

THE BOSTON PSYCHOANALYTIC SOCIETY AND INSTITUTE, INC.

141 Herrick Road, Newton Centre, Massachusetts 02459
Telephone: 617.266.0953 | Fax: 857.255.3253 | www.bpsi.org

YEAR 1: Clinical Technique 1
Deepening the Treatment and Beginning an Analysis

Charis Cladouhos, MD and Ellen Golding, PhD
Fall, 2014

This seminar will focus on deepening therapeutic process during psychotherapy, particularly in cases where the transition to psychoanalysis is contemplated. Techniques used to deepen treatment and the capacity of the therapist to facilitate this process will be explored. We also hope to foster comfort and skill in thinking about, presenting, and writing about clinical process.

We will discuss aspects of deepening process in both adult and child cases from our practices, even though in some instances the patient may not transition to an analysis. In order to leave enough time for discussion of process material, we suggest limiting historical and evaluative aspects of case presentations to a minimum. Principles which encourage an analytic environment during a psychotherapy, and which might enhance a patient's motivation for a more intensive treatment include:

- 1) Awareness of analysis as an available and recommended treatment modality.
- 2) The patient's gradual awareness of long-standing internal distress and its external manifestations which may limit a full, less constricted life.
- 3) The parallels between those fears/conflicts expressed in life and those expressed in the treatment.
- 4) Increasing comfort in the analytic regression experienced in the psychotherapy.
- 5) Increasing awareness of limitations of psychotherapy such that the patient can make an informed decision about entering or deciding not to enter analytic treatment.

Our discussion of technique will include working with the patient's affect, developing and maintaining an analytic stance, types of transference interpretations, transference-countertransference reactions, and the use of metaphor to enhance capacity for self-reflection. We will integrate into our discussion issues for the beginning analyst, including therapeutic conviction and reluctance, the development of analytic identity, and the nuts and bolts of beginning an analytic case at BPSI.

We hope that the following two papers can be read prior to the first class, since they will serve as a backdrop for the seminar.

We look forward to meeting you in September.

Charis Cladouhos and Ellen Golding

Bernstein, S.B. (2008) Writing, Rewriting, and Working Through. *Psychoanal. Inq.* 28:450-464. [PEP Web Link](#)

Bernstein, S.B. (2010) Treatment Preparatory to Psychoanalysis: A Reconsideration After Twenty-five Years. *JAPA*, 58, 1:27-57. [PEP Web Link](#)

Learning Objectives

Clinical Case 1: Deepening the Treatment and Beginning an Analysis

Week 1: Introduction to Case Presentation

Students will learn how to organize and present process material from cases which may be suitable for transition to analysis.

Week 2: Educating Patients about Analysis

Students will learn to explain what analysis is to patients who might benefit from analytic treatment, many of whom have limited awareness of it as an effective treatment modality.

Week 3: Deepening the Treatment

Students will apply techniques to deepen treatment to their own psychotherapy cases during presentation of process material.

Week 4: Analytic Identity

Students will discuss articles on developing a professional identity as an analyst.

Week 5: Ambivalence, Commitment, and Conversion to Analysis

Students will list reasons for reluctance in both analyst and patient as obstacles to converting suitable cases in order to recognize such dynamics in their own cases.

Week 6: Case and Career development

Teachers will discuss their experience of developing an analytic practice in addition to reading materials to help students create their own plan for the above.

Week 7: Framing the Process

Students and Faculty will prepare previous case material adding their own analytic voice and observation skills to simple process.

Week 8: Continued Case Presentations and Updates

(Same as above)