



# CMPS

## Center for Modern Psychoanalytic Studies

### *Distance Learning Program: Online Course via Zoom*

THIS COURSE IS OPEN ONLY TO STUDENTS OUTSIDE THE GREATER NEW YORK CITY AREA

### Single-Semester Course

## Psychoanalysis and Identity Formation in Fashion

This course will explore identity formation in fashion and style expression in the context of the relationship to early caregivers, focusing on reaction formations, the development of the superego, the mirror stage, and the skin ego. We will explore how these issues play out in treatment and in clinical supervision.

15 CE Credits for Psychoanalysts, Psychologists, and Social Workers

**10 WEDNESDAYS | JANUARY 19 – APRIL 1, 2026**  
**7:00 – 8:30 PM (Eastern)**

**To Register or For More Information:** [bdamato@cmps.edu](mailto:bdamato@cmps.edu)  
TUITION: \$550

**Golzar Selbe Naghshineh, MA, LP, CGP**, is a training and supervising psychoanalyst and a certified group psychotherapist. She has special expertise in reproductive and maternal mental health. She is a graduate of the Center for Modern Psychoanalytic Studies and the Center for Group Studies. She is a doctoral candidate at the Boston Graduate School of Psychoanalysis.

#### CONTINUING EDUCATION INFORMATION

**LEARNING OBJECTIVES:** Participants will be able to (1) explain how identity formation is both symbolic and literal, with the child deriving ego strength from the internalized object, (2) describe the symbolism of clothing in early development as it relates to the superego, (3) describe Laplanche's theory of enigmatic messages and explain how it relates to inherited identity formation, (4) describe identity formation in fashion as either a repetition of or reaction formation to the elements of Lacan's mirror stage, (5) explain how Anzieu's concept of the skin ego contextualizes the role of fashion in one's relation to the outside world, (6) describe how culturally mediated fashion norms relate to the concept of the skin ego, (7) describe how fashion identity formation relates to expression of gender role and identity, (8) explain how body modifications, such as tattoos, piercings, plastic surgery, body sculpting, body building, and skincare, relate to ego defenses and identity expression, (9) explain the symbolism of accessories such as purses, glasses, watches, and shoes, and (10) describe Valerie Steel's theory of psychoanalysis and fashion in regard to the fashion industry and high fashion

**Psychoanalysts:** The Center for Modern Psychoanalytic Studies 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).

**Social Workers:** The Center for Modern Psychoanalytic Studies is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0206).