

THE BOSTON PSYCHOANALYTIC SOCIETY AND INSTITUTE, INC.

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TECHNIQUE IV

Fall 2013

Current Issues in Technique: How Do We Make Psychoanalysis Work?

Instructors: Carol Coutu, Ph.D. and Patricia Potter, MD

Beginning with Freud, there has been a longstanding debate about the relative importance of insight and interpretation versus the analytic relationship with respect to the therapeutic action of psychoanalysis. In recent decades, this debate has become less binary and increasingly complex and nuanced. In this course, we will pay particular attention to the personal role of the analyst as a component of therapeutic action. We will consider how the analyst's personal involvement influences technique and colors the ongoing interaction of the particular analytic dyad. Both classical and more contemporary perspectives will be reviewed.

We will begin with Guntrip's (1975) description of his analyses with Fairbairn and Winnicott, noting the differences in technical style and forms of relating in the two analyses. Kite's 2008 article concerning the impact of the analyst's character on the analysis will serve as a companion paper. A suggested article by Gabbard and Westen (2003) reviews recent developments concerning change in analysis and describes three categories of interventions that facilitate change: those that foster insight, those that utilize mutative aspects of the treatment relationship and secondary strategies. Together, these three articles provide a loose framework for the course.

Next, we will read papers detailing the differing views of Fonagy and Blum about the place of reconstruction in analysis. Over the following weeks, we will consider various subjects including countertransference, enactments, intersubjectivity and disclosure. As we read differing views on these topics, we will try and conceptualize the impact of various technical choices and differing personal stances on the part of the analyst on the treatment process and change. Finally, we will consider the challenge of mourning and how our patients and we, as analysts, experience and work with this process that is so central to analytic change.

We plan to include case presentations to illustrate points from the readings and stimulate discussion of particular clinical dilemmas. We will devote the last half hour of each class to these presentations. The instructors will present material in the first two classes and ask participants to sign up for later classes. Our hope is that we can have open and thoughtful discussions about why we do what we do in analysis and what we are hoping to accomplish in our work.

1. September 19: The Person of the Analyst

Guntrip, H. (1975). My experience of analysis with Fairbairn and Winnicott. *Int. Rev. Psycho-Anal.* 2:145-156. [PEP Web Link](#)

Kite, J.V. (2008). Ideas of influence: The impact of the analyst's character on the analysis. *Psychoanal. Q.*, 77:1075-1104. [PEP Web Link](#)

Suggested:

Gabbard, G. & Weston, D. (2003). Rethinking therapeutic action. *Int. J. Psycho-Anal.*, 84:823-841. [PEP Web Link](#)

2. September 26: The Place of Reconstruction

Fonagy, P. (1999). Memory and therapeutic action. *Int. J. Psycho-Anal.*, 80:215-233. [PEP Web Link](#)

Blum, H.P. (2003). Repression, transference and reconstruction. *Int. J. Psycho-Anal.*, 84:497-502. [PEP Web Link](#)

Suggested:

Fonagy, P. (2003). Rejoinder to Harold Blum. *Int. J. Psycho-Anal.*, 84:503-509. [PEP Web Link](#)

Blum, H.P. (2003). Response to Peter Fonagy. *Int. J. Psycho-Anal.*, 84:509-513. [PEP Web Link](#)

3. October 3: Countertransference

Bollas, C. (1983). Expressive uses of countertransference – notes to the patient from oneself. *Contemp. Psychoanal.*, 19:1-33. [PEP Web Link](#)

Sandler, J. (1976). Countertransference and role responsiveness. *Internat. Rev. Psycho-Anal.*, 3:43-47. [PEP Web Link](#)

Suggested:

Racker, H. (1957). The meanings and uses of countertransference. *Psychoanal Q.*, 26:303-357. [PEP Web Link](#)

4. October 10: Pressures Towards Enactment

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

Ivey, G. (2008). Enactment controversies: A critical review of current debates. *Int. J. Psycho-Anal.*, 89:19-38. [PEP Web Link](#)

Suggested:

Leary, K. (2000) Racial enactment in dynamic treatment. *Psychoanal. Dial.*, 10:639-653. [PEP Web Link](#)

5. October 17: Intersubjectivity

Dunn, J. (1995). Intersubjectivity in psychoanalysis: A critical review. *Int. J. Psycho-Anal.*, 76:723-738. [PEP Web Link](#)

Ogden, T. (1994). The analytic third: Working with intersubjective clinical facts. *Int. J. Psycho-Anal.*, 75:3-20. [PEP Web Link](#)

Suggested:

Aron, L. (1991). The patient's experience of the analyst's subjectivity. *Psychoanal. Dial.*, 1:29-51. [PEP Web Link](#)

6. October 24: The Place of Disclosure

Bromberg, P.M. (2006). The analyst's self-revelation: Not just permissible, but necessary. In: *Awakening the Dreamer*. Hillsdale, NJ: The Analytic Press, Chapter 7, pp. 128-150. [available in the library]

Cooper, S.H. (2008). Privacy, reverie, and the analyst's ethical imagination. *Psychoanal. Q.*, 77:1045-1073. [PEP Web Link](#)

Suggested:

Brody, S. R. (2013). Entering night country: Reflections on self-disclosure and vulnerability. *Psychoanal Dial.*, 23:45-58. [Link to Fulltext](#) [available in the library]

7. October 31: Something More Than Interpretation

Harrison, A.M. & Tronick, E.Z. (2007). Contributions to understanding therapeutic change: Now we have a playground. *J. Amer. Psychoanal. Assn.* 55:853-874. [PEP Web Link](#)

Loewald, H.W. (1960). On the therapeutic action of psycho-Analysis. *Int. J. Psycho-Anal.*, 41:16-33. [PEP Web Link](#)

Suggested:

Chused, J.F. (2007). Nonverbal communication in psychoanalysis: Commentary on Harrison and Tronick. *J. Amer. Psychoanal. Assn.*, 55:875-882. [PEP Web Link](#)

Galatzer-Levy, R.M. (2007). The importance of being fuzzy and the importance of being precise: Commentary on Harrison and Tronick. *J. Amer. Psychoanal. Assoc.*, 55:883-889. [PEP Web Link](#)

8. November 7: Mourning

Green, A. (1972). The dead mother. In: *On Private Madness*, London, Rebus Press. Pp.142-173. [available in the library]

Steiner, J. (2005). The conflict between mourning and melancholia. *Psychoanal. Q.*, 73:83-104. [PEP Web Link](#)

Suggested:

Ogden, T. (2000) Borges and the act of mourning, *Psychoanal. Dial.*, 10:65-88. [PEP Web Link](#)