



Fellowship/ Advanced Training in Psychoanalytic Psychotherapy, Year I  
Winter 2018-2019

**Introduction to Technique: Essential Concepts**

Section 1: Catherine Mitkus, LICSW and Lilia Feinberg, MD

Section 2: Susan Kattlove, MD

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

1. Ogden, T.H. (1992). Comments on Transference and Countertransference in the Initial Analytic Meeting. *Psychoanalytic Inquiry*, 12(2), 225-247. [PEP Web Link](#).
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

1. Spezzano, C. (2001). How is the Analyst Supposed to Know? Gathering Evidence for Interpretations. *Contemporary Psychoanalysis*, 37(4), 551-570. [PEP Web Link](#)
2. Stern, D.N., Sander, L.W., Nahum, J.P., Harrison, A.M., Lyons-Ruth, K., Morgan, A.C., Bruschiweilerstern, N., Tronick, E.Z. (1998). Non-Interpretive Mechanisms in Psychoanalytic Psychotherapy: The “Something More” Than Interpretation. *International Journal of Psycho-Analysis*, 79, 903-921. [PEP Web Link](#)

### Optional:

Casement, P. (1991). Preliminary Thoughts on Learning from the Patient. In *Learning from the Patient* (Chapter 1, 3-28). New York, NY: Guilford Press. [Available in the library: Check the reading folder or request from [library@bps.org](mailto:library@bps.org)]

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

1. Stark, M. (1994). Resistance as a Failure to Grieve. In *Working with Resistance* (Chapter 6, 105-126). Northvale, NJ: Jason Aronson. [Available in the library: Check the reading folder or request from [library@bps.org](mailto:library@bps.org)]
2. Schafer, R. (1983). Resisting and Empathizing. In *The Analytic Attitude* (Chapter 5, 66-81). New York, NY: Basic Books, Inc. [Available in the library: Check the reading folder or request from [library@bps.org](mailto:library@bps.org)]

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

1. Hoffer, A. (1985). Toward a Definition of Psychoanalytic Neutrality, *Journal of the American Psychoanalytic Association*, 33, 771-795. [PEP Web Link](#)

2. Greenberg, Jay R. (1986). Theoretical Models and the Analyst's Neutrality. *Contemporary Psychoanalysis*, 22, 87-106. [PEP Web Link](#)

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

1. Almond, R. (2011). Freud's "The Dynamics of Transference" One Hundred Years Later. *Journal of the American Psychoanalytic Association*, 59, 1129-1156. [PEP Web Link](#)
2. Freud, S. (1912). The Dynamics of Transference. *Standard Edition XII* (99-108). [PEP Web Link](#)

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

1. Sandler, Joseph, (1976). Countertransference and Role Responsiveness. *International Review of Psychoanalysis*, 3, 43-47. [PEP Web Link](#)
2. Pick, IB. (1985). Working Through the Countertransference. *International Journal of Psycho-Analysis*, 66, 157-66. [PEP Web Link](#)

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

1. Feldman, M. (1997). Projective Identification: The Analyst's Involvement. *International Journal of Psycho-Analysis*, 78, 227-241. [PEP Web Link](#)
2. Howell, E. (2005). Projective Identification: Blind Foresight. In *The Dissociative Mind* (Chapter 8, 178-193). NY: Routledge. [Available in the library: Check the reading folder or request from [library@bpsj.org](mailto:library@bpsj.org)]

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

1. Russell, P. (2006). The Theory of the Crunch. *Smith College Studies in Social Work*, 76(1/2), 9-21. [Available in the library: Check the reading folder or request from [library@bpsi.org](mailto:library@bpsi.org)]
2. Jacobs, T.J. (1986). On Countertransference Enactments. *Journal of the American Psychoanalytic Association*, 34, 289-307. [PEP Web Link](#)

#### Optional

1. Smith, J.M. (1998). Paul Russell and “The Theory of the Crunch”. *Smith College Studies in Social Work*, 76(1/2). [Available in the library. Check the reading folder or request from [library@bpsi.org](mailto:library@bpsi.org)]
2. McLaughlin, J. (1991). Clinical and Theoretical Aspects of Enactment. *JAPA*, 39, 595-614. [PEP Web Link](#)

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

1. Mitchell, Steve (1991). Wishes, Needs and Interpersonal Negotiations. *Psychoanalytic Inquiry*, 11(1/2), 147-170. [PEP Web Link](#)

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

1. Dewald, P. A. (1982). The Clinical Importance of the Termination Phase. *Psychoanalytic Inquiry*, 2(3), 441-461. [PEP Web Link](#)

2. Loewald, H. (1988). Termination Analyzable and Unanalyzable. *Psychoanalytic Study of the Child*, 43, 155-66. [PEP Web Link](#)

Optional

Brody, S. (2009). On the Edge: Exploring the End of the Analytic Hour. *Psychoanalytic Dialogues*, 19(1), 87-97. [PEP Web Link](#)

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**

Bergmann, M.S. (1988). On the Fate of the Intrapsychic Image of the Analyst After Termination of the Analysis. *Psychoanalytic Study of the Child*, 43,137-153. [PEP Web Link](#)

Cabaniss, D., et al. (2011). Transference. In *Psychodynamic Psychotherapy: A Clinical Manual* (Chapter 21, 217-231). Wiley-Blackwell. [Available in the library: check the reading folder or request from [library@bpsl.org](mailto:library@bpsl.org)]

Freud, S. (1915). Observations on Transference Love. *Standard Edition* (XII), 157-171. [PEP Web Link](#)

Gabbard, G. O. (1995). Countertransference: The Emerging Common Ground. *International Journal of Psychoanalysis*, 76, 475-485. [PEP Web Link](#)

Jacobs, T. (2001). On Unconscious Communications and Covert Enactments: Some Reflections on their Role in the Analytic Situation. *Psychoanalytic Inquiry*, 21(1), 4-23. [PEP Web Link](#)

Joseph, B. (1985). Transference: The Total Situation. *International Journal of Psychoanalysis*, 66, 447-454. [PEP Web Link](#)

Levy, S. & Inderbutzin, L. (1990). The Analytic Surface and the Theory of Technique, *JAPA* 38, 371-391. [PEP Web Link](#)

Ogden, T. (1979). On Projective Identification. *International Journal of Psychoanalysis*, 60, 357-372. [PEP Web Link](#)

Schafer, R. (2002). Experiencing Termination: Authentic and False Depressive Positions. *Psychoanalytic Psychology*, 19(2), 235-253. [PEP Web Link](#)

Schwaber, E. (1983). Psychoanalytic Listening and Psychic Reality. *International Review of Psycho-Analysis*, 10, 379-392. [PEP Web Link](#)

Stark, M. (1994). The Positive Transference. In *Working with Resistance* (Chapter 10, 201-224). Northvale, NJ: Jason Aronson. [Available in the library. Check the reading folder or request from [library@bps.org](mailto:library@bps.org)]