TECHNIQUE III
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Course Description and Reading List

In this course we will focus closely on the relation between theory and technique, asking several questions in the context of specific pieces of actual analytic process. How do different theoretical stances make therapeutic differences? Do different kinds of interpretations and interventions lead to similar outcomes? Different but equivalent outcomes? Different and non-equivalent outcomes?

For the first half of the course we will be asking these questions of a clinical presentation that appeared in Psychoanalytic Inquiry in 1990, together with discussions of the presenter’s technique from analysts with different theoretical backgrounds. We will review the relevant distinctions among the schools of thought represented in the discussions, asking what would analysts of differing persuasions have done and what might the consequences be?

In the final weeks we will look at some theories of technique not represented in that 1990 discussion, and discuss what it might mean to be an analyst of one persuasion or another.


Week 3: Roth and Segal, A Kleinian View, Psychoanalytic Inquiry 10: 541-549 (1990), PEP Web Link

Week 4: Mitchell, A Relational View, Psychoanalytic Inquiry 10: 523-540 (1990), PEP Web Link


Learning Objectives

1. Participants will understand James Fosshage’s self-psychological view of his clinical work.

2. Participants will understand the classical view of Fosshage’s case.

3. Participants will understand Kleinian and object-relational views of Foshage’s case.

4. Participants will understand relational views of Fosshage’s case.

5. Participants will understand Hoffman’s contemporary relational approach to technique.

6. Participants will understand Winnicott’s technique, especially regarding the concepts of holding and interpretation.

7. Participants will understand Ferro’s theory of technique, especially regarding his theory of “characters” in the analytic field.

8. Participants will understand contemporary “Independent” technique.