

**THE BOSTON PSYCHOANALYTIC SOCIETY AND INSTITUTE**  
**141 Herrick Road, Newton Centre, Massachusetts 02459**

**RESISTANCE**

ATP Year 3, Winter 2016-17

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The concept of resistance, inaugurated by Freud, is a bedrock of psychoanalytic theory and contemporary culture. The concept is central to our model of the mind and informs how we think of our patients and the interventions we make with them. From very early in Freud's work, Freud was perplexed and intrigued with his patient's unwillingness, hesitancy and opposition to recollect memories that might lead to cathartic release. He shifted his thinking from catharsis to attempts at interpretation looking to "work through" the conflict relating to remembering.

Beginning with Freud, We will explore the notion of resistance and how psychoanalysis uses the concept to understand and help people change. We will read how several analysts understand the concept and have adopted it to contemporary analytic thinking. Although this is far from exhaustive, the hope is to achieve an understanding of this concept and to contemplate together how we think of resistance in our work with patients. To that end, in addition to discussing the assigned articles, we will be discussing clinical material. As you read the articles, keep in mind your clinical work as I expect we will discuss clinical material to deepen our understanding of how we use the concept of resistance in our clinical work.

For our first meeting, *December 15, 2016* - introduction and overview:

Freud, S. (1904) Freud's psychoanalytic procedure. S. E., 7:249-254. [PEP Web Link](#)

Freud, S. (1914) Remembering, repeating and working through. S. E., 12:147-156. [PEP Web Link](#)

Learning Objective: At the conclusion of the session, the participant will be able to define Resistance as originally conceptualized by Freud.

*For December 22, 2016*

Ullman, C. (2011) Fear of Metamorphosis. Contemporary Psychoanalysis, 47:4, 480-496. [PEP Web Link](#)

Moody, Rick (2008) In praise of Resistance. Contemporary Psychoanalysis, 44:295-300. [PEP Web Link](#)

At the conclusion of the session, the participant will be able to describe two ways that contemporary theorists have revised our theoretical understanding of Resistance.

*For January 12, 2017*

Ogden, T. (1983) The Concept of Internal Object Relations. *Int. J. PsychoAnal.* , 64:227-241. [PEP Web Link](#)

At the conclusion of the session, the participant will be able to describe the technical approach to resistance within an Object Relations framework.

*For January 26, 2017*

Stolorow, R., Brandchaft, B., & Atwood, G. (1995). Chapter 4: Bonds that shackle , ties that free  
In : *Psychoanalytic Treatment : An Intersubjective Approach*. Hillsdale, NJ: The Analytic Press  
(pp. 47-65). [Available in [Library](#)]

At the conclusion of this session candidates will be able to describe the self-psychological perspective of Resistance.

*For February 2, 2017*

Bromberg, P. (1995) Resistance, object usage, and human relatedness. *Contemp. Psychoanal.*, 31:173-191. [PEP Web Link](#)

Renik, O. (1995) The Role of an analyst's expectations in clinical technique: reflections on the concept of resistance., *JAPA* 43:83-94. [PEP Web Link](#)

At the conclusion of this session candidates will be able to discuss the modified technical stance toward resistance suggested by contemporary views, including a consideration of the contribution of the therapist's resistance.