

Elective Course #615: Robert Langan, Ph.D.



Robert Langan

Spring Trimester, 2021: 10 sessions
Fridays, 10:00 – 11:15 a.m.
To be held at instructor's office

Attending Within: Immersions in the Stream of Consciousness

How do you decide, when sitting with a patient, or for that matter, when sitting with yourself, what to pay attention to? Or is it less a decision than a discovery, less a choice than a finding of oneself in the onflow of experience? This course proposes a group endeavor to consider how it is one does consider, how one both shapes and is shaped by ever shifting consciousness. The effort's relevance is both clinical and personal, and is to be guided by participants' proclivities. Each session might begin with a brief silent meditation, clearing the way for discussion of that week's topical catalyst. This might be Borges's (1949) "The Aleph", a story about the point that contains all points. Or Deikman's neglected (1966) "Deautomitization and the Mystic Experience". Or the Buddha's Heart Sutra. Or the adult show-and-tell of participants' recent curiosities or anomalies of whatever sort: an interchange in a psychoanalytic session; a poem, memory, dream; an embarrassment, a frustration, a wish; a throb of music at just the right time and why. Each session could end with a quick plan to decide what next to attend to.