

**BOSTON PSYCHOANALYTIC SOCIETY AND INSTITUTE**  
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August 26, 2015

Hello and welcome to the Fellowship in Psychoanalytic Psychotherapy and the first year of the ATP. I am looking forward to spending the next ten weeks with you and I hope that we have an interesting and fun time together. Attached please find the syllabus for our course. Soon I will send as attachments the first readings for our class on September 17 at 5:30 PM. You can open them with Adobe. If you have trouble opening them let me know and I will send you a link where you can download them. Please read the papers for our first meeting together. I will also send out some main points and questions to consider with the readings.

Many of our readings will come from the book, Freud and Beyond, by Mitchell and Black. I suggest that you all purchase this book. It is a great book which you will likely enjoy owning and reading more of. Amazon.com often has used books for less expense and they are often as good as new. I recommend that you start reading the book now so that you will have less of a reading load during the course.

I hope that you will all bring clinical examples from your work that we can consider in relation to the topics we discuss.

The course is entitled: Introduction to Psychoanalytic Theory: The Structure of the Mind and the Nature of Defense. We will introduce the main psychoanalytic models for how mental function is organized. We will then take up the topic of defense and disavowal, or how we disavow experience and knowledge of ourselves. What is excluded from awareness and the means by which we do so vary according to the different models of the mind. So we will look at defense and disavowal through the lens of the different models of the mind. This year we've altered the syllabus some to include more discussion of attachment theory and relational theory. We look forward to your feed back as to how the readings in these areas work. This course will build a foundation for the two courses that follow.

If you have any questions or problems please feel free to contact me at: [JSaportajr@aol.com](mailto:JSaportajr@aol.com).

Sincerely,

Jose' Saporta, MD

Introduction To Psychoanalytic Theory:  
The Structure of the Mind and the Nature of Defense

Fellowship in Psychoanalytic Psychotherapy

Boston Psychoanalytic Society and Institute  
Fall, 2015  
José A. Saporta, MD

- 1) To introduce the four main models of the mind in psychoanalysis; to think critically of these models; to get a sense of how these different models have been applied to different clinical situations.
- 2) To view defenses, or the ways in which we ward off knowledge about ourselves and experience, through the lens of the different psychoanalytic schools. To appreciate how the content of what is kept from our experience and the nature of the defenses used differs according to the different psychoanalytic schools or models of the mind.

**Session I: September 17**

Introduction to course

*What is theory? What is the place of theory in clinical work? What is psychic structure? Introduction to the concept of psychic structure or structures of the mind. Case presentation and introduction to the main schools of psychoanalysis.*

Overview, The Main Schools of Psychoanalysis and the Sources and Functions of Theory

Pine F. (1997). The four psychologies of psychoanalysis and their place in clinical work. J.A.P.A. 36: pp 571-596. [PEP Web Link](#)

Holmes J. (1998). The changing aims of psychoanalytic psychotherapy: an integrative perspective. Int. Jour. Psycho-anal. vol. 79: pp. 227-240. [PEP Web Link](#)

Cooper A. (1985). A historical review of psychoanalytic paradigms. In, Models of the Mind. A Rothstein (Ed.). New York, IUP. Pp. 5-20. [PEP Web Link](#)

Optional but recommended

Westin D. (2002). The language of psychoanalytic discourse. Psychoanalytic Dialogues. Vol 12:pp. 857-898 [PEP Web Link](#)

**Session II: September 24**

Freudian Theory: Drives and Conflict Theory

Mitchel SA, Black MJ (1995). Sigmund Freud and the Classical Psychoanalytic Tradition. In Freud and Beyond: A History of Modern Psychoanalytic Thought. Basic Books, NY. Pp. 1-22. [Available in the [library](#)]

Brenner C. (1982). The Drives (Chpt 2), Affects (Chpt 3) & Affects and Psychic Conflict (Chpt 4). In The Mind in Conflict. New York, International University Press, pp. 11-70. [Available in the [library](#)]

Optional (FYI)

Westen D. (1997). Toward an empirically and clinically sound theory of motivation. Int. J. Psychoanal., 78, 521-548. [PEP Web Link](#)

Sandler J, Holder A, Dare C, Drecher D. (1997). The development of Freud's Theory, (Chapter 1), Basic Assumptions, (Chapter 2). In Freud's Models of the Mind: An Introduction. Int U Press. pp. 11-38. [Available in the [library](#)]

**Session III: October 1**

Ego Psychology & Ego Deficits; Defense and Compromise- The View from Conflict Theory

Mitchell SA, Black MJ (1995). Sections from Chapter 2 (Ego Psychology): Anna Freud: the building blocks of defense theory; An assessment of psychic structure; Clinical Applications of Developmental Ego Psychology. In Freud and Beyond: A History of Modern Psychoanalytic Thought. Basic Books. pp. 25-34, 53-59. [Available in the [library](#)]

Brenner C. (1982). Defense (Chapter 5) & Compromise Formation (Chapter 7) & Pathological Compromise Formation (Chapter 9). In The Mind in Conflict. New York, International University Press, pp. 72-92, 109-119, 142-161 [Available in the [library](#)]

Italo Calvino. Mr. Palumbar at the beach. In, Mr. Palumbar (will hand out in class) – an example of compromise formation.

Optional (FYI):

Brenner C. (1995). The mind as conflict and compromise formation. J. Clinical Psychoanal., 3, 473-488 [PEP Web Link](#)

Sandler J, Holder A, Dare C, Drecher D. (1997) The third phase: the structural frame of reference. In Freud's Models of the Mind: An Introduction. Int U Press. pp. 165-184. [Available in the [library](#)]

**Session IV: October 8**

Deficit versus Conflict and the Capacity for Mentalization

Killingmo, B. (1989). Conflict and deficit: implications for technique. Int J Psycho-anal. 70:65-79  
[PEP Web Link](#)

Allen J. (2003) Mentalizing. The Menninger Clinic. [Web Link](#)

Allen JG, Fonagy P, Bateman A. (2008). Chapter 2 (Mentalizing) 3 (Development). In, Mentalizing in Clinical Practice. American Psychiatric Publishing, Inc. [Available in the [library](#)]

Optional (FYI)

Mitchell SA, Black MJ (1995), Remainder of Chapter 2 - Ego Psychology. In Freud and Beyond: A History of Modern Psychoanalytic Thought. Basic Books. pp, 23-59. [Available in the [library](#)]

**Session V: October 15**

Object Relations

Mitchell SA, Black MJ (1995). Melanie Klein and Contemporary Kleinian Therapy. In Freud and Beyond: A History of Modern Psychoanalytic Thought. Basic Books.  
pp. 85-111. [Available in the [library](#)]

Segal H (1979). The Paranoid Schizoid Position (Chpt 9), The Depressive Position (Chpt 7), New Light on the Structural Theory of Mind, Anxiety, and Guilt (Chpt 10), Envy and Gratitude (Chpt 11). In Melanie Klein. The Viking Press. pp. 113-124, & 76-89, 141-153. [Available in the [library](#)]

Mitchel SA, Black MJ (1995). The British Object Relations School: Fairbairn and Winnicott. In Freud and Beyond: A History of Modern Psychoanalytic Thought. Basic Books, NY. pp, 112-138. [Available in the [library](#)]

Optional (FYI)

Ogden, T. (1983). The concept of internal object relations. Int. Jour. Psycho-anal., 64:227-243.  
[PEP Web Link](#)

Klein M (1937). Love, Guilt, and Reparation. In The Writings of Melanie Klein. pp. 306-343.  
[Available in the [library](#)]

**Session VI: October 22**

Defense - The View from Object Relations Theory

Ogden T: (1979). On projective identification. Int. Jour Psycho-anal., 62:227-243. [PEP Web Link](#)

Guntrip, H. (1952). The Schizoid Personality and the External World. In Schizoid Phenomena, Object Relations, and the Self. New York, International Universities Press, 1969 [*Available in the [library](#)*]

**Session VII: October 29**

A Defense Against Relating to Objects, and Other Forms of Disavowal: Splitting

Modell, A. (1975). A narcissistic defense against affects and the illusion of self-sufficiency. Inter. Jour. Psycho-anal. 56:275-282. [PEP Web Link](#)

Goldberg, A. (1999). The problem (chapter 2), The failure of synthesis: the phenomenology of the vertical split (chapter 3). In, Being of Two Minds: The Vertical Split in Psychoanalysis and Psychotherapy, Hillsdale, New Jersey: The Analytic Press, (p.7-20, & 21-41) [*Available in the [library](#)*]

Freud, S. (1940). Splitting of the Ego in the Process of Defense. Standard Edition. (Vol. 23). Hogarth Press, London. pp. 273-278 [PEP Web Link](#)

**Session VIII: November 5**

Attachment Theory

Slade, A. (2002). The development and organization of attachment: implications for psychoanalysis. Journal of the American Psychoanalytic Association. 48(4) (pp1148-1174). [PEP Web Link](#)

Wallin, D. (2007) Part II: Attachment Relationships and the Development of the Self (Chapters 5,6,7) and Chapter 8 of Part III. In, Attachment in Psychotherapy. The Guilford Press. [*Available in the [library](#)*]

Optional FYI

Fonagy P, Target M. (2007). The rooting of the mind in the body: New links between attachment theory and psychoanalytic thought. Journal of the American Psychoanalytic Association. 55(2); 411-454 [PEP Web Link](#)

**Session IX: November 12**

Relational Theory

Wachtel P. (2008). Chapter 4 (From Two-person to Contextual), and Chapter 5 (Drives, Relationships, and the Relational Point of View). In, Relational Theory and the Practice of Psychotherapy. [Available in the [library](#)]

Vivona J. (2006). From developmental metaphor to developmental model: The shrinking role of language in the talking cure. Journal of the American Psychoanalytic Association, 54:877-902. [PEP Web Link](#)

Optional FYI

Millis J. (2005). A Critique of Relational Psychoanalysis. Psychoanalytic Psychology. Vol.22 (2) pp. 155-188 [PEP Web Link](#)

**Session X: November 19**

Defense Against Trauma - A Conflict/Ego Psychology Approach and an Interpersonal Approach

Shengold, L. Child abuse and deprivation: Soul murder. J. Am Psychoanal Assoc. 27, 533-558. [PEP Web Link](#)

Saporta JA. (2003). Synthesizing Psychoanalytic and Biological Approaches to Trauma: Some Theoretical Proposals. Neuro-psychoanalysis, 5(1), 97-110. [PEP Web Link](#)

Optional FYI:

From a relational perspective:

Davies JM, Frawley MG. The impact of trauma on transference and countertransference. Chapter 8, in: Treatment of Adult Survivors of Childhood Sexual Abuse: A Psychoanalytic Perspective. Basic Books. 1994. Pages 149-166. [Available in the [library](#)]

From a Winnicottian perspective:

Casement P: The experience of trauma in the transference. Chapter 15 in, Learning From the Patient. Guilford Press, 1991. Pages 258-272. [Available in the [library](#)]

Saporta JA, Gans JS. Taking a History of Childhood Trauma in Psychotherapy: *Achieving an Optimal Approach*. The Journal of Psychotherapy Practice and Research. 1995; 4: 194-204 [Available in the [library](#)]

Laub, D., & Auerhahn, N. C. (1993). Knowing and not knowing massive psychic trauma: Forms of traumatic memory. International Journal of Psycho-Analysis, 74:287–302. [PEP Web Link](#)

## **Learning Objectives**

1. The student can name the main schools for psychoanalysis, articulate the relationship of psychoanalytic theories of the mind to clinical work, and cite factors relevant to the development of psychoanalytic theories.
2. The student can define the fundamental features of the drive theory of classical Freudian theory of the mind and can articulate the relationships between desire, affect, and psychic conflict.
3. The student can define the fundamental features of the ego psychology model of the mind, the notion of compromise formation and defense.
4. The student can distinguish the concept of defense from that of ego deficit and can understand the fundamental features of impaired “mentalizing” as an instance of ego deficit.
5. The student will articulate the fundamental features of the object relations theory of the mind and will distinguish the fundamental features of the theories of Klein, Fairbairn, and Winnicott.
6. The student will articulate the difference between concepts of intra-psychic defense from conflict theory and notions of defense from object relations theory, including interpersonal forms of defense such as projective identification.
7. The student will articulate two forms of psychological defense which are related to different psychopathologies: the defense against feels as a defense against relating, and the “splitting” of the mind—or compartmentalization and lack of integration of experience.
8. The student will articulate the fundamentals of attachment theory and articulate the clinical manifestations of different forms of insecure attachment.
9. The student will articulate the fundamental features of the relational school of psychoanalysis and distinguish this from non-relational theory, and the student will articulate the concept of context dependence of psychological functioning.
10. The student will articulate the main ways in which severe psychological trauma interrupts psychological functioning and how this form of psychological disruption differs from psychopathology as conceived the other psychoanalytic models covered.