



CMPS

Center for Modern Psychoanalytic Studies

ANNUAL CONFERENCE

Limited In-Person Seating and Online via Zoom

Being-with Nothingness:

Ofra Eshel, Analytic Oneness, and Modern Psychoanalysis

Drawing on the work of Winnicott and Bion, Ofra Eshel has developed a clinical method of “becoming her patient.” Eshel will present a case that demonstrates how she immersed herself in her patient’s subjective experience, fostering a shared regression to the origins of the patient’s psychic organization. Creating a state of “at-onement” or “shared mind,” she and her patient “lived-through-together” the crippling, annihilative experiences of her patient’s past, resulting in psychic transformation. There is a striking similarity between Eshel’s work and that of Hyman Spotnitz, the founder of modern psychoanalysis. Spotnitz’s approach also avoided interpretation, emphasizing mutual regression to the origins of the patient’s ego.

5 CE Credits for Psychoanalysts, Psychologists, and Social Workers

Saturday, November 14, 2026 • 9:30 AM - 4:00 PM (Eastern)

Admission: \$175 | Students with ID: \$40

Limited In-Person Seating at CMPS, 16 West 10th Street, New York City and via Zoom



Ofra Eshel, PsyD, FIPA, keynote speaker, is a clinical psychologist and senior faculty, training, and supervising analyst at the Israel Psychoanalytic Society and Institute. She founded and heads the postgraduate track “Winnicott, Bion, and Independent Psychoanalysis: Radical Breakthroughs” at the Program of Psychoanalytic Psychotherapy, Faculty of Medicine, Tel-Aviv University, and the advanced program “Radical Breakthroughs in Contemporary Psychoanalysis” at Deepsprings, Beijing, China. She coedited *Was It or Was It Not? When Shadows of Sexual Abuse Emerge in Psychoanalytic Treatment* (2017). She authored *The Emergence of Analytic Oneness: Into the Heart of Psychoanalysis* (Routledge, 2019) and *Reinventing Psychoanalysis for the Great Unknown: The Never-Ending Challenge* (Routledge, 2026).



Aner Govrin, PhD, discussant, is an associate professor at Bar-Ilan University, Israel, where he serves as director of the Psychoanalysis and Hermeneutics doctoral program at The Program for Hermeneutics and Culture. A clinical psychologist, philosopher, and training psychoanalyst at Tel Aviv Institute for Contemporary Psychoanalysis (TAICP), his research focuses on the intersection between philosophy and psychoanalysis. His books include *Ethics and Attachment: How We Make Moral Judgements* (2018), *Conservative and Radical Perspectives on Psychoanalytic Knowledge: The Fascinated and the Disenchanted* (2018), *How Philosophy Changed Psychoanalysis: From Naïve Realism to Postmodernism* (2025), and *The Craft of the Psychodynamic Case Study: A Practical Guide* (2026).



Dan Gilhooley, PsyD, discussant, is a psychoanalyst on the faculty of the Center for Modern Psychoanalytic Studies. He has published on the topics of psychoanalytic process research, intersubjectivity, creative imagination, and exceptional experience. His book, written with Frank Toich, *Psychoanalysis, Intersubjective Writing, and a Postmaterialist Model of Mind: I Woke Up Dead* (Routledge, 2020), received the *Gradiva Award for Best Psychoanalytic Book*. He is in private practice in Bellport, NY.

CONTINUING EDUCATION INFORMATION

LEARNING OBJECTIVES: Participants will be able to (1) compare Eshel’s concept of “analytic oneness” with Spotnitz’s model of “shared mind,” (2) explain why Eshel and Spotnitz both abandoned interpretation for therapeutic models of “becoming the patient” to treat early psychic trauma, (3) describe Eshel’s conception of the origin of “nothingness” in her patient’s mind, and (4) compare and contrast Eshel’s model of “living-through-together” with Spotnitz’s emotional communication techniques to resolve the patient’s resistances.

Psychoanalysts: The Center for Modern Psychoanalytic Studies (CMPS) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts (#P-0032).

Psychologists: The Center for Modern Psychoanalytic Studies is recognized by the New York State Education Department’s State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0163).

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