

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

**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***

Ogden, T.H. (1989). The Initial Analytic Meeting. In: The Primitive Edge of Experience. Northvale, NJ: Jason Aronson, Chapter 7 (pp.169-194). [Available in [Library](#)]

Schafer, Roy. (1983). The Analytic Attitude: An Introduction, In: The Analytic Attitude, New York, NY: Basic Books, Inc, Chapter 1 (pp 3-13). [Available in [Library](#)]

**Session 2 (December 22)**

***How we sit with, listen to and speak with our patients***

Spezzano, C. (2001). How is the Analyst Supposed to Know?: Gathering evidence for Interpretations. *Contemp. Psychoanal.*, 37:551-570. [PEP Web Link](#)

Stern, D.N., Sander, L.W., Nahum, J.P., Harrison, A.M., Lyons-Ruth, K., Morgan, A.C., Bruschiweilerstern, N., Tronick, E.Z. (1998). Non-Interpretive Mechanisms in Psychoanalytic Psychotherapy: The “Something More” Than Interpretation. *International Journal of Psycho-Analysis*, 79:903-921. [PEP Web Link](#)

Casement, P. (1991). Preliminary Thoughts on Learning from the Patient. In: Learning From the Patient. New York, NY: Guilford Press, Chapter 1 (pgs 6-28). [Available in [Library](#)]

### **Session 3 (January 12)**

#### **Resistance**

Stark, M. (1994). Resistance as a Failure to Grieve. In: Working with Resistance, Northvale, NJ: Jason Aronson, Chapter 6 (pp 105-126). [Available in [Library](#)]

Schafer, Roy. (1983). Resisting and Empathizing, In: The Analytic Attitude, New York, NY: Basic Books, Inc, Chapter 5 (pp 66-81). [Available in [Library](#)]

### **Session 4 (January 26)**

#### **Neutrality**

Hoffer, A. (1985). Toward a Definition of Psychoanalytic Neutrality, *JAPA*, 33: 771-795. [PEP Web Link](#)

Optional:

Greenberg, Jay R. (1986). Theoretical Models and the Analyst's Neutrality. *Contemporary Psychoanalysis*, 22:87-106. [PEP Web Link](#)

### **Session 5 (February 2)**

#### **Transference**

Almond, R. (2011). Freud's "The Dynamics of Transference" One Hundred Years Later. *JAPA*, 59:1129-1156. [PEP Web Link](#)

Freud, S. (1912a). The Dynamics of Transference. *Standard Edition XII*: 99-108. [PEP Web Link](#)

### **Session 6 (February 9)**

#### **Countertransference**

Sandler, Joseph, (1976). Countertransference and Role Responsiveness. *International Review of Psychoanalysis*, 3:43-47. [PEP Web Link](#)

Pick, IB. (1985). Working Through the Countertransference. *Int. J. Psycho-Anal.*, 66:157-66. [PEP Web Link](#)

### **Session 7 (February 16)**

#### **Projective Identification**

Feldman, M. (1997). Projective Identification: The Analyst's Involvement. *Int.J.Psycho-Anal.*, 78:227-241. [PEP Web Link](#)

Howell, Elizabeth (2005). Projective Identification: Blind Foresight, In: The Dissociative Mind, New York, NY: Routledge, Chapter 8 (pp 178-193). [Available in [Library](#)]

## **Session 8 (February 23)**

### **Enactment**

Russell, Paul, (1979). The Theory of the Crunch. *Smith College Studies in Social Work*, 76(1/2) 2006: 9-21. [Available in [Library](#)]

Jacobs, T.J. (1986). On Countertransference Enactments. *JAPA* 34: 289-307. [PEP Web Link](#)

Optional:

The Theory of the Crunch: A Paul Russell Remembrance, *Psychotherapy Forum*, Volume 5:1, Fall 1998. [Available in [Library](#)]

McLaughlin, James (1991). Clinical and Theoretical Aspects of Enactment, *JAPA*, 39: 595-614. [PEP Web Link](#)

## **Session 9 (March 2)**

### **Challenges to the Frame**

Mitchell, Steve (1991). Wishes, Needs and Interpersonal Negotiations *Psychoanalytic Inquiry*, 11:147-170. [PEP Web Link](#)

## **Session 10 (March 9)**

### **Termination**

Dewald, Paul A. (1982). The Clinical Importance of the Termination Phase, *Psychoanalytic Inquiry*, 2: 441-461. [PEP Web Link](#)

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

Optional:

Brody, S. (2009). On the Edge: Exploring the End of the Analytic Hour. *Psychoanal. Dial.*, 19: 87-97. [PEP Web Link](#)

### **Additional Bibliography**

Levy, Steven and Inderbutzin, Lawrence (1990). The Analytic Surface and The Theory of Technique, *JAPA* 38: 371-391. [PEP Web Link](#)

Schwaber, E. (1983). Psychoanalytic Listening and Psychic Reality. *Int Rev. Psychoanal.* 10:379-392. [PEP Web Link](#)

Cabaniss, D et al, (2011). Transference, In: Psychodynamic Psychotherapy: A Clinical Manual, Wiley-Blackwell, Chapter 21 (pp217-231). [Available in [Library](#)]

Stark, M. (1994). The Positive Transference. In: Working with Resistance. Northvale, NJ, Jason Aronson: Chapter 10 (pp. 201-224). [Available in [Library](#)]

Joseph, B. (1985). Transference: The Total Situation, *Int. J. Psycho-Anal.*, 66:447-454. [PEP Web Link](#)

Freud, S. (1915). Observations on Transference Love, Standard Edition XII: 157-171. [PEP Web Link](#)

Gabbard, Glen O.(1995). Countertransference: The Emerging Common Ground, *The International Journal of Psychoanalysis*, 76:475-485. [PEP Web Link](#)

Jacobs, T. (2001). On Unconscious Communications and Covert Enactments: Some Reflections on their Role in the Analytic Situation. *Psychoanal. Inq.*, 21:4-23. [PEP Web Link](#)

Ogden, Thomas (1979). On Projective Identification. *International Journal of Psychoanalysis*, 60: 357-372. [PEP Web Link](#)

Bergmann, M.S. (1988). On the Fate of the Intrapsychic Image of the Analyst After Termination of the Analysis. *Psychoanalytic Study of the Child*, 43:137-153. [PEP Web Link](#)

Schafer, Roy (1973). The Termination of Brief Psychoanalytic Psychotherapy. *International Journal of Psychoanalytic Psychotherapy*, Vol 2:3, 135-148. [PEP Web Link](#)

## **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.