Welcome to this seminar! The content of this course introduces essential concepts of psychodynamically informed technique within an historical context. Our intent is that the readings and class discussions will act as a bridge between theory and technique. During the next ten weeks we will be thinking together about how to create and maintain an analytically influenced frame and attitude. We will also explore how we listen to our patients, how we understand our own and our patient’s experience, and consider how, when, and why we intervene during the clinical hour. We will also look at some of the technical difficulties that can arise during our work. We hope that the readings will prompt your associations to your clinical work, and that you will feel free to share these reflections during class discussions.

**Week 1 - December 13:** Getting Started — Establishing the Frame, a Therapeutic Alliance, and Psychoanalytic Thinking

Readings


2. Schafer, R. (1983). The Analytic Attitude: An Introduction. In the Analytic Attitude (Chapter 1, 3-13). NY: Basic Books, Inc. [Available in the library. Check the reading folder or request from library@bpsi.org](mailto:library@bpsi.org)

Learning Objective: At the conclusion of this session students will be able to explain the four tenets of Roy Schafer’s conceptualization of the analytic attitude.
Week 2 – December 20: How we sit with, listen to and speak with our patients

Readings


Optional:


Learning Objective: At the conclusion of this session students will be able to describe Spezzano’s concept of the three “sites” used in listening to patients that guide interpretation.

Week 3 - January 3: Resistance

Readings


Learning Objective: At the conclusion of this session, students will be able to define the classical concept of resistance.

Week 4 - January 10: Neutrality

Readings


Learning Objective: At the conclusion of this session, students will be able to contrast the classical understanding of neutrality with a relational understanding.

**Week 5 - January 17: Transference**

Readings


Learning Objective: At the conclusion of this session, students will be able to explain three key theoretical facets of Freud’s original understanding of transference.

**Week 6 - January 24: Countertransference**

Readings


Learning Objective: At the conclusion of this session, students will be able to explain Joseph Sandler’s concept of “role-responsiveness.”

**Week 7 – January 31: Projective Identification**

Readings


Learning Objective: At the conclusion of this session, students will be able to provide an example of projective identification in their work with patients using an object relations framework

**Week 8 - February 14: Enactment**

Readings


Optional


Learning Objective: At the conclusion of this session, students will be able to explain Paul Russell’s concept of the “Crunch.”

**Week 9 – February 21: Challenges to the Frame**

Readings


Learning Objective: At the conclusion of this session, students will be able to explain three key concepts of Stephen Mitchell’s relational approach to the process by which a therapist/analyst decides to meet a patient’s demand and to provide an example of this dilemma in a clinical situation.

**Week 10 - February 28: Termination**

Reading

Learning Objective: At the conclusion of this session, students will be able to articulate and discuss Hans Loewald's assertion of the centrality of the work of mourning and internalization to the task of termination.

Additional Bibliography


