



**SOMA AS CANVAS:
UNREPRESENTED PSYCHIC EXPERIENCE AND SOMATIC STATES
BPSI ELECTIVE, 11/29/18-1/24/19**

Instructors:

Deborah Shilkoff, LICSW and Pamela Greenberg, LICSW

This elective will explore the development of the ability to think about feelings. Without this ability, the original body ego does not develop into a mature psychically represented ego, but stays fixed in somatic phenomena or action, lacking thought or words to contain feelings. We will consider somatic representations of conflict, concrete thinking and attachment difficulties as expressed by such conditions as psychosomatic illness, panic attacks, eating disorders, and addictions. We will also consider the treatment of unrepresented experience as it appears in the treatment through projective identification, containment, transference and counter-transference phenomena. Finally, through case presentations we will look at the path to psychic representation and the use of words to express feelings. Participants will be encouraged to present case vignettes with unrepresented or poorly represented states.

Week One: We will look at the nature of the thinking apparatus. We will discuss how a sense of containment is achieved in normal attachment, giving the young child a sense of safety and facilitating the development of body boundaries, body integrity and the ability to use words to represent affects. We will consider projective identification as a normal developmental phase.

Readings:

Bion, W.R. (2013). The psycho-analytic study of thinking. *The Psychoanalytic Quarterly*, 82(2), 301-310.

[PEP Web Link](#)

Freud, S. (1911). Formulations on the two principles of mental functioning. In *SE XII* (213-226). [PEP](#)

[Web Link](#)

Additional Readings:

Bion, W. (2013). Attacks on linking. *Psychoanalytic Quarterly*, 82(2), 285-300. [PEP Web Link](#)

Freud, S. (1920). Beyond the pleasure principle. In *SE XVIII* (1-64). [PEP Web Link](#)

Klein, M. (1946). Notes on some schizoid mechanisms. *International Journal of Psycho-Analysis*, 27, 99-110. [PEP Web Link](#)

Learning Objective: At the conclusion of the session, participants will be able to define psychic reality and external reality and offer one example of the distinction between the two in the young child.

Week Two: We will look at the development of psychic representation as it affects the young child's ability to think and to link thoughts to feelings and words. We will discuss the result of failures in development in these abilities in somatic states and enactments.

Readings:

Green, A. (1998). The primordial mind and the work of the negative. *The International Journal of Psychoanalysis*, 79, 649-665. [PEP Web Link](#)

Winnicott, D. (1960) Ego distortion in terms of true and false self. In *The Maturation Processes and the Facilitating Environment* (Chapter 12). Madison, CT: International Universities Press. [PEP Web Link](#)

Additional Readings:

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), 411-456. [PEP Web Link](#)

Fonagy, P. & Target, M. (1996). Playing with reality: I. theory of mind and the normal development of psychic reality. *The International Journal of Psychoanalysis*, 77, 217-233. [PEP Web Link](#)

Marty, P. & De M'Uzan, M. (2010). Operational thinking. In D. Birksted-Breen, S. Flanders & A. Gibeault (Eds.) *Reading French psychoanalysis* (449-458). [Available in the library: check the reading folder or request from library@bps.org.]

De M'Uzan, M. (2007). The same and the identical. *Psychoanalytic Quarterly*, 76(4), 1205-1220. [PEP Web Link](#)

Winnicott, D. (1960). The theory of the parent-infant relationship. *International Journal of Psychoanalysis*, 41, 585-595. [PEP Web Link](#)

Learning Objective: At the conclusion of the session, the participant will be able to define psychic representation and describe one clinical example of its failure to develop.

Week Three: We will discuss somatic disorders that link to unrepresented or poorly represented psychic states, such as Irritable Bowel Syndrome and fibromyalgia.

Readings:

Griffies, S.W. (2010). Believing in the patient's capacity to know his mind: a psychoanalytic case study of fibromyalgia. *Psychoanalytic Inquiry*, 30(5), 390-404. [PEP Web Link](#)

Kohutis, E.A. (2010). Concreteness, metaphor, and psychosomatic disorders: bridging the gap. *Psychoanalytic Inquiry*, 30(5), 416-429. [PEP Web Link](#)

Additional Readings:

Luyten, P., van Houdenhove, B., Lemma, A., Target, M. & Fonagy, P. (2012). A mentalization-based approach to the understanding and treatment of functional somatic disorders. *Psychoanalytic Psychotherapy*, 26(2), 121-140. [PEP Web Link](#)

Learning Objective: At the conclusion of the session, the participant will be able to describe one clinical example of somatization of stress.

Week Four: We will look at the phenomenon of panic disorder as an unrepresented state.

Readings:

Schneider, J.A. (2007). Panic as a form of foreclosed experience. *Psychoanalytic Quarterly*, 76(4), 1293-1316. [PEP Web Link](#)

Verhaeghe, P., Van Heule, S. & DeRick A. (2007). Actual neurosis as the underlying psychic structure of panic disorder, somatization, and somatoform disorder: an integration of Freudian and attachment perspectives. *Psychoanalytic Quarterly*, 76(4), 1317-1350. [PEP Web Link](#)

Additional Readings:

Simpson, R.B. (2003). Introduction to Slaves of Quantity. *Psychoanalytic Quarterly*, 72(3), 699-710. [PEP Web Link](#)

De M'Uzan, M. (2003). Slaves of quantity. *Psychoanalytic Quarterly*, 72(3), 711-725. [PEP Web Link](#)

Taylor, G.J. (2003). Somatization and conversion: distinct or overlapping constructs? *The Journal of the American Academy of Psychoanalysis and Dynamic Psychiatry*, 31(3), 487-508. [PEP Web Link](#)

Learning Objective: At the conclusion of the session, the participant will be able to explain how the inability to think about internal psychic states can cause panic disorders.

Week Five: We will discuss the dynamics and etiology of eating disorders.

Readings:

Lawrence, M. (2001). Loving them to death: the anorexic and her objects. *The International Journal of Psychoanalysis*, 82(1), 43-55. [PEP Web Link](#)

Reilly, E.A. (2004). The case of the bulimic mafia and the tools of their trade. *Psychoanalytic Psychotherapy*, 18(4), 374-389. [PEP Web Link](#)

Additional Readings:

Freedman, N. & Lavender, J. (2002). "On desymbolization: the concept and observations on anorexia nervosa and bulimia. *Psychoanalysis and Contemporary Thought*, 25(2), 165-199. [PEP Web Link](#)

Joseph, B. (1982). Addiction to near death. *International Journal of Psycho-Analysis*, 63, 449-456. [PEP Web Link](#)

Phillips, A. (2001). "On preferring not to: the aesthetics of defiance. In Petrucelli & Stuart (Eds) *Hungers and Compulsions* (80-94). [Available in the library: check the reading folder or request from library@bpsl.org.]

Willner, A. (2009). Inaccessibility in eating disorders. *Psychoanalytic Psychotherapy*, 23(1), 16-40. [PEP Web Link](#)

Learning Objective: At the conclusion of the session, the participant will be able to demonstrate how the inability to think and feel ones' feelings relates to eating disorders.

Week Six: We will examine the various theoretical underpinnings of Addiction.

Readings:

Dodes, L. (1995). Psychic helplessness and the psychology of addiction. In *The Psychology and Treatment of Addictive Behavior* (Chapter 7, 133-145). Classic Books. [PEP Web Link](#)

Khantzian, E. (2002). Self-regulation vulnerabilities in substance abusers: treatment implications. In *The Psychology and Treatment of Addictive Behavior* (Chapter 2, 17-41). Classic Books. [PEP Web Link](#)

Additional Readings:

Dodes, L. (2002). *The Heart of Addiction*. New York: Harper Collins. [Available on reserve in the library]

Learning Objective: At the conclusion of the session, the participant will be able to describe one example how the inability to tolerate and name feelings can lead to addictions.

Week Seven: Transference and Countertransference Considerations in the Treatment of Unrepresented or Poorly Represented States.

Readings:

Bonovitz, C. (2016). On seeing what is *not* said: the concrete mode of psychic functioning and the development of symbolization. *Psychoanalytic Dialogues*, 26, 280-293. [Available in the library: [Download in the library](#), check the reading folder or request from library@bps.org.]

Mitrani, J. (2001). 'Taking the transference': some technical implications in three papers by Bion. *The International Journal of Psychoanalysis*, 82(6), 1085-1104. [PEP Web Link](#)

Additional Readings:

Brown, L.J (2006). Julie's Museum. *International Journal of Psychoanalysis* 87(6), 1569-1585. [PEP Web Link](#)

Feldman, M. (1997). Projective identification: the analyst's involvement. *International Journal of Psychoanalysis*, 78, 227-241. [PEP Web Link](#)

Tuch, R.H. (2011). Thinking outside the box: a metacognitive/theory of mind perspective on concrete thinking". *Journal of the American Psychoanalytic Association*, 59(4), 765-789. [PEP Web Link](#)

Learning Objective: At the conclusion of the session, the participant will be able to describe transference phenomena likely to occur in working with this patient group and to give one example of the countertransference responses typically elicited in the analyst.

Week Eight: The Road to Structure and Representation.

Readings:

Sloate, P. (2016). The realization of meaning: superego analysis and psychosomatic symptoms. In *From Soma to Symbol: Psychosomatic Conditions and transformative Experience* (Chapter 8). London: Karnac Books. [Available in the library: check the reading folder or request from library@bpsi.org.]

Lombardi, R. (2010). The body emerging from the 'Neverland' of nothingness. *The Psychoanalytic Quarterly*, 79(4), 879-909. [PEP Web Link](#)

Additional Readings:

Busch, F.N. (2017). A model for integrating actual neurotic or unrepresented states and symbolized aspects of intrapsychic conflict. *Psychoanalytic Quarterly*, 86(1), 75-108. [Available in the library: check the reading folder or request from library@bpsi.org.]

Ogden, T.H. (2010). On three forms of thinking: magical thinking, dream thinking, and transformative thinking. *The Psychoanalytic Quarterly*, 79(2), 317-347. [PEP Web Link](#)

Learning Objective: At the conclusion of the session, the participant will be able to explain how psychoanalytic work can help to create the space for symbolization, representation, and thought in the patient.

BIBLIOGRAPHY:

Bion, W.R. (1962). A Theory of Thinking. In *Second Thoughts* (110-119). London: Heinemann.

[Available in the library: check the reading folder or request from library@bpsi.org.]

Bion, W. (2013). Attacks on linking. *Psychoanalytic Quarterly*, 82(2), 285-300. [PEP Web Link](#)

Bonovitz, C. (2016). On seeing what is *not* said: the concrete mode of psychic functioning and the development of symbolization. *Psychoanalytic Dialogues*, 26, 280-293. [Available in the library:

[Download in the library](#), check the reading folder or request from library@bpsi.org.]

Brown, L.J (2006). Julie's Museum. *International Journal of Psychoanalysis* 87(6), 1569-1585. [PEP Web Link](#)

Busch, F.N. (2017). A model for integrating actual neurotic or unrepresented states and symbolized aspects of intrapsychic conflict. *Psychoanalytic Quarterly*, 86(1), 75-108. [Available in the library: check the reading folder or request from library@bpsi.org.]

De M'Uzan, M. (2003). Slaves of quantity. *Psychoanalytic Quarterly*, 72(3), 711-725. [PEP Web Link](#)

De M'Uzan, M. (2007). The same and the identical. *Psychoanalytic Quarterly*, 76(4), 1205-1220. [PEP Web Link](#)

Dodes, L. (1995). Psychic helplessness and the psychology of addiction. In *The Psychology and Treatment of Addictive Behavior* (Chapter 7, 133-145). Classic Books. [PEP Web Link](#)

Dodes, L. (2002). *The Heart of Addiction*. New York: Harper Collins. [Available on reserve in the library]

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), 411-456.

[PEP Web Link](#)

Freud, S. (1911). Formulations on the two principles of mental functioning. In *SE XII* (213-226). [PEP Web Link](#)

- Green, A. (1998). The primordial mind and the work of the negative. *The International Journal of Psychoanalysis*, 79, 649-665. [PEP Web Link](#)
- Green, A. (1975). The analyst, symbolization and absence in the analytic setting. *International Journal of Psycho-Analysis*, 56, 1-22 [PEP Web Link](#)
- Joseph, B. (1982). Addiction to near death. *International Journal of Psycho-Analysis*, 63, 449-456. [PEP Web Link](#)
- Khantzian, E. (2002). Self-regulation vulnerabilities in substance abusers: treatment implications. In *The Psychology and Treatment of Addictive Behavior* (Chapter 2, 17-41). Classic Books. [PEP Web Link](#)
- Klein, M. (1946). Notes on some schizoid mechanisms. *International Journal of Psycho-Analysis*, 27, 99-110. [PEP Web Link](#)
- Kohutis, E.A. (2010). Concreteness, metaphor, and psychosomatic disorders: bridging the gap. *Psychoanalytic Inquiry*, 30(5), 416-429. [PEP Web Link](#)
- Lawrence, M. (2001). Loving them to death: the anorexic and her objects. *The International Journal of Psychoanalysis*, 82(1), 43-55. [PEP Web Link](#)
- Levine, H.B. (2012). The colourless canvas: representation, therapeutic action and the creation of mind. *The International Journal of Psychoanalysis*, 93(3), 607-629. [PEP Web Link](#)
- Lombardi, R. (2010). The body emerging from the 'Neverland' of nothingness. *The Psychoanalytic Quarterly*, 79(4), 879-909. [PEP Web Link](#)
- Lutenberg, J. (2007). Mental void and the borderline patient. In A. Green (Ed.) *Resonance of Suffering: Countertransference in Non-Neurotic Structures* (89-120). London: International Psychoanalysis Library. [Available in the library: check the reading folder or request from library@bpsl.org.]
- Luyten, P., van Houdenhove, B., Lemma, A., Target, M. & Fonagy, P. (2012). A mentalization-based approach to the understanding and treatment of functional somatic disorders. *Psychoanalytic Psychotherapy*, 26(2), 121-140. [PEP Web Link](#)

Marty, P. & De M'Uzan, M. (2010). Operational thinking. In D. Birksted-Breen, S. Flanders & A. Gibeault (Eds.) *Reading French psychoanalysis* (449-458). [Available in the library: check the reading folder or request from library@bps.org.]

Mitrani, J. (1995). Toward an understanding of unmentalized experience. *Psychoanalytic Quarterly*, 64, 68-112. [PEP Web Link](#)

Mitrani, J. (2001). 'Taking the transference': some technical implications in three papers by Bion. *The International Journal of Psychoanalysis*, 82(6), 1085-1104. [PEP Web Link](#)

Ogden, T.H. (2010). On three forms of thinking: magical thinking, dream thinking, and transformative thinking. *The Psychoanalytic Quarterly*, 79(2), 317-347. [PEP Web Link](#)

Simpson, R.B. (2003). Introduction to Slaves of Quantity. *Psychoanalytic Quarterly*, 72(3), 699-710. [PEP Web Link](#)

Sloate, P. (2016). The realization of meaning: superego analysis and psychosomatic symptoms. In *From Soma to Symbol: Psychosomatic Conditions and transformative Experience* (Chapter 8). London: Karnac Books. [Available in the library: check the reading folder or request from library@bps.org.]

Taylor, G.J. (2003). Somatization and conversion: distinct or overlapping constructs? *The Journal of the American Academy of Psychoanalysis and Dynamic Psychiatry*, 31(3), 487-508. [PEP Web Link](#)

Tuch, R.H. (2011). Thinking outside the box: a metacognitive/theory of mind perspective on concrete thinking". *Journal of the American Psychoanalytic Association*, 59(4), 765-789. [PEP Web Link](#)

Verhaeghe, P., Van Heule, S. & DeRick A. (2007). Actual neurosis as the underlying psychic structure of panic disorder, somatization, and somatoform disorder: an integration of Freudian and attachment perspectives. *Psychoanalytic Quarterly*, 76(4), 1317-1350. [PEP Web Link](#)

Willner, A. (2009). Inaccessibility in eating disorders. *Psychoanalytic Psychotherapy*, 23(1), 16-40. [PEP Web Link](#)