

Psychoanalytic Education Center of the Carolinas

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Thinking Psychoanalytically: The Basics Theory Course

2010 – 2011 Curriculum

Theory Course Coordinator:

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Theory Course Objectives

To promote an understanding of psychoanalysis and psychoanalytic psychotherapy through an introduction to:

- ◆ Theoretical and practical contexts for psychoanalytic concepts
- ◆ Principles of psychoanalytic listening and formulation
- ◆ Theories of psychoanalytic intervention
- ◆ An integrated approach to descriptive and psychoanalytic concepts of mental disorder

Texts

Bruch, Hilda (1974) Learning Psychotherapy: Rationale and Ground Rules. Harvard University Press, Cambridge, MA (available in hardcover or paperback).

Sullivan, Harry Stack (1970) The Psychiatric Interview. WW Norton & Co., New York (paperback).

8-30-10: The Beginnings of a Psychoanalytic Treatment

We begin our discussion of psychoanalytic psychotherapy by considering how a psychotherapy begins. What are the indications for treatment? What qualities should patient and therapist bring to this encounter? What is going to make this a “psychoanalytic psychotherapy”?

Reading: Bruch, Preface and Chapter 1 (pp. vii-18)

9-6-10: No Class (Labor Day)

9-13-10: Brief Introduction to Psychoanalytic Theory

A summary of psychoanalytic concepts of health and illness, individual and social development. As little jargon as humanly possible, but a chance to develop shared vocabulary and some basic concepts.

Reading: Bruch, Chapter 2 (pp. 19-38)

9-20-10: Psychoanalysis Beyond the Couch

Applying psychoanalytic principles in work with the patient's family, the hospital staff, and in the context of treatment with psychoactive medications.

Reading: Bruch, Chapter 3 (pp. 39-56)

9-27-10: The Therapeutic Relationship

Understanding the many levels of communication in a psychoanalytic psychotherapy: verbal, nonverbal, transference and countertransference. Distinguishing and developing the "real relationship".

Reading: Bruch, Chapter 4 (pp. 57-81)

10-4-10: Listening and Speaking

What is it that the therapist needs to do? Issues of style and content, feelings and ideas. How does theory get operationalized as therapy?

Reading: Bruch, Chapter 5 (pp. 82-100)

10-11-10: Double Session with Harold Kudler**(1) Career-Long Learning and Development**

The uses of supervision, continuing education, and self-directed study. A consideration of supervision as therapy and therapy as supervision. A review of available programs for developing therapeutic skill.

Reading: Bruch, Chapters 6 and 8 (pp. 101-117, 143-150)

(2) The Course of Treatment

An overview of the phases of a psychoanalytic treatment including the beginnings of transference, indications of progress, working through, and termination. This session will include time to recapitulate and reflect on Bruch's perspective.

Reading: Bruch, Chapter 7 (pp. 118-142)

10-18-10: Double Session with Bill Meyer**10-25-10: Double Session with Harold Kudler****(1) The Interpersonal Field**

Over the coming weeks, we will follow Sullivan's exploration of the psychotherapeutic process as it begins with expectations, shared information, and an evolving relationship between patient and therapist.

Reading: Sullivan, Preface, Introduction and Chapter 1 (pp. vii-25)

(2) Developing a Frame

The theory behind technique in structuring and developing a psychotherapeutic interview.

Reading: Sullivan, Chapter 2 (pp. 26-39)

11-1-10: Double Session with Bill Meyer

11-8-10: Conducting Yourself in a Psychiatric Interview

Making transitions, taking notes, and moving towards interpersonal integration.

Reading: Sullivan, Chapter 3 (pp. 40-55)

11-15-10: Double Session with Bill Meyer**11-22-10: No Meeting (Thanksgiving Week)****11-29-10: The Early Stages of the Interview**

An approach to understanding what the therapist needs to know about the patient and how the therapist comes to know it. Providing the patient with a summary statement of the problem.

Reading: Sullivan, Chapter 4 (pp. 56-88)

12-6-10: Double Session with Harold Kudler**(1) The Detailed Inquiry**

Anxiety and the self-system. What drives the patient and the therapy?

Reading: Sullivan, Chapter 5 (pp. 89-106)

(2) The Interview as a Process

Understanding the dynamics of change in the interview situation. Scientific method applied within the interpersonal sphere.

Reading: Sullivan, Chapter 6 (pp.107-129)

12-13-10: Past and Present

Eliciting and making sense of developmental history.

Reading: Sullivan, Chapter 7 (pp. 130-172)

12-20-10: Holiday Break**12-27-10: Holiday Break****1-3-11: Termination**

How and when does a psychotherapy end? Framing a final statement and a prescription for action.

Reading: Sullivan, Chapter 9 (pp. 198-205)

1-10-11: Course Conclusion and Class Dinner

These readings pull together a variety of statements made by Sullivan which have been drawn from his own course notes and from those of his students. An opportunity to consider the class's conception of the purpose and process of the psychiatric interview within the context of those ideas emphasized by Sullivan's original seminar members.

Reading: Sullivan, Chapter 10 (pp. 206-226) and Conclusion (pp. 227-230)