

THE BOSTON PSYCHOANALYTIC SOCIETY AND INSTITUTE, INC.

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Ego Psychology *Year 1, 2016* *Fred Busch and Richard Gomberg*

Ego Psychology was almost considered synonymous with American Psychoanalysis from the 1940's to the 1970's. Although it has lost its predominant place, many of the basic underlying conceptions of ego psychology continue to pervade contemporary psychoanalytic thinking, and have even become part of the thinking of prominent psychoanalytic writers from Europe and South America. Further, in recent years, a major revision of psychoanalytic technique based on ego psychological principles has become accepted as adding depth to many psychoanalytic perspectives.

Ego Psychology can be seen as the branch of psychoanalysis that fully elaborated and developed Freud's structural model of the mind, but it is more than that. It launched new ways of thinking about psychoanalytic theory and technique. Ego psychology represents an integrated view of the structure of the mind, psychopathology, development, and technique. Throughout the seminar we will try to introduce this vast topic, recognizing that a thorough study would take a much longer period of time.

February 11: *The origins of structural theory and overview of Ego Psychology (Busch)*

Week 1: As a result of this learners will be able to: identify Freud's original conceptualization of the structural model and explain his revised model of anxiety

Busch, F. (1999). A brief history of ego psychology. In Busch, F. *Rethinking Clinical Technique*. Northvale, NJ, Jason Aronson. [Available in [Library](#)]

Freud, S. (1933). The dissection of the psychical personality. S.E.XXII: 57-80. [PEP Web Link](#)

Freud, S. (1933). Anxiety and instinctual life. S.E. XXII: **Page 89 only**. [PEP Web Link](#)

February 18: *The Hartmann Era (Busch)*

Week 2: As a result of this, learners will be able to: analyze both the contributions and limitations to American Ego Psychology of Hartmann and his collaborators.

Bergman, M. (2000). *The Hartman Era*. New York: Other Press. Pages 1-78. [Available in [Library](#)]

February 25: *Early Ego Psychology (Gomberg)*

Week 3: As a result of this, learners will be able to: explain Anna Freud's justification for focusing on the ego, recognize the various defense mechanisms, and differentiate the different types of anxiety (superego, objective, and instinctual).

Anna Freud. The Ego and the Mechanisms of Defense, Chapters 1-5. [Available in [Library](#)]

Optional:

Sander Abend, Psychic Conflict and the Concept of Defense (1981). *Psychoanalytic Quarterly*, 50: 67-76. [PEP Web Link](#)

March 3 *The Development of Modern Ego Psychology (Busch)*

Week 4: As a result of this, learners will be able to: explain why there might be a delay in applying theory about the importance of the ego to psychoanalytic technique, and how a revised technique can facilitate id analysis as well.

Gray, P. (1982). "Developmental Lag" in the Evolution of Technique for Psychoanalysis of Neurotic Conflict. *J. Amer. Psychoanal. Assn.* 30, 621-655. [PEP Web Link](#)

Paniagua, C. (2008). Id Analysis and Technical Approaches. *Psychoanal. Q.*, 77(1), 219-250. [PEP Web Link](#)

March 10: *The Height of Classical Ego Psychology in America (Gomberg)*

Week 5 : As a result of this learners will be able to: analyze how ego psychologists attempted to integrate various strands of Freud's theories (structural, topographical, economic, drive theory) under a general psychology, explain new concepts such as regression in the service of the ego, and review how new information from developmental studies were also integrated under ego psychology.

Kris, E.(1950) On Preconscious Mental Processes. *Psychoanalytic Quarterly*, 19: 540-560. [PEP Web Link](#)

Hartmann, H., Kris, E. and Loewenstein, R. (1946). Comments on the Formation of Psychic Structure (1946). *Psychoanalytic Study of the Child*, 2: 11-38. [PEP Web Link](#)

March 17: *Second Generation American Ego Psychology*

Week 6: As a result of this learners will be able to: identify how one second generation American Ego Psychologists (Charles Brenner) further developed and changed some basic Ego Psychological concepts.

Charles Brenner, *The Mind in Conflict*,

Summary of Chapter 4 on pp. 70-71, [Available in [Library](#)]

Chapter 5 (Defense) pp. 72-92 [Available in [Library](#)]

Chapter 7 (Compromise Formation), pp. 109-119 [Available in [Library](#)]

March 24: *Contemporary Modern Ego Psychology, Focus on Theory of Technique (Busch)*

Week 7: As a result of this learners will be able to: apply contemporary Ego Psychology's theories to analytic technique.

Busch, F. (2013). Speaking to the preconscious: Its importance in the analysand's understanding. In F. Busch, *Creating a Psychoanalytic Mind: A Psychoanalytic Method and Theory*. London: Routledge. [Available in [Library](#)]

Busch, F. (2013). Working within the transference. In F. Busch, *Creating a Psychoanalytic Mind: A Psychoanalytic Method and Theory*. London: Routledge. [Available in [Library](#)]

March 31: Modern Ego Psychology in Context (Gomberg)

Week 8: As a result of this learners will be able to: articulate contemporary Ego Psychology's place in the variety of psychoanalytic schools, and recognize what differentiates it and what is common with other approaches.

Kernberg, O.F. (2001). Recent Developments in the Technical Approaches of English Language Psychoanalytic Schools. *Psychoanal. Q.*, 70:519-547. [PEP Web Link](#)

Abend, S.M. (2007). Therapeutic Action in Modern Conflict Theory. *Psychoanal Q.*, 76S:1417-1442. [PEP Web Link](#)