

**THE BOSTON PSYCHOANALYTIC SOCIETY AND INSTITUTE, INC.**

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**Technique I, 2015**  
**Analytic Identity and Beginning an Analysis**

Bernard Edelstein, MD and Donna Fromberg PsyD

This seminar will focus on deepening therapeutic process during psychotherapy, particularly in cases where the transition to psychoanalysis is contemplated. Techniques used to deepen treatment and the capacity of the therapist to facilitate this process will be explored. We will also consider some core concepts of psychoanalytic technique, ideas that may stimulate your own thinking about what it means to be starting out as an analyst.

We look forward to meeting you in the fall,  
Bernard Edelstein and Donna Fromberg

**1. Why Psychoanalysis?**  
**September 17, 2015**

Bernstein, S.B. (2010). Treatment Preparatory to Psychoanalysis: A Reconsideration After Twenty-five Years. *JAPA*, 58, 1:27-57. [PEP Web Link](#)

**2. Thinking of Oneself as an Analyst**  
**September 24, 2015**

Levine, HB (2010). Creating Analysts, Creating Analytic Patients. *International Journal of Psychoanalysis*, 91:1385-1404. [PEP Web Link](#)

Ehrlich, LT (2004). The Analyst's Reluctance to Begin a New Analysis. *JAPA*, 52:1075-1093. [PEP Web Link](#)

**3. The Analytic Stance and the Analytic Method**  
**October 1, 2015**

Freud, S. Recommendations to Physicians Practicing Psychoanalysis, SE 12:109-120. [PEP Web Link](#)

Aron, Lewis (1999). Clinical Choices and the Relational Matrix, *Psychoanalytic Dialogues*, 9:1, 1-30. [PEP Web Link](#)

**4. Beginning an Analysis**  
**October 8, 2015**

Freud, S. (1913). On Beginning the Treatment (Further Recommendations on the Technique of Psychoanalysis), SE 12:121-144. [PEP Web Link](#)

**5. Neutrality**  
**October 15, 2015**

Greenberg, J. (1986). Theoretical Models and the Analyst's Neutrality. *Contemporary Psychoanalysis*, 6:87-106. [PEP Web Link](#)

**6. Interpretation**  
**October 22, 2015**

Levy, S.T. and Inderbitzin, L.B. (1990). The Analytic Surface and the Theory of Technique. *JAPA*, 38: 371-391. [PEP Web Link](#)

**7. Therapeutic Action**  
**October 29, 2015**

Strachey, J. (1934). The Nature of the Therapeutic Action of Psychoanalysis. *Int. J. Psychoanalysis*, 15:127-159. [PEP Web Link](#)

Reprinted in 1969, 50:275-292. [PEP Web Link](#)

**8. Therapeutic Action II**  
**November 5, 2015**

Loewald, H. (1960). On the Therapeutic Action of Psychoanalysis. *Int. J. Psychoanalysis*, 41:16-33. [PEP Web Link](#)