

THE BOSTON PSYCHOANALYTIC SOCIETY AND INSTITUTE, INC.

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Termination Seminar: Fall, 2015

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In this class we will be grappling with the concept of termination in psychotherapy and psychoanalysis. What do we mean when we talk about termination? The articles that we read together only provide a taste of the numerous ideas and clinical applications that are attached to varied theoretical orientations regarding the concept. At the heart of it though 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 look at several papers to explore this question and look to our clinical experiences to deepen our understanding of the process.

September 17

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

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

September 24

Bass, A. (2009). "It Aint over til it's Over". Infinite Conversations, Imperfect Endings, and the Elusive Nature of Termination. *Psychoanalytic Dialogues*, 19:744-759 [PEP Web Link](#)

October 1

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](#)]

October 8

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

October 15

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

October 22

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](#)

Deutsch, R. (2011). A Voice Lost, A Voice Found: After the Death of the Analyst, *Psychoanalytic Inquiry*, 31:6:526-535. [PEP Web Link](#)

October 29

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

November 5

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](#)

Horowitz, MJ; Becker, TC. (1993) The differences between termination in Psychotherapy and Psychoanalysis. *JAPA* 41;765-773 [PEP Web Link](#)