

**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](http://www.bpsi.org)

**Introduction to the Technique of Psychoanalytic Psychotherapy:  
Essential Concepts**

**Syllabus 2013-2014**

**Session 1 (12/12/13): Getting Started: Establishing the Frame and Thinking  
Psychoanalytically**

McWilliams, N. (2004). Boundaries I: The Frame. In *Psychoanalytic Psychotherapy: A Practitioner's Guide*. New York, NY: The Guilford Press. Chapter 5 (pp. 99-131). [Available in the Library]

Ogden, T.H. (1989). The Initial Analytic Meeting. In *The Primitive edge of Experience*. Northvale, NJ: Jason Aronson. Chapter 7 (pp. 169-194). [Available in the Library]

**Optional:**

Freud, S. (1913). On Beginning the Treatment. *Standard Edition*, 12:122-144. [PEP Web Link](#)

Fosshage, J.L. (1997). Psychoanalysis and psychoanalytic psychotherapy: Is there a meaningful distinction in the process? *Psychoanalytic Psychology*, 14:409-425. [PEP Web Link](#)

Kernberg, O.F. (1999). Psychoanalysis, psychoanalytic psychotherapy and supportive psychotherapy: Contemporary controversies. *International Journal of Psychoanalysis*, 80:1075-1091. [PEP Web Link](#)

**Session 2 (11/19/13): Still Getting Started: Creating a Therapeutic Alliance**

Summers, R.F. & Barber, J.P. The Therapeutic Alliance: Goal, Task, and Bond. In *Psychodynamic Therapy: A Guide to Evidence-Based Practice*. New York, NY: The Guilford Press. Chapter 4 (pp. 71-89). [Available in the Library]

Adler, G. (1999) Chapter 5: The Alliance and the More Disturbed Patient. *The Therapeutic Alliance*, 75-91. (Available in a collection of essays on PEP Web). [PEP Web Link](#)

Optional:

Schafer, R. (1979). The appreciative analytic attitude and the construction of multiple histories. *Psychoanalysis and Contemporary Thought*, 2:3-24. [PEP Web Link](#)

### **Session 3 (1/9/14): Transference: It's Not Just You Remind Me of My Father**

Freud, S. (1914) Observations on Transference-Love. *Standard Edition*, 12:157-171. [PEP Web Link](#)

Stark, M. (1994). The Positive Transference. In *Working With Resistance*. Jason Aronson: Northvale, NJ. Chapter 10 (pp. 201-224). [Available in the Library]

Optional:

Joseph, B. (1985). Transference: The total situation. *International Journal of Psychoanalysis*, 66:447-454. [PEP Web Link](#)

Ogden, T.H. (1991). Analyzing the matrix of transference. *International Journal of Psychoanalysis*, 72:593-605. [PEP Web Link](#)

### **Session 4 (1/23/14): Resistance: If It Comes Too Easily It Ain't Worth Much (And It Never Does)**

Stark, M. (1994). Resistance as a Failure to Grieve. In *Working With Resistance*. Jason Aronson: Northvale, NJ. Chapter 6 (pp. 105-126). [Available in the Library]

Schafer, R. ((1983). The Analysis of Resisting. In *The Analytic Attitude*. New York: Basic Books. Chapter 10 (pp. 162-182). [Available in the Library]

Optional:

Stark, M. (1994). Freud on Resistance. In *Working With Resistance*. Jason Aronson: Northvale, NJ. Chapter 5 (pp. 91-104). [Available in the Library]

## **Session 5 (1/30/14): Interpretation and Working Through: Saying What Needs To Be Said**

Freud, S. (1914). Remembering, Repeating and Working Through. *Standard Edition*, 12:146-156. [PEP Web Link](#)

Wachtel, P.L. (2008). Exploration, Support, Self-Acceptance, and the “School of Suspicion.” In *Relational Theory and the Practice of Psychotherapy*. New York: The Guilford Press. Chapter 8 (pp. 158-194). [Available in the Library]

### **Optional:**

Kris, A.O. (1992). Interpretation and the method of free association. *Psychoanalytic Inquiry*, 12:208-224. [PEP Web Link](#)

Pally, R. (2007). The predicting brain: Unconscious repetition, conscious reflection and therapeutic change. *International Journal of Psychoanalysis*, 88:861-881. [PEP Web Link](#)

## **Session 6 (2/6/14): Countertransference: It’s Not Always About You (But Sometimes It Is)**

Reich, A. (1951). On counter-transference. *International Journal of Psychoanalysis*, 32:25-31. [PEP Web Link](#)

Levine, H.B. (1997). The capacity for countertransference. *Psychoanalytic Inquiry*, 17:44-68. [PEP Web Link](#)

## **Session 7 (2/13/14): Enactment: It Takes Two to Tango**

Jacobs, T.J. (2001). On misreading and misleading patients: Some reflections on communications, miscommunications and countertransference enactments. *International Journal of Psychoanalysis*, 82:653-669. [PEP Web Link](#)

Bromberg, P. (1994). “Speak! That I may see you”: Some reflections on dissociation, reality and psychoanalytic listening. *Psychoanalytic Dialogues*, 4:517-547. [PEP Web Link](#)

### **Optional:**

Casement, P.J. (1982). Some pressures on the analyst for physical contact during the re-living of an early trauma. *International Review of Psychoanalysis*, 9:279-286. [PEP Web Link](#)

## **Session 8 (2/20/14): Challenges to the Frame: You're Always Disclosing Something**

Davis, J.T. (2002) Countertransference temptation and the use of self-disclosure by psychotherapists in training: Discussion for beginning psychotherapists and their supervisors. *Psychoanalytic Psychology*, 19:435-454. [PEP Web Link](#)

Hoffman, I.Z. (1996) The intimate and ironic authority of the psychoanalyst's presence. *Psychoanalytic Quarterly*, 65:102-136. [PEP Web Link](#)

## **Session 9 (2/27/14): Psychoanalysis Never Sleeps: Psychoanalytic Approaches in Other Settings**

Summers, R.F. & Barber, J.P. Psychopharmacology and Psychotherapy. In *Psychodynamic Therapy: A Guide to Evidence-Based Practice*. New York, NY: The Guilford Press. Chapter 13 (pp. 265-290). [Available in the Library]

Altman, N. (1993). Psychoanalysis and the urban poor. *Psychoanalytic Dialogues*, 3:29-49. [PEP Web Link](#)

Optional:

Kernberg, O. (1985). The Couch at Sea: Psychoanalytic Studies of Group and Organizational Leadership. In *Group Relations Reader 2*. A.K. Rice Series, Colman, A.D. & Geller, M.H. (Eds) Chapter 27, pp 399-411. [Available in the Library]

## **Session 10 (3/6/14): Final Thoughts**

Mitchell, S. (1991). Wishes, needs and interpersonal negotiations. *Psychoanalytic Inquiry*, 11:147-170. [PEP Web Link](#)

Pine, F. (2001). Listening and specking psychoanalytically—With what in mind? *International Journal of Psychoanalysis*, 82:901-916. [PEP Web Link](#)