

THE BOSTON PSYCHOANALYTIC SOCIETY AND INSTITUTE  
141 Herrick Road, Newton Centre, MA 02459

**Introduction To Psychoanalytic Theory:**  
**The Structure of the Mind and the Nature of Defense**

Fellowship in Psychoanalytic Psychotherapy

Fall, 2016

Instructor: José A. Saporta, MD

- 1) To introduce the main models of the mind in psychoanalysis; to think critically of these models; to get a sense of how these different models have been applied to different clinical situations.
- 2) To view defenses, or the ways in which we ward off knowledge about ourselves and experience, through the lens of the different psychoanalytic schools. To appreciate how the content of what is kept from our experience and the nature of the defenses used differs according to the different psychoanalytic schools or models of the mind.

**Session I: September 22**

Introduction to course

What is theory? What is the place of theory in clinical work? What is psychic structure?

Introduction to the concept of psychic structure or structures of the mind.

Case presentation and introduction to the main schools of psychoanalysis.

Overview, The Main Schools of Psychoanalysis and the Sources and Functions of Theory

Pine F. (1997) . The four psychologies of psychoanalysis and their place in clinical work. J.A.P.A. 36: pp 571-596. [PEP Web Link](#)

Holmes J. (1998). The changing aims of psychoanalytic psychotherapy: an integrative perspective. Int. Jour. Psycho-anal. vol. 79: pp. 227-240. [PEP Web Link](#)

Cooper A. (1985). A historical review of psychoanalytic paradigms. In, Models of the Mind. A Rothstein (Ed.). New York, IUP. Pp. 5-20. [PEP Web Link](#)

Optional but recommended

Westin D. (2002). The language of psychoanalytic discourse. Psychoanalytic Dialogues. Vol 12:pp. 857-898. [PEP Web Link](#)

## **Session II: September 29**

### Freudian Theory: Drives and Conflict Theory

Mitchel SA, Black MJ (1995). Sigmund Freud and the Classical Psychoanalytic Tradition. In Freud and Beyond: A History of Modern Psychoanalytic Thought. Basic Books, NY. Pp. 1-22. [Available in [Library](#)]

Brenner C. (1982). The Drives (Chpt 2), Affects (Chpt 3) & Affects and Psychic Conflict (Chpt 4). In The Mind in Conflict. New York, International University Press, pp. 11-70. [Available in the [Library](#)]

### Optional (FYI)

Westen D. (1997) Toward an empirically and clinically sound theory of motivation. Int. J. Psychoanal., 78, 521-548. [PEP Web Link](#)

Sandler J, Holder A, Dare C, Drecher D. (1997) The development of Freud's Theory, (Chapter 1), Basic Assumptions, (Chapter 2). In Freud's Models of the Mind: An Introduction. Int U Press. pp. 11-38. [Available in the [Library](#)]

## **Session III: October 06**

### Ego Psychology & Ego Deficits; Defense and Compromise- The View from Conflict Theory

Mitchell SA, Black MJ (1995). Sections from Chapter 2 (Ego Psychology): Anna Freud: the building blocks of defense theory; An assessment of psychic structure; Clinical Applications of Developmental Ego Psychology. In Freud and Beyond: A History of Modern Psychoanalytic Thought. Basic Books. pp. 25-34, 53-59. [Available in the [Library](#)]

Brenner C. (1982). Defense (Chapter 5) & Compromise Formation (Chapter 7) & Pathological Compromise Formation (Chapter 9). In The Mind in Conflict. New York, International University Press, pp. 72-92, 109-119, 142-161. [Available in the [Library](#)]

Italo Calvino. Mr. Palumbar at the beach. In, Mr. Palumbar (will hand out in class) – an example of compromise formation.

### Optional (FYI):

Brenner C. (1995). The mind as conflict and compromise formation. J. Clinical Psychoanal., 3, 473-488. [PEP Web Link](#)

Sandler J, Holder A, Dare C, Drecher D. (1997) The third phase: the structural frame of reference. In Freud's Models of the Mind: An Introduction. Int U Press. pp. 165-184. [Available in the [Library](#)]

### **Session IV: October 13**

#### Deficit versus Conflict and the Capacity for Mentalization

Killingmo, B. (1989). Conflict and deficit: implications for technique. Int J Psycho-anal. 70:65-79. [PEP Web Link](#)

Allen J. (2003) Mentalizing. The Menninger Clinic. [Web Link](#)

Allen JG, Fonagy P, Bateman A. (2008). Chapter 2 (Mentalizing) 3 (Development). In, Mentalizing in Clinical Practice. American Psychiatric Publishing, Inc. [Available in the [Library](#)]

#### Optional (FYI)

Mitchell SA, Black MJ (1995), Remainder of Chapter 2 - Ego Psychology. In Freud and Beyond: A History of Modern Psychoanalytic Thought. Basic Books. pp, 23-59. [Available in the [Library](#)]

### **Session V: October 20**

#### Object Relations

Mitchell SA, Black MJ (1995). Melanie Klein and Contemporary Kleinian Therapy. In Freud and Beyond: A History of Modern Psychoanalytic Thought. Basic Books. pp. 85-111. [Available in the [Library](#)]

Segal H (1979). The Paranoid Schizoid Position (Chpt 9), The Depressive Position (Chpt 7), New Light on the Structural Theory of Mind, Anxiety, and Guilt (Chpt 10), Envy and Gratitude (Chpt 11). In Melanie Klein. The Viking Press. pp. 113-124, & 76-89, 141-153. [Available in the [Library](#)]

Mitchel SA, Black MJ (1995). The British Object Relations School: Fairbairn and Winnicott. In Freud and Beyond: A History of Modern Psychoanalytic Thought. Basic Books, NY. pp, 112-138. [Available in the [Library](#)]

#### Optional (FYI)

Ogden, T. (1983). The concept of internal object relations. Int. Jour. Psycho-anal., 64:227-243. [PEP Web Link](#)

Klein M (1937). Love, Guilt, and Reparation. In The Writings of Melanie Klein. pp. 306-343. [Available in the [Library](#)]

### **Session VI: October 27**

#### Defense - The View from Object Relations Theory

Ogden T: (1979). On projective identification. Int. Jour Psycho-anal., 62:227-243. [PEP Web Link](#)

Guntrip, H. (1952). The Schizoid Personality and the External World. In Schizoid Phenomena, Object Relations, and the Self. New York, International Universities Press, 1969. [Available in the [Library](#)]

### **Session VII: November 3**

#### A Defense Against Relating to Objects, and Other Forms of Disavowal: Splitting

Modell, A. (1975). A narcissistic defense against affects and the illusion of self-sufficiency. Inter. Jour. Psycho-anal. 56:275-282. [PEP Web Link](#)

Goldberg, A. (1999). The problem (chapter 2), The failure of synthesis: the phenomenology of the vertical split (chapter 3). In, Being of Two Minds: The Vertical Split in Psychoanalysis and Psychotherapy, Hillsdale, New Jersey: The Analytic Press, (p.7-20, & 21-41). [Available in the [Library](#)]

Freud, S. (1940). Splitting of the Ego in the Process of Defense. Standard Edition. (Vol. 23). Hogarth Press, London. pp. 273-278. [PEP Web Link](#)

### **Session VIII: October 17**

#### Attachment Theory

Slade, A. (2002). The development and organization of attachment: implications for psychoanalysis. Journal of the American Psychoanalytic Association. 48(4) (pp1148-1174). [PEP Web Link](#)

Wallin, D. (2007) Part II: Attachment Relationships and the Development of the Self (Chapters 5,6,7) and Chapter 8 of Part III. In, Attachment in Psychotherapy. The Guilford Press. [Available in the [Library](#)]

#### Optional FYI

Fonagy P, Target M. (2007). The rooting of the mind in the body: New links between attachment theory and psychoanalytic thought. Journal of the American Psychoanalytic Association. 55(2); 411-454. [PEP Web Link](#)

**Session IX: December 1**

Relational Theory

Wachtel P. (2008). Chapter 4 (From Two-person to Contextual), and Chapter 5 (Drives, Relationships, and the Relational Point of View). In, Relational Theory and the Practice of Psychotherapy. [Available in the [Library](#)]

Vivona J. (2006). From developmental metaphor to developmental model: The shrinking role of language in the talking cure. Journal of the American Psychoanalytic Association, 54:877-902. [PEP Web Link](#)

Optional FYI

Millis J. (2005). A Critique of Relational Psychoanalysis. Psychoanalytic Psychology. Vol.22 (2) pp. 155-188. [PEP Web Link](#)

**Session X: December 8**

Defense Against Trauma - A Conflict/Ego Psychology Approach and an Interpersonal Approach

Shengold, L. Child abuse and deprivation: Soul murder. J. Am Psychoanal Assoc. 27, 533-558. [PEP Web Link](#)

Saporta JA. (2003). Synthesizing Psychoanalytic and Biological Approaches to Trauma: Some Theoretical Proposals. Neuro-psychoanalysis, 5(1), 97-110. [PEP Web Link](#)

Optional FYI:

From a relational perspective:

Davies JM, Frawley MG. The impact of trauma on transference and countertransference. Chapter 8, in: Treatment of Adult Survivors of Childhood Sexual Abuse: A Psychoanalytic Perspective. Basic Books. 1994. Pages 149-166. [Available in the [Library](#)]

From a Winnicottian perspective.

Casement P: The experience of trauma in the transference. Chapter 15 in, Learning From the Patient. Guilford Press, 1991. Pages 258-272. [Available in the [Library](#)]

Saporta JA, Gans JS. Taking a History of Childhood Trauma in Psychotherapy: *Achieving an Optimal Approach*. The Journal of Psychotherapy Practice and Research. 1995; 4: 194-204. [Available in the [Library](#)]

Laub, D., & Auerhahn, N. C. (1993). Knowing and notknowing massive psychic trauma: Forms of traumatic memory. International Journal of Psycho-Analysis, 74:287-302. [PEP Web Link](#)

**Learning Objectives**

1. At the conclusion of this session, the student will be able to identify five significant schools of psychoanalysis.
2. At the conclusion of this session, the student will be able to define three fundamental features of Freudian conflict theory.
3. At the conclusion of this session, the student will be able to describe compromise formations and ego defense mechanisms.
4. At the conclusion of this session the student will be able to distinguish the concept of defense from that of ego deficit.
5. After completing this session, the student will be able to articulate three fundamental features of the object relations theory of the mind.
6. After this session, the student will be able to describe projective identification as an interpersonal form of defense.
7. At the conclusion of this session, the student will be able to describe splitting as a defense.
8. Following this session the student will be able to describe three forms of insecure attachment.
9. As a result of this session, the student will be able to describe the concept of context dependence of psychological functioning.
10. Following this session the student will describe three features by which severe psychological trauma interrupts psychological functioning.