



Psychoanalytic Training, Year I
Fall 2017

Technique I: Analytic Identity and Beginning an Analysis

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This seminar will focus on deepening therapeutic process during psychotherapy, particularly in cases where the transition to psychoanalysis is contemplated. Techniques used to deepen treatment and the capacity of the therapist to facilitate this process will be explored. We will also consider some core concepts of psychoanalytic technique, ideas that may stimulate your own thinking about what it means to be starting out as an analyst. We look forward to meeting you in the fall.

1. Why Psychoanalysis?

September 28, 2017

Bernstein, S.B. (2010) Treatment Preparatory to Psychoanalysis: A Reconsideration After Twenty-five Years. *JAPA*, 58, 1:27-57. [PEP Web Link](#).

Learning Objective: At the conclusion of this session candidates will be able to identify two ways psychoanalysis is different from psychotherapy.

2. Thinking of Oneself as an Analyst

October 5, 2017

Levine, HB (2010). Creating Analysts, Creating Analytic Patients. *International Journal of Psychoanalysis* 91:1385-1404. [PEP Web Link](#).

Ehrlich, LT (2016). Finding Control Cases and Maintaining Immersion: Challenges and Opportunities. *JAPA*, 64(5):983-1012. [Available in the library. Check the reading folder or request from library@bpsi.org]

Learning objective: At the conclusion of this session candidates will be able to define the concept of professional identity as a psychoanalyst.

3. The Analytic Stance and the Analytic Method

October 12, 2017

Freud, S., Recommendations to Physicians Practicing Psychoanalysis, SE 12:109-120. [PEP Web Link](#).

Aron, Lewis (1999) Clinical Choices and the Relational Matrix, *Psychoanalytic Dialogues*, 9:1, 1-30. [PEP Web Link](#).

Learning objective: At the conclusion of this session candidates will be able to identify three clinical qualities of an analytic stance.

4. Considering Issues of Race, Class and Gender

October 19, 2017

Leary, Kimberlyn (1997) Race in Psychoanalytic Space, Gender and Psychoanalysis, 2 (2) 157-172. [PEP Web Link](#).

Learning Objective: At the conclusion of this session candidates will be able to define how race, class and gender are present in the analytic relationship.

5. Beginning an Analysis

October 26, 2017

Freud, S. (1913) On Beginning the Treatment (Further Recommendations on the Technique of Psychoanalysis), SE 12:121-144. [PEP Web Link](#).

Ogden, Thomas (1986) Reconsidering Three Aspects of Psychoanalytic Technique, IJP, 77:883-899. [PEP Web Link](#).

Learning Objective: At the conclusion of this session candidates will be able to define the concept of deepening the treatment, beginning an analysis and bring in two examples of clinical material.

6. Neutrality

November 2, 2017

Greenberg, J. (1986) Theoretical Models and the Analyst's Neutrality. *Contemporary Psychoanalysis*, 6:87-106. [PEP Web Link](#).

Learning Objective: At the conclusion of this session candidates will be able to define Analytic Neutrality and bring in two clinical examples that illustrate the concept.

7. Making the Unconscious Conscious

November 9, 2017

Kris, A.O. (1992) Interpretation and the Method of Free Association. *Psychoanalytic Inquiry*, 12:208-224. [PEP Web Link](#).

Learning Objective: At the conclusion of this session candidates will be able to define free association as a technique of therapeutic action and provide two illustrative case examples.

8. Therapeutic Action

November 9, 2017

Strachey, J. (1934) The Nature of the Therapeutic Action of Psychoanalysis. *Int. J. Psychoanalysis*, 15:127-159. Reprinted in 1969, 50:275-292. [PEP Web Link](#).

Learning Objective: At the conclusion of this session candidates will be able to define a currently employed concept of therapeutic action and provide two illustrative case examples.