Fellowship/ Advanced Training Program in Psychoanalytic Psychotherapy, Year I
Fall 2017
Intro to Psychoanalytic Theory: The Structure of the Mind and the Nature of Defense
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The aims of this seminar are

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 28

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


Optional

Learning Objective: At the conclusion of this session, the student will be able to identify five significant schools of psychoanalysis.
Session II: October 5

Freudian Theory: Drives and Conflict Theory


Optional

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. Check the reading folder or request from library@bpsi.org]

Learning Objective: At the conclusion of this session, the student will be able to define three fundamental features of Freudian conflict theory.

Session III: October 12

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


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

Optional:

Learning Objective: At the conclusion of this session, the student will be able to describe compromise formations and ego defense mechanisms.

Session IV: October 19

Deficit versus Conflict and the Capacity for Mentalization

PEP Web Link


Optional

Learning Objective: At the conclusion of this session, the student will be able to distinguish the concept of defense from that of ego deficit.

Session V: October 26

Object Relations


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. Check the reading folder or request from library@bpsi.org]

Optional


Klein M (1937). Love, Guilt, and Reparation. In The Writings of Melanie Klein. pp. 306-343. [Available in the library. Check the reading folder or request from library@bpsi.org]

**Learning Objective:** At the conclusion of this session, the student will be able to articulate three fundamental features of the object relations theory of the mind.

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**Session VI: November 2**

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


**Learning Objective:** At the conclusion of this session, the student will be able to describe projective identification as an interpersonal form of defense.

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**Session VII: November 9**

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


**Learning Objective:** At the conclusion of this session, the student will be able to describe spitting as a defense.
Session VIII: November 16

Attachment Theory


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. Check the reading folder or request from library@bpsi.org]

Optional

**Learning Objective:** At the conclusion of this session, the student will be able to describe three forms of insecure attachment.

Session IX: November 30

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. Check the reading folder or request from library@bpsi.org]


Optional FYI


**Learning Objective:** At the conclusion of this session, the student will be able to describe the concept of context dependence of psychological functioning.
Session X: December 7

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


Optional:

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. Check the reading folder or request from library@bpsi.org]

From a Winnicottian perspective:

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. Check the reading folder or request from library@bpsi.org]


**Learning Objective:** At the conclusion of this session, the student will be able to describe three features by which severe psychological trauma interrupts psychological functioning.