

THE BOSTON PSYCHOANALYTIC SOCIETY AND INSTITUTE, INC.

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Name: Kenneth I. Reich, Ed.D.

Signature:

Title of your Course: **A Psychoanalytic Approach to Understanding Change in Couple Therapy**

One paragraph abstract/purpose statement of seminar.

This Clinical Seminar is designed to provide opportunities to present and discuss theoretical and clinical material. The aim is to enhance learning about psychoanalytic practice as applied to working with couples and improve clinical skills. Participants will listen to case presentations, and will learn to apply psychoanalytic concepts to their work. Discussion will include clinical and theoretical ideas. Please prepare a case to present.

One learning objective for every session seminar meets, i.e., 8 session seminars must provide 8 learning objectives. These are used for evaluations and are required for CME and CE continuing education applications. These learning objectives may occur in any sequence of seminar classes.

Week 1: “Beginning Treatment and Models of Psychoanalytic Couple Therapy”

Based on the content of this seminar, the candidate will be able to develop an understanding of key concepts in couple therapy and their interphase with psychoanalytic theory and treatment of couples.

Ruszczynski, S., “Psychotherapy with Couples”. The Theory and Practice at the Tavistock Institute of Marital Studies. Karnac Books, London, 1993.
Chapter 1- p.3-21: p.57-59 Chapter 11- p.197-217. [*Available in the [Library](#)*]

Finkelstein, L., Toward An Object-Relations Approach in Psychoanalytic Marital Therapy, *Journal of Marital and Family Therapy*, 13: 287-298, 1987. [*Available in the [Library](#)*]

Optional:

Haley, J., Marriage Therapy, *Archives of General Psychiatry*, 8, 213-234, 1963. [*Available in the [Library](#)*]

Reich, K.I. Treating Couples from A Psychoanalytic Perspective, Workshop at Michigan Psychoanalytic Institute and Society, Detroit, 2006. [*Available in the [Library](#)*]

Week 2 and 3: “Applying a Model of Relational Theory and the Influence of Infant Development Research to Couple Therapy”

Based on the content of this seminar, the candidate will be able to develop an understanding of how relational psychoanalysis may be applied to couple therapy.

Benjamin, J. Recognition and destruction: An outline of intersubjectivity. In: *Relational psychoanalysis: The emergence of a tradition*, eds. S. Mitchell & L. Aron. Hillsdale, NJ: The Analytic Press, pp. 181—210, 1990. [PEP Web Link](#)

Coates, Susan W., Having a Mind of One’s own and holding the Other In Mind, *Psychoanalytic Dialogues*: 8 (1) 115-148, 1998. [PEP Web Link](#)

Lachmann, F.M., Beebe, B., Three Principles of Saliency in the Organization of the Patient-Analyst Interaction, *Psychoanalytic Psychology*, 13:1-22, 1996. [PEP Web Link](#)

Optional:

Dicks, H. V., “Object relations theory and marital studies.” *British Journal of Medical Psychotherapy*, 36, pp. 125-129, 1963. [Available in the [Library](#)]

Aron, I, Self-Reflexivity and the Therapeutic Action of Psychoanalysis, *Psychoanalytic Psychology*, Vol. 17, No. 4, 667-689, 2000. [PEP Web Link](#)

Reich, K.I., Nature of Therapeutic Action in Psychoanalytic Couple Therapy, Division 39 of the American Psychological Association Spring Meeting, April 1999, New York City, unpublished. [Available in the [Library](#)]

Loewald, H. W. Therapeutic Action in Psychoanalysis. New Haven: Yale University Press, p. 251, 1960. [PEP Web Link](#)

Week 4: “Normal Development in Couples”

Based on the content of this seminar, the candidate will be able to develop skills to better distinguish normative structure in couples and apply that information to couple treatment.

Walsh, F., “Conceptualizations of a Normal Family Functioning,” In Walsh, F. (Ed.), Normal Family Process, Ch. 1, Guilford Press, New York, 1982. [Available in the [Library](#)]

Wallerstein, J. S., The Psychological Tasks of Marriage: Part 2, *American Journal of Orthopsychiatry*, 66, (2), April 1996. [Available in the [Library](#)]

Optional:

Dicks, H.V. Marital Tensions. London: Routledge and Kegan, 1967. [Available in the [Library](#)]

Week 5: “Transference and Countertransference as Applied to Couple Therapy”

Based on the content of this seminar, the candidate will be able to develop a conceptual schema and understanding of transference and countertransference applications to working with couples.

Ruszczynski, S. P., Notes Towards A Psychoanalytic Understanding Of The Couple Relationship. *Psychoanalytic Psychotherapy* (1992) Vol 6, No. 1, 33-48. [PEP Web Link](#)

Sharpe, S.A., Countertransference and diagnosis in couples therapy, in *Countertransference in Couples Therapy* (ED.) Marion F. Solomon and Judith P. Siegel, W.W. Norton and Company, New York, 40-71, 1970. [Available in the [Library](#)]

Optional:

Wallerstein, J.S., Transference and Countertransference in Clinical Interventions with Divorcing Families, *American Journal of Orthopsychiatry*, 60, 337-345, 1990. [Available in the [Library](#)]

Sandler, J. Countertransference and Role Responsiveness. *Int. Rev. Psychoanal.*, 3: 43-47, 1976. [PEP Web Link](#)

Winnicott, D.W. The Use of An Object. *The International Journal of Psycho-Analysis*, 50: 711-716, 1969. [PEP Web Link](#)

McCormack, C. C., The Borderline/Schizoid Marriage: The Holding Environment as an Essential Treatment Construct. *Journal of Marital and Family Therapy*, Vol 15, No.3, 299-309, 1989. [Available in the [Library](#)]

Week 6: “Projective Identification in Couple Therapy”

Based on the content of this seminar, the candidate will be able to identify the pivotal role projective identification plays in couple therapy and its application within the relationship between partners.

Zinner, J., The implications of projective identification for marital interaction. In Grunebaum, H. and Christ, J., (Eds.). Marriage Problems and Prospects, p. 155-173, Boston: Little Brown. 1970. [Available in the [Library](#)]

Ogden, T. H., On Projective Identification. *International Journal of Psychoanalysis*, 60: 357-373. [PEP Web Link](#)

Optional:

Searles, H.F. The Effort To Drive The Other Person Crazy-An Element In The Aetiology and Psychotherapy of Schizophrenia, *British Journal of Medical Psychology*, Vol. 32, 1-18, 1959. [Available in the [Library](#)]

Week 7: “Impasse in Treatment”

Based on the content of this seminar, the candidate will be able to explore the role of repair when impasse occurs in couple therapy.

Russell, P.L., The Theory of the Crunch. *Smith College Studies in Social Work*, Vol 76(1/2) 2006. [Available online at <http://www.haworthpress.com/web/SCSSW>]

Elkind, S. N., The consultant’s role in resolving impasses in therapeutic relationships, *The American Journal of Psychoanalysis*, 54, 1, 3-13, 1994. [PEP Web Link](#)

Optional:

Fonagy, P. and Target, M. Mentalization and the Changing Aims of Child Psychoanalysis. *Psychoanalytic Dialogues*, (81): 87-114, 1998. [PEP Web Link](#)

Siegel, J. P., *Repairing Intimacy: An Object Relations Approach to Couples Therapy*, Chapter 9, 69-108, Jason Aronson, New Jersey, 1995. [Available in the [Library](#)]

Week 8: “Clinical Case Discussion”

Based on the content of the seminar, the candidate will be able to describe what the underpinnings for change are in couple therapy.

Reich, K.I., Clinical Case Example. Unpublished 2014. [Available in the [Library](#)]

Ghent, M., Masochism, Submission, Surrender- Masochism as a Perversion of Surrender, *Contemporary Psychoanalysis*, 26:108-136, 1990. [PEP Web Link](#)

How is this program relevant for clinicians and how will it enhance their work with patients? (Two to three sentences) This will only be used on continuing education applications.

At the end of this seminar, clinicians will have had practice presenting their work and applying basic clinical concepts to their work. They will be able to apply psychoanalytic ideas and concepts to clinical work with couples leading to change.