

THE BOSTON PSYCHOANALYTIC SOCIETY AND INSTITUTE, INC.

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Termination Seminar
WINTER/SPRING 2015---ATP 3rd Year
Dale Young, Psy.D., M.P.H.

In this class we will grapple with the concept of termination in psychotherapy and psychoanalysis. What do we mean when we talk about termination? The articles that we will read together provide us with numerous ideas and clinical applications that are related to a variety of theoretical orientations regarding this concept. At the heart of it we will struggle with a question that originates in Freud's paper "Mourning and Melancholia". In that paper, Freud distinguishes between the affective states and shifts in self-esteem that occur when an object is lost. How may we begin to relate Freud's understanding regarding the pain of loss to the *induction* of loss in a therapeutic relationship where *there is no death*, where perhaps there is even ongoing positive regard and appreciation? We have no definitive answer to this question. Rather, we will examine several papers to explore this question and look to clinical experiences to deepen our understanding of the process moving (somewhat) chronologically towards more contemporary investigations.

Please be prepared to bring in clinical examples from your work to help enliven our class. In fact, it will be useful to the class if some students elect to present a termination process (e.g., a patient wants to terminate, is terminating, has returned after a premature termination, your feelings upon a patient's termination, etc.) Since this is a large class and there is much to read, it's likely that not all students will be able to present. When we meet for the first time we can decide how to balance discussing ideas stimulated by the articles with clinical presentations. In the following syllabus I propose one way.

As you read, you may want to think about the following ideas:

- Induction of mourning as a therapeutic goal
- Termination as enactment
- The professional vs. the personal relationship
- Impact of attachment styles on termination
- Why analysis ends: an impasse?; external factors such as illness, geography, finances, death; we are "used up?"; we have done all we set out to do
- The experience of loss, parting, life, love, death...and its analysis in treatment
- Does analysis end? Post-termination process internally and externally
- how theory influences therapeutic action; how changes in theoretical ideas influence the termination process; how sociocultural events, processes and ideas influence clinical theories and ideas

TERMINATION SEMINAR SYLLABUS WINTER 2015

Week 1: January 22

Freud, S. (1917). "Mourning and Melancholia" S.E. XIV p. 217-235
[PEP Web Link](#)

Bass A. (2009). " 'It Ain't over 'til it's Over'. Infinite Conversations, Imperfect Endings, and the Elusive Nature of Termination". *Psychoanalytic Dialogues*, 19:744-759 [PEP Web Link](#)

Optional reading: Vickers, S. (2006). The Other Side of You, Farrar, Straus and Giroux, NY.

Student assignment: *Briefly write your thoughts about termination in psychotherapy/analysis. You may wish to reflect on a personal experience as analyst or therapy patient, or as a therapist. Or maybe a patient has described a termination to you. Although not preferred for this exercise, you could write conceptually about termination as you know or imagine it. Either way, describe the process and reflect on it. Whatever you write should be about a couple of paragraphs long and not longer than (2) pages. I would like to read these aloud to the class over the course of the seminar and for that purpose ask that you submit them anonymously.*

Week 2: January 29

Freud, S. (1937). "Analysis Terminable and Interminable" S.E. XXIII p. 209-253
[PEP Web Link](#)

Loewald, HW (1988). "Termination Analyzable and Unanalyzable". *Psychoanalytic Study of the Child* 43:155-66 [PEP Web Link](#)

Optional reading: Grosz, S. (2013), The Examined Life, WWNorton, NY. See chapter, "On Being a Patient", pps. 167-178. [Available in the [Library](#)]

Week 3: February 5

Ferenczi, S (1927). "The Problem of the Termination of the Analysis", In *Final Contributions to the Problems and Methods of Psycho-Analysis*, NY Brunner-Mazel, 1955, p. 77-86. [Available in the [Library](#)]

Optional assignment: *Consider interviewing a colleague, mentor, supervisor, training analyst, etc. and ask them about termination. I suggest you start with an open-ended question such as, "I'm interested in hearing about a memorable termination experience you've had personally, as a therapist/analyst/patient?"*

You'll undoubtedly go from there to probing more into what is affectively charged in the person's description. The study subject will likely have some ideas about termination that are more generally useful to us.

We will discuss the above material you gather throughout the course of the seminar; there is no set due date.

Week 4: February 12

Novick J. (1988). The Timing of Termination. *International Review of Psychoanalysis* 15; 307-318 [PEP Web Link](#)

Clinical presentations by 1-2 students.

Week 5: February 19

Orgel S (2000) Letting Go: Some Thoughts about Termination. *JAPA* 48:719-738 [PEP Web Link](#)

Clinical presentations by 1-2 students.

Week 6: February 26

Bergmann M.S. (1988). "On the Fate of the Intrapsychic Image of the Psychoanalyst After Termination of the Analysis". *Psychoanalytic Study of the Child* 43:137-153 [PEP Web Link](#)

Bergmann, M.S. "Termination" (2005) pps, 241-253, in Person, Ethel S. et al., Textbook of Psychoanalysis, American Psychiatric Publishing, Washington, D.C. [Available in the [Library](#)]

Clinical presentation of 1 case.

Week 7: March 5

Rosenbaum, M. Shoshani, (2010), Dare to be Human, Routledge, N.Y. Read "Introduction", X-XXV and "Epilogue", Chapter 7, pps. 129-161. [Available in the [Library](#)]

Aron. L. (2012). "Minding Michael Shoshani (Rosenbaum's) Dare to be Human, "Introduction", *Psychoanalytic Dialogues*, 22: 7-10. [Link to Online Publication](#), [Available in the [Library](#)]

In addition, read (1) of (4) articles/ commentaries that follow Aron's introduction. They are by Amy Lieberman [\[Link to Online Publication*\]](#), William Hartman [\[Link to Online Publication*\]](#), Andrea Remez [\[Link to Online Publication*\]](#) and Amira

Simha-Alpert [\[Link to Online Publication*\]](#). Since you are a class of 9, there should be 2 students per article for 3 of the commentaries and 3 students for the 4th article. This should allow us to mirror in class the dialogue Lew Aron sets-up.

**[Available in the [Library](#)]*

Week 8: March 12

J. Holmes (2012) in J. Salberg, [Good Enough Endings](#), chapter titled, "Termination in Psychoanalytic Psychotherapy: An Attachment Perspective", pps. 63-82. *[Available in the [Library](#)]*

Gabbard, G (2009). "What is 'Good enough' Termination?" *JAPA* 57: 575-594
[PEP Web Link](#)

Clinical presentation of 1 case(?)

Week 9: March 19

Salberg, J. (2012), [Good Enough Endings](#), "Historic Overview", pps. 3-24.
[Available in the [Library](#)]

Cooper, S. (2012), in Salberg, J., [Good Enough Endings](#), chapter titled, "The Changing Firmament: Familiar and Unfamiliar Forms of Engagement During Termination, pps. 145-166. *[Available in the [Library](#)]*

Week 10: March 26

Reis, B (2012) in Salberg, J, [Good Enough Endings](#), chapter titled, "Afterwardness and Termination", pps. 213-222. *[Available in the [Library](#)]*

Optional reading: Gaskill HS (1980). "The Closing Phase of the Psychoanalytic Treatment of Adults and the Goals of Psychoanalysis 'The Myth of Perfectibility'". *Int J Psycho-Anal* 61; 11-23 [PEP Web Link](#)

Student assignment: TBA

Logistics: Class will be held from 8-9:30 on the following (10) Thursdays: January 22, 29; February 5, 12, 19, 26; March 5, 12, 19, 26.

Rev syllabus 12/2014 dy