

Psychoanalytic Education Center of the Carolinas

A division of the North Carolina Psychoanalytic Society

Thinking Psychoanalytically: The Basics

2008 – 2009 Curriculum

PSYCHOANALYTIC CONCEPTS AND THEIR APPLICATION IN CLINICAL PRACTICE AND EVERYDAY LIFE

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Course Objectives: This course will focus on how a psychoanalytically informed clinician thinks and practices, regardless of clinical setting. Unlike Dr. Kudler's theory course, which will follow several texts chronologically, chapter by chapter, the readings for this course will be drawn from a wide variety of sources, including many papers which are now considered to be classics. We will investigate the ways in which psychoanalytic ideas have evolved over the past century, we will spend time exploring major psychoanalytic concepts (i.e. defenses, transference, counter-transference, dynamic unconscious, self, separation-individuation, oedipal dynamics, etc.), and we will highlight the seminal and evocative ideas from the field's most creative psychoanalytic theorists and clinicians. Classes will be taught using common everyday language, and jargon will be kept to a minimum.

Students should purchase a copy of Janet Malcolms's book (see 10-6-08) and may begin reading at any time. Used copies of this are usually widely available.

9-8-08: The Timelessness of the Unconscious
No reading

9-15-08: Dr. Kudler – Double Session

9-22-08: Analytic Psychotherapy: Considerations On Beginning the Treatment

Readings:

Freud, S. "On Beginning the Treatment: Further Recommendations on the Technique of Psychoanalysis."

Blanck, G., and Blanck R. (1994) "On Beginning the Treatment", pp. 168-191. In: Ego Psychology: Theory and Practice, 2nd Edition.

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

10-6-08: Psychoanalysis: The Impossible Profession by Janet Malcom

Reading:

Psychoanalysis: The Impossible Profession by Janet Malcolm (1982)

10-13-08: Defenses - The Immature and the Mature Defenses

Reading:

Vailant, G. (1994) The Wisdom of the Ego: excerpts

**10-20-08: Double Session -
(1) Transference and Countertransference**

Readings:

Roth, S. (1984) Psychotherapy: The Art of Wooing Nature – Chapter 2 Transference: Adriadne's Thread, pp. 17-40.

Sandler, J. (1976) Countertransference and role-responsiveness. International Review of Psychoanalysis 3: 43-47.

(2) Two Unremarkable Hours of Psychotherapy

Reading:

Casement, P.J. (1991). Introduction and Chapter 1 - Preliminary thoughts on learning from the patient. In: Learning from the Patient. Guilford Press, pp. 3-28.

10-27-08: The 'mother' and father of psychoanalysis: The relationship and therapeutic legacy of Sandor Ferenczi and Sigmund Freud.

Reading:

Ferenczi, S. (1933) The confusion of tongues between adults and children: The language of tenderness and passion.

11-3-08: Respect for the Patient: Lessons from Bruno Bettelheim

Readings:

Bettelheim, B. and Rosenfeld, A.A. (1993) The Art of the Obvious: Developing Insight for Psychotherapy and Everyday Life. pp ix-72

Cleaver, L.A. (1998) A personal account of lessons about the relationship between violent hope, hopeful violence and the development of therapeutic imagination: the legacy of Bruno Bettelheim. Smith College Studies in Social Work; 68(3), June, pp. 347-362.

11-10-08: On Loving One's Patients – Where are the Boundaries?

Readings:

Fox, R. P. (1998) The "unobjectionable" positive counter transference. JAPA , 46:4, pp. 1067-1087.

Gutheil, T.G. and Gabbard, G. (1993) The concept of boundaries in clinical practice: theoretical and risk-management decisions. American Journal of Psychiatry 150:188-196.

11-17-08: Double session - Case Presentation

Readings:

Steele, B.F. (1994) Psychoanalysis and the maltreatment of children. Journal of the American Psychoanalytic Association. pp. 1001-1025.

Maltsberger & Buie. (1974) Countertransference Hate in the Treatment of Suicidal Patients. Archives of General Psychiatry: 625-633

11-24-08: Dr. Kudler – Double Session**12-1-08: The Work of Selma Fraiberg**

Readings:

Fraiberg, S.H. with Adelson, E. and Shapiro, V. "Ghosts in the Nursery: A Psychoanalytic approach to the Problems of Impaired Infant-Mother Relationships." In Fraiberg L (ed) Selected Writings of Selma Fraiberg. Columbus, Ohio: Ohio State University Press, 1987, pp 100-136. An earlier version of this chapter appeared in the Journal of the American Academy of Child Psychiatry, vol.14, no. 3, Summer 1975, pp.387-422.

"The Impact of Delayed Adoption: A Case Study, pp. 76-98 in Shapiro, V.V., Shapiro, J.R. and Paret, I.H. (2001) Complex Adoption and Assisted Reproductive Technology: A Developmental approach to Clinical Practice

12-08-08: The Psychological Birth of the Human Infant: The Work of Margaret Mahler

Reading:

Edward, J., Ruskin, N., Turrini, P. (1991) Separation/Individuation: Theory and Application. pp. 33-64.

12-15-08: The Oedipus Complex: Reverberations Through a Lifetime

Readings:

Freud, Sophie (1991) On daughters and fathers. In: My Three Mothers and Other Passions, by Sophie Freud. New York University Press. pp. 275-290.

Rothstein, A. (1979) Oedipal conflicts in severe personality disorders. International Journal of Psychoanalysis 60: 189-199.

1-12-09: Freud and Man's Soul by Bruno Bettelheim

Reading:

Bettelheim, B. (1982) Freud and Man's Soul

1-19-09: The Contributions of D.W. Winnicott

Readings:

Guntrip, J. (1975) My experience of analysis with Fairbairn and Winnicott: How complete a result does psychoanalytic therapy achieve? Int'l. Review of Psa., 2: 145-156.

Winnicott, D.W. (1958) Hate in the Counter-transference. IJP 30, 2: 69-74.

1-26-09: Dr. Kudler – Double Session**2-2-09: The Contributions of Heinz Kohut**

Readings:

Kohut, H. (1977) The Restoration of the Self, pp. 267-312.

Baker, H.S. and Baker, M.N. (1987) Heinz Kohut's self psychology: an overview. The American Journal of Psychiatry. pp. 1-9.

Miller, J.P. (1982) How Kohut actually worked. In: Progress in Self Psychology.

2-09-08: Double Session - A Further Look at the Meaning of Object Constancy

Readings:

Akhtar, S. (1994) Object constancy and adult psychopathology. IJP 75: 441-455.

Adler, G., & Buie, D. (1979) Aloneness and borderline psychopathology: The possible relevance of child development issues. IJP 60: 83-96.

Viewing of video tape: "John, 17 months -- 10 days in a residential nursery"

2-16-09: Final Class: Dinner and Excerpt from: Nancy McWilliams' Psychoanalytic Psychotherapy: A Practitioner's Guide (2004) pp. vii -45