

## THE PASTOR AND THE ANALYST:



### **Internal Splitting and External Polarization**

An Interactive Discussion of the Connection between Divided  
Intrapsychic and External Worlds

Sunday, March 3, 2024, 3:00-5:00 pm EST  
Via Zoom

**Sonja Ware**, ThM., MDiv., Lutheran Pastor  
(ELCA), PCOP Faculty Member, Analytic  
Member PCOP

**David Sachs**, MD, PCOP Faculty,  
Training and Supervising Analyst

Splitting and Polarization are two common phenomena in the intrapsychic and social world. Yet, in recent years, with heated and polarized divisions in various contexts breaking further apart, the topic is particularly on point. **The program will offer participants an environment to explore the emotionally highly charged dynamics of splitting and polarization, which are occurring in American Society, classrooms, religious communities, and the consultation room.** Different manifestations of polarization in the world and society relate to internal splitting in therapist and patient, clergy and congregant, teacher, and student. They are often repressed, making them hard to identify and contain. It is one of the goals of this program to discover creative ways for nurturing a Kleinian Depressive Position with enough structure to hold tensions without breaking apart. Ideally, participants will take an enriched sensitivity for these dynamics back into their professional context.

The program will be based on creating a shared definition of splitting as well as polarization, their distinction, and interrelation. Case examples will be welcomed to illustrate specific dynamics of splitting and polarization in individuals, groups, and society. **This program is an interdisciplinary invitation into dialogue and mutual learning to all who are interested in exploring the intrapsychic phenomenon of splitting and the social phenomenon of polarization, psychoanalysis, and/or religion, including, but not limited to psychoanalysts, psychotherapists, social workers, medical professionals, clergy, and teachers.**

2 CE/CME's Available

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To  
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### **BIOGRAPHIES**

**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. Since 1980 he has been applying psychoanalysis to business consulting. 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.

**Sonja Ware, ThM., MDiv.**, 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, the Social Unconscious, and the opportunities of psychoanalytic thinking outside of the consultation room. In the context of her work with religious groups and individuals, Sonja Ware noticed a particular societal shift around the 2016 election of Donald Trump, which seemed to create new taboo areas in conversation. Since then, she has explored practical ways to create a nurturing environment to address different perspectives and become curious about differing viewpoints. She is also exploring an apparent affinity of some religious tendencies in varying degrees (right - wrong, good - evil, heaven -hell) to splitting and polarization. Sonja Ware is Co-Pastor at Renewed Spirit Church in Reading, PA, the Coordinator for Mission Development and Congregational Vitality Coaching in the Evangelical Lutheran Church in America (ELCA), and a PCC certified Coach with the International Coaching Federation (ICF) in private practice.



## EDUCATIONAL OBJECTIVES

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

1. Articulate definitions of splitting and polarization and detect their dynamics in their clinical or professional work with individuals and/or groups.
2. Recognize the challenges of creating curiosity for further exploration due to an often highly charged emotional state and the creation of taboos, both within the individual and society.
3. Recognize the interrelatedness of the intrapsychic and the social in this field.
4. Recognize splitting and polarization as they occur as developmental steps and in their regressive form.
5. Utilize Kleinian Theory to further the understanding of splitting and polarization.
6. Name concrete examples for the interrelatedness between the individual and the social unconscious.

## 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 2 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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\*Financial relationships are relevant if the educational content an individual can control is related to the business lines or products of the ineligible company.

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**For more information, please contact the Psychoanalytic Center of Philadelphia:**

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