

THE BOSTON PSYCHOANALYTIC SOCIETY AND INSTITUTE, INC.

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November 12, 2013

Fall Selective, 2013 - 2014

The Body as Metaphor: Psychoanalytic Representations of the Body in Eating Disorders

Instructors: Patricia Wright, MD; Deborah Shilkoff, LICSW

In this seminar we will explore the nature of the body ego and how it develops, moving from psyche to soma. We will explore the analytic underpinnings of psychopathology as it affects body boundaries and integrity. We will discuss the use and misuse of the body to express inchoate psychic states through anorexia, bulimia, binge eating, and obesity. We will look at the challenges facing the analyst in engaging analytically while simultaneously addressing issues which may, at the extreme, interfere with functioning. In discussing case material, we will focus on transference and countertransference. Participants' vignettes will be welcome.

Readings:

Week 1, November 14 -- The Etiology of Eating Disorders

Freud, Sigmund (1925). Negation. Standard Edition 19: 235-239. [PEP Web Link](#)

Freedman N., and Lavender, J. (2002). On Desymbolization: The Concept and Observations on Anorexia Nervosa and Bulimia. Psychoanalysis and Contemporary Thought 25: 165-199. [PEP Web Link](#)

Week 2, November 21 -- Typology of Eating Disorders

Kullman, Alitta (2007). The 'Perseverant' Personality: A Preattachment Perspective on the Etiology and Evolution of Binge/Purge Eating Disorders. Psychoanalytic Dialogues 17: 705-732. [PEP Web Link](#)

Swift, William, and Stern, Steven (1982). The Psychodynamic Diversity of Anorexia Nervosa. International Journal of Eating Disorders 2 #1: 17-35. [Available in the Library]

Week 3, December 5 -- Treatment Considerations from Different Theoretical Perspectives

Bromberg, Phillip (2001). Treating Patients with Symptoms -- and Symptoms with Patience: Reflections on Shame, Dissociation, and Eating Disorders. *Psychoanalytic Dialogues* 11: 891-912. [PEP Web Link](#)

Krueger, David (1997). Food as Selfobject in Eating Disorder Patients. *Psychoanalytic Review* 84: 617-630. [PEP Web Link](#)

Week 4, December 12 -- Transference and Countertransference Considerations in Treating Eating Disorders

Phillips, Adam (2001). On Preferring Not To: The Aesthetics of Defiance. In *Hungers and Compulsions*, Petrucelli and Stuart, Editors: Aronson: 80-94. [Available in the Library]

Willner, Alexandra (2009). Inaccessibility in Eating Disorders. *Psychoanalytic Psychotherapy* 23: 16-40. [PEP Web Link](#)

Other Suggested Readings:

Balsam, Rosemary (2012). Women's Bodies in Psychoanalysis. New York: Routledge. [Available in the Library]

Orbach, Susie (2006). How can we Have a Body?: Desires and Corporeality. *Studies in Gender and Sexuality* 7: 89-111. [PEP Web Link](#)

Reiser, Lynn (1990) The Oral Triad and the Bulemic Quintet: Understanding the Bulemic Episode. *International Review of Psychoanalysis* 17: 239-245. [PEP Web Link](#)

Slochower, J. (1987) The Psychodynamics of Obesity: A Review. *Psychoanalytic Psychology* 4: 145-159. [PEP Web Link](#)

Winnicott, DW (1960) Ego Distortion in Terms of True and False Self. In The Maturation Processes and the Facilitating Environment, *Studies in the Theory of Emotional Development*. International Universities Press. [PEP Web Link](#)

Zerbe, Katherine (2008) Eating Disorders in Midlife and Beyond: Transition and Transformation at a Crucial Developmental Stage. in Beyond the Body Betrayed. W.W. Norton and Co. [Available in the Library]