INTRODUCTION TO THE TECHNIQUE OF
PSYCHOANALYTIC PSYCHOTHERAPY
ESSENTIAL CONCEPTS

SYLLABUS 2016-17

Welcome to the Technique course. Over the next 10 weeks we will be studying and thinking about the central question: “How do we listen to, understand, and decide how to intervene with our patients?” In other words, what do therapists and analysts actually do in the consulting room? We’ve tried to put together a group of readings that provide an introduction to essential concepts of technique within an historical context, a bridge between theory and technique, and examine some of the technical difficulties inherent in our work. Most of all, we hope that the readings will stimulate your thoughts about your own clinical work and serve as entrees to engaging class discussions.

Session 1 (December 15)
Getting Started: Establishing the Frame and Therapeutic Alliance, Thinking Psychoanalytically


Session 2 (December 22)
How we sit with, listen to and speak with our patients


Session 3 (January 12)

Resistance


Session 4 (January 26)

Neutrality


Optional:

Session 5 (February 2)

Transference


Session 6 (February 9)

Countertransference


Session 7 (February 16)

Projective Identification


Session 8 (February 23)

**Enactment**


Optional:


Session 9 (March 2)

**Challenges to the Frame**


Session 10 (March 9)

**Termination**


Optional:

Additional Bibliography


**Learning Objectives**

Week 1:
At the conclusion of this session, students will be able to explain the four tenets of Roy Schafer’s conceptualization of the analytic attitude.

Week 2:
At the conclusion of this session, students will be able to describe Spezzano’s concept of the 3 “sites” (free association, reverie, drama) used in listening to patients that guide interpretation.

Week 3:
At the conclusion of this session, students will be able to define the classical concept of resistance.

Week 4:
At the conclusion of this session, students will be able to contrast the classical understanding of Neutrality with a relational understanding.
Week 5:
At the conclusion of this session, students will be able to explain three key theoretical facets of Freud’s original understanding of transference.

Week 6:
At the conclusion of this session, students will be able to explain Joseph Sandler’s concept of “role-responsiveness.”

Week 7:
At the conclusion of this session, students will be able to provide an example of projective identification in their work with patients using an object relations framework.

Week 8:
At the conclusion of this session, students will be able to explain Paul Russell’s concept of the “Crunch.”

Week 9:
At the conclusion of this session, students will be able to explain three key concepts of Stephen Mitchell’s relational approach to the process by which a therapist/analyst decides to meet a patient’s demand and to provide an example of this dilemma in a clinical situation.

Week 10:
At the conclusion of this session, students will be able to articulate and discuss Hans Loewald’s assertion of the centrality of the work of mourning and internalization to the task of termination.