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


Optional but recommended

**Session II: September 29**

Freudian Theory: Drives and Conflict Theory


Optional (FYI)


**Session III: October 06**

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


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

Optional (FYI):

Session IV: October 13

Deficit versus Conflict and the Capacity for Mentalization


Optional (FYI)

Session V: October 20

Object Relations


Optional (FYI)

Session VI: October 27

Defense - The View from Object Relations Theory


Session VII: November 3

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


Session VIII: October 17

Attachment Theory


Optional FYI

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]


Optional FYI


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


Optional FYI:

From a relational perspective:

From a Winnicottian perspective.


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.