



The Experience of Dread: A Psychoanalytic Approach



John O'Connor



Lecture & Lecturer Overview

John O'Connor is Course Director of the MPhil in Psychoanalytic Studies, and Associate Professor of Clinical Psychology at Trinity College Dublin. He is a Board member of the Irish Council for Psychotherapy. By training, John is a clinical psychologist and psychoanalytic psychotherapist and, alongside decades of engagement in training clinicians in these fields, John has worked in a wide variety of public services, as well as privately. He is both a clinical and academic supervisor, and with particular interests in processes of training, the training environment, the psychodynamics of commonly diagnosed states, the intersection between individual and cultural pressures, and the development of contexts for the handling of suffering. He has published widely, often with colleagues in other fields, and is dedicated to the bridging between psychoanalytic and adjacent and wider communities. He co-chairs a group of clinical psychology trainers across the UK and Ireland engaged in psychodynamically-leaning work and is a member of a special interest group concerned with the sustaining of psychoanalytic teaching within psychology curricula in the United States and beyond. In this talk, John will explore the subject of dread as the apprehension of catastrophe, as a state of mind that is underrepresented in our thinking, and that lies somewhere between anxiety, terror, and mourning. He will draw on contemporary object relations and relational psychoanalytic ideas – particularly those connected with the earliest parts of our human relationship to and negotiation with the world – in order to help to throw light on what is taking place in these states. John encourages a good deal of classroom participation as well as a connection of the subject matter with other, connected, and wider concerns.

Select Week

1	7	12
2	8	13
3	9	14
4	10	15
5	11	16
6		

Date

10 February 2027