Achieving Intersubjectivity and Promoting Change

Post Seminar ATP Course, Winter Trimester 2018-2019

Instructor: Jose' Saporta, MD

Session I: Attunement, Responsiveness, and Repair

Erskine, R. G. (n.d.). Attunement and involvement: Therapeutic responses to relational needs. *Relational Patterns, Therapeutic Presence* (pp. 43-55). [Available as a Google Book or in the library: check reading folder or request from library@bpsi.org]

Lewis, J. (2000). Repairing the bond in important relationships. A dynamic for personality maturation. *American Journal of Psychiatry, 157*, 1375-78. [Available in the library: check reading folder or request from library@bpsi.org]

Session II: Attachment and Intersubjectivity

Cortina, M., & Liotti, G. (2010). Attachment is about safety and protection, intersubjectivity is about sharing and social understanding: the relationships between attachment and intersubjectivity. *Psychoanalytic Psychology, 27*(4), 410-441. PEP Web Link

Wachtel, P. (2011). Attending to Attachment: Accelerating Interest in the Therapeutic Implication of Attachment Theory and Research. In *Therapeutic Communication: Knowing What to Say When* (Chapter 3). Guilford Press, NY. [Available in the library: check reading folder or request from library@bpsi.org]

Session III: Facilitating Dialogue: Safety and Dialogical Approaches to Intersubjectivity

Salgado, J. (2014). Searching for Trust in Psychotherapy: The Developmental Dynamics of Trust within a Dialogical Perspective. In Linell, P. (Ed.), *Dialogical Approaches to Trust in Communication* (pp. 101-124). Charlotte: Information Age Publishing Inc. [Available in the library: check reading folder or request from library@bpsi.org]

Linell, P. (2017). Intersubjectivity in Dialogue. In Weigand, E. (Ed.), *The Routledge Handbook of Language and Dialogue* (pp. 109-126). NY: Routledge. [Available in the library: check reading folder or request from library@bpsi.org]

Session IV Facilitation Dialogue: Facilitative Comments

Wachtel, P. (2011). Accusatory and Facilitative Comments: Criticism and Permission in the Therapeutic Dialogue. In *Therapeutic Communication: Knowing What to Say When* (Chapter 7). NY: Guilford Press. [Available in the library: check reading folder or request from library@bpsi.org]

Session V: Facilitation Dialogue: Comments that Promote Exploration

Wachtel, P. (2011). Exploration not Interrogation. In *Therapeutic Communication: Knowing What to Say When* (Chapter 8). NY: Guilford Press. [Available in the library: check reading folder or request from library@bpsi.org]

Session VI: The Role of Affirming Strengths in Change

Wachtel, P. (2011). Building on the Patient's Strengths, and, Affirmation and Change. In *Therapeutic Communication: Knowing What to Say When* (Chapters 9 & 10). NY: Guilford Press. [Available in the library: check reading folder or request from library@bpsi.org]

Session VII: Resolving Difficulties and Working Through & The Role of Interactional Freedom

Wachtel, P. (2011). Achieving Resolution of the Patients Difficulties: Resistance, Working Through, and Following Through. In *Therapeutic Communication: Knowing What to Say When* (Chapter 14). NY: Guilford Press. [Available in the library: check reading folder or request from library@bpsi.org]

Stern, D. B. (2013). Relational Freedom and Therapeutic Action. *Journal of the American Psychoanalytic Association, 61*(2), 227-256. PEP Web Link

Session VIII: A Dialogical Approach to Change

Saporta, J.A. (2016). Changing the Subject by addressing the other: Mikhail Bakhtin and psychoanalytic therapy. In D.M. Goodman & E.R. Severson (Eds.), *The Ethical Turn: Otherness and Subjectivity in Contemporary Psychoanalysis* (pp. 209-231). NY: Routledge. [Available in the library: check reading folder or request from library@bpsi.org]

Session IX   The Concept of Intersubjectivity

Kirshner, L. (2017). What is Intersubjectivity and Intersubjectivity in American Psychoanalysis. In *Intersubjectivity in Psychoanalysis: A Model for Theory and Practice* (pp. 9-37 & pp. 50-75). NY: Routledge. [Available in the library: check reading folder or request from library@bpsi.org]

Session X: Intersubjective and Non-Intersubjective Forms or Relating

Benjamin, J. (1990). An outline of intersubjectivity: the development of recognition. *Psychoanalytic Psychology, 7*(S), 33-46. PEP Web Link

Benjamin, J. (2004). Beyond Doer and Done To: An Intersubjective View of Thirdness. *The Psychoanalytic Quarterly, 73*(1), 5-46. PEP Web Link

Learning Objectives:

1. Students will identify two primary relational needs that clients bring to psychotherapy and will describe how to address these needs in a manner that promotes change in the client.
2. Students will apply the main findings from attachment theory and research to discuss an attachment perspective on what promotes change in psychotherapy.
3. Students will explain how the therapist promotes safety in psychotherapy and explain how safety promotes change in psychotherapy.
4. Students will describe facilitative vs. accusatory forms of interpretation and give two examples of each as they might have occurred in their own clinical work.
5. Students will identify three forms of comments which promote exploration and change in psychotherapy.
6. Students will explain how affirming the client's strengths in psychotherapy promotes change in the client.
7. Students will describe how interactions in psychotherapy foster and increase the client's range of experience and promote change.
8. Students will explain the concept of positions in dialogue and how this concept explains change in psychotherapy.
9. Students will outline the central tenets of intersubjective theory and discuss how these apply to the conduct of psychotherapy.
10. Students will distinguish intersubjective and non-intersubjective forms of relating to others and will provide three examples of interventions in psychotherapy which promote intersubjective forms of relating.