussing guilt automatically opens the door to concepts like penance, punishment, forgiveness, and reconciliation. Guilt is a hot topic in Psychoanalysis as well as Religion and is large and deep enough to be explored for hours, days, and months. Many theories and concepts have been developed about both conscious and unconscious guilt.

With this in mind, David Sachs and Sonja Ware invite you to explore the aspect of conscious and unconscious guilt in a very practical manner in this year's discussion between the Pastor and the Analyst. Sonja and David will introduce the conversation by sharing some initial reflections and then present practical examples of situations in which they discovered conscious and unconscious guilt. The clinical examples are made up of a blend of different people to foster discussion and to maintain privacy. The conversation will then be opened to give most of our time together for mutual discussion, thriving through the insights of the participants and their experiences. This program intentionally is an interdisciplinary invitation to all who are curious about exploring guilt, psychoanalysis, and/or religion.

- **1.5 CE/CMEs Available**
- **\$25 for Non-Members Seeking Credit**
- **FREE for PCOP Members & Non-Members not Seeking CE Credit**

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**Sonja Ware**, Th.M.; M. Div. discovered her growing curiosity about psychoanalytic thinking in the context of her work as a Lutheran pastor with both individuals as well as groups. This curiosity has led her into academic psychoanalytic training at PCOP. She now is an Academic Analytic Member of PCOP and a Faculty Member of the Institute at PCOP. She also is Co-Chair of the Community Outreach Division at PCOP. Her interests include exploring Psychoanalysis and Spirituality in context of each other and the opportunities of psychoanalytic thinking outside of the consultation room. Sonja Ware is Co-Pastor at Renewed Spirit Church in Reading, PA and an ACC certified Coach with the International Coaching Federation (ICF) in private practice.

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**David Sachs**, MD has had an interest in psychoanalytic education for over sixty years as a Faculty Member of the Center for Psychoanalysis and as a Training and Supervising Analyst for 50 years. He taught many courses in depression and trauma that have particular importance for understanding guilt. Since 1980, he has been applying psychoanalysis to business consulting, where it is often necessary to discuss decisions with clients that have moral consequences. Similarly, discussions about the role of religious values as they conflict with psychoanalytic values in the therapy situation are often neglected. The need to include a moral dimension in the therapeutic enterprise has given rise to the series of zoom discussions between the Pastor and the Analyst.

## EDUCATIONAL OBJECTIVES

At the end of this presentation, participants will be able to:

1. Recognize when feelings of guilt are due to unconscious transgressions rather than conscious transgressions.
2. Recognize that guilt can occur when a person is innocent of any transgression.
3. Recognize when guilt is an inadequate warning not to commit a conscious transgression.
4. Recognize that different reasons for guilt require different treatments.

## CONTINUING MEDICAL EDUCATION/CONTINUING EDUCATION

Continuing Medical Education (CME):

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of American Psychoanalytic Association and the Psychoanalytic Center of Philadelphia. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians.

The American Psychoanalytic Association designates this Live Activity for a maximum of **1.5 AMA PRA Category 1 Credit(s)™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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- Updated July 2021 -



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