



D.W. Winnicott on Creativity, Play and the Analytic Experience

“No human being is free from the strain of relating inner and outer reality.” D.W. Winnicott

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Welcome. In this seminar we will read closely some of Winnicott’s seminal papers on development, creativity and play. We’ll explore central concepts such as transitional objects and phenomena, the holding environment, object relating and object usage. Though the class will focus primarily on Winnicott’s theory, we’ll also include clinical material from work with both children and adults as a means to ground concepts in practice. We hope you will enjoy presenting your own clinical work.

We’ll begin with an early paper by Freud which foreshadows Winnicott on language, creativity, play and the analytic experience. We accompany that reading with Dominique Scarfone’s “Reading Winnicott Slowly” (2016). Both Freud and Winnicott are engaging writers, in addition to being writers about psychoanalysis, and we hope you will enjoy their papers on that level – the level of the writer’s art – as well.

To whet your appetite, here is Freud, in 1905, on “words”:

[W]ords are the essential tool of mental treatment. A layman will no doubt find it hard to understand how pathological disorders of the body and mind can be eliminated by ‘mere’ words. He will feel that he is being asked to believe in magic. And he will not be so very wrong, for the words which we use in our everyday speech are nothing other than watered-down magic [from “Psychical (or Mental) Treatment,” *SE VII:283*].

We look forward to working with you!

February 1, 2018

Freud, S. (1908). Creative Writers and Day-Dreaming. *SE IX:143-53*. [PEP Web Link](#)

Scarfone, D. (2016). Reading Winnicott Slowly. . .Winnicott, Language, and the Science of Psychoanalysis. *British J. of Psychotherapy* 32, 3:340-346. [Available in the library. Check the reading folder or request from library@bps.org]

February 8, 2018

Winnicott, D.W. (1941). The Observation of Infants in a Set Situation. *International J. of Psychoanalysis* 22:229-249. [PEP Web Link](#)

February 22, 2018

Winnicott, D.W. (1945). Primitive Emotional Development. *International J. of Psychoanalysis*, 26: 137-143. [PEP Web Link](#)

March 1, 2018

Winnicott, D.W. (1949). Hate in the Countertransference. *International J. of Psychoanalysis*, 30: 69-74. [PEP Web Link](#)

March 8, 2018

Winnicott, D.W. (1953). Transitional Objects and Transitional Phenomena. *International J. of Psychoanalysis*, 34: 89-97. (Also printed in *Playing and Reality*, 1971, pp. 1-25. London: Tavistock Publications.) [PEP Web Link](#)

March 15, 2018

Winnicott, D.W. (1958). The Capacity to Be Alone. *International J. of Psychoanalysis*, 39: 298-304. (Also, Chapter 2 in *The Maturational Processes and the Facilitating Environment*, pp. 29-36.) [PEP Web Link](#)

March 22, 2018

Winnicott, D.W. (1969). The Use of an Object. *International J. of Psychoanalysis*, 50: 711-716. (Also, Chapter Six in *Playing and Reality*.) [PEP Web Link](#)

April 5, 2018

Winnicott, D.W. (1971) The Location of Cultural Experience, Chapter Seven in *Playing and Reality*. [PEP Web Link](#)