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Psychoanalytic Training, Year V

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Technique V

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In this seminar, we will attempt to draw upon what the analyst has learned from experience as well as from psychoanalytic readings on technique in order to describe how the analyst is listening/participating in the “here and now” of the session.

The seminars that you have taken in the Technique Sequence so far have been structured around reading lists illustrated by clinical discussions. In the Technique V seminar we would like to experiment with a different format. Rather than beginning with a set reading list, we would like to begin with a point of inquiry. Specifically, each week we would like to approach a clinical vignette(s) by asking what we can observe about the analyst’s listening/participation and what it tells us about “what is happening now” in the evolving intersubjective clinical moment. For example, in a particular exchange, does the analyst appear to be seeking conditions that will encourage the analysand to express restrained emotion (catharsis)? Is the analyst attempting to offer useful ideas about the content of the analysand’s associations? Is the analyst offering a new relationship by which he or she hopes to repair the consequences of past injuries and disappointments? In what way is the analyst listening to the unfolding process--the “music beyond the words” of the specific content? In what ways is the analyst receptive to the intersubjective dimension of the analysis: transference, counter-transference, enactments, reverie, and interactive phenomena?

We will approach these questions via our clinical vignettes. We will draw on past readings and consider additional present readings to enhance our discussion but we will begin by focusing on what we can say about the analyst’s mode of listening/participation and its ever-shifting nature.

For the first class, we ask that everyone bring a brief clinical vignette of one to two pages of detailed, close process. Since we’re interested in the process, please keep any introductory comments/history to a few sentences. Please bring a copy of your vignette for each of us. We hope to describe what appears to be happening in the analytic exchange, and to hear from the analyst’s perspective what she thought she was doing. We look forward to meeting you and to having a lively and interesting discussion.

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