

# Psychoanalytic Education Center of the Carolinas

*A division of the North Carolina Psychoanalytic Society*

## Thinking Psychoanalytically: The Basics

**2008 – 2009 Curriculum, v.2**

(revised 11-22-08)

### INTRODUCTION TO PSYCHOANALYTIC PRINCIPLES

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#### Theory Course Objectives

To promote the understanding of psychoanalysis and psychoanalytic psychotherapy by introducing:

- ◆ 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).

#### **9-8-08: 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, Chapter 1 (pp. vii-18)

**9-15-08: Double Session -**

**(1) A 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)

**(2) 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)

**9-22-08: 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)

**9-29-08: No Class (Rosh Hashanah)**

**10-6-08: 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)

**10-13-08: 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)

**10-20-08: Mr. Meyer – Double Session**

**10-27-08: 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)

**11-3-08: Mr. Meyer – Double Session**

**11-10-08: Double Session**

**(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)

**11-17-08: Mr. Meyer – Double Session**

**11-24-08: Double Session -**

**(1) Conducting Yourself in a Psychiatric Interview**

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

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

**(2) 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)

**12-1-08: Double Session**

**(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)

**12-8-08: Mr. Meyer – Double Session**

**12-15-08: Past and Present**

Eliciting and making sense of developmental history.

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

**1-12-08: Diagnostic Signs and Patterns of Interaction in Mental Health and Disorder**

Developing a third ear AND a third eye to aid in diagnosis and in ongoing interaction in the course of a psychotherapy.

Reading: Sullivan, Chapter 8 (pp. 173-197)

**1-19-08: Termination**

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

Reading: Sullivan, Chapter 8 (pp. 173-197)

**1-26-08: Double Session -  
Sullivanian Potpourri**

This chapter pulls 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)

**2-2-08: Conclusion**

Summing up Sullivan

Reading: Sullivan, Conclusion (pp. 227-230)

**2-9-08: Mr. Meyer – Double Session**

**2-16-08: Course Conclusion and Class Dinner**

No Reading but an opportunity to reflect on what has been learned about the theory and practice of psychoanalytic psychotherapy and to consider opportunities for lifelong learning.