



Fellowship/ATP Year 1
Fall 2018

MODELS OF THE MIND

Instructors: Donna Fromberg, PsyD and Alison Phillips, MD

Welcome to Models of the Mind. This seminar is designed to introduce the major theoretical schools in psychoanalysis and to examine how these theories have been challenged and reworked in contemporary psychodynamic therapy and psychoanalysis. We'll begin with the question of why theory matters and the basic premises on which psychoanalysis was founded.

Using an historical framework, we hope to provide an overview of the breadth of theoretical expansion since Freud's revolutionary theory, to highlight comparisons between the different theories, and to understand how each new model seeks to respond to gaps in prior theories and cultural change.

Throughout the seminar, we'll use clinical illustrations to illuminate the theories and we encourage you to think about how to apply these models to the people you treat: Are there models that you gravitate to in your work? Do you find different models or theories particularly helpful with certain types of patients? We hope that our journey through these models will provide a foundation for your future learning at BPSI and enrich your clinical work.

Week 1 - Introduction to Theory and Psychoanalytic Tradition

Cooper A. (1985). A Historical Review of Psychoanalytic Paradigms. In: Models of the Mind. A Rothstein (Ed.) IUP, New York, NY. pp. 5-20. [PEP Web Link](#)

Pine, Fred (1997). The Four Psychologies of Psychoanalysis and their Place in Clinical Work. JAPA, 36: 571-596. [PEP Web Link](#)

Learning Objective: At the end of this session students will identify four major schools of psychoanalysis and outline the four basic premises of Freud's psychoanalytic paradigm.

Week 2 - Freudian/Drive Theory

Mitchell SA, Black MJ (1995). Sigmund Freud and the Classical Psychoanalytic Tradition, Chapter 1. In: Freud and Beyond: A History of Modern Psychoanalytic Thought. Basic Books, New York, NY. pp. 1-22. [Available in the library. Check the reading folder or request from library@bpsi.org.]

Sandler J, Holder A, Dare C, Drecher D. (1997). The Development of Freud's Theory, Chapter 1, Basic Assumptions, Chapter 2. In Freud's Models of the Mind: An Introduction. IUP, New York. pp. 11-38. [Available in the library. Check the reading folder or request from library@bpsi.org]

Learning Objective: At the conclusion of this session, students will be able to trace the three major phases in the development of Freud's theory.

Week 3 - Ego Psychology

Mitchell SA, Black MJ (1995). Ego Psychology, Chapter 2. In: Freud and Beyond: A History of Modern Psychoanalytic Thought. Basic Books, New York, NY. pp. 23-59. [Available in the library. Check the reading folder or request from library@bpsi.org]

Learning Objective: At the conclusion of this session, students will be able to describe the concepts of ego defenses and ego deficits.

Week 4 - Object Relations Theory

Mitchell SA, Black MJ (1995). Melanie Klein and Contemporary Kleinian Theory, Chapter 4, The British Object Relations School: W.R.D. Fairbairn and D.W. Winnicott, Chapter 5. In Freud and Beyond: A History of Modern Psychoanalytic Thought. Basic Books, New York, NY. pp. 85-111. [Available in the library. Check the reading folder or request from library@bpsi.org]

Learning Objective: At the conclusion of this session, students will be able to outline two fundamental ways in which Object Relations theory differs from Ego Psychology.

Week 5 - Self Psychology

Mitchell SA, Black MJ (1995). Psychologies of Identities and Self: Erik Erikson and Heinz Kohut, Chapter 6. Basic Books, New York, NY. pp. 139-169. [Available in the library. Check the reading folder or request from library@bpsi.org.]

Tolpin, M. (1986) The Self and Its Self-Objects: A Different Baby, Progress in Self Psychology 2:115-128. [PEP Web Link](#)

Learning Objective: At the conclusion of this session, students will be able to contrast the fundamental conception of the "baby" of self-psychology from the baby of drive theory and Kleinian theory.

Contemporary Contributions to Analytic Theory

Week 6 - The Relational School

Harris, A. (2011). The Relational Tradition: Landscape and Canon. JAPA, 59(4):701-735. [PEP Web Link](#)

Aron, L. (1996). The Relational Orientation: An Introduction. In: A Meeting of the Minds: Mutuality in Psychoanalysis. The Analytic Press, Hillsdale, NJ. (pp. 1-30). [Available in the library. Check the reading folder or request from library@bpsj.org.]

Learning Objective: At the conclusion of this session, students will be able to outline three major hallmarks of the relational approach.

Week 7 - Attachment and Mentalization

Slade, A. (2002). The Development and Organization of Attachment: Implications for Psychoanalysis. JAPA, 48(4):1148-1174. [PEP Web Link](#)

Allen, J. (2003). Mentalizing as a Compass for Treatment (from the Menninger Clinic) [Available in the library. Check the reading folder or request from library@bpsj.org]

Learning Objective: At the conclusion of this session, students will be able to identify two ways that the concepts of attachment and mentalization have enhanced psychoanalytic theory.

Week 8 - Psychoanalytic Approaches to Trauma

Slade, A. (2014). Imagining Fear: Attachment, Threat, and Psychic Experience. Psychoanalytic Dialogues. 24(3):253-266. [PEP Web Link](#)

Davies, JM, Frawley, MG. The Impact of Trauma on Transference and Countertransference, Chapter 8, In: Treating the Adult Survivor of Childhood Sexual Abuse: A Psychoanalytic Perspective. Basic Books, New York, NY. Pp 149-166. [Available in the library. Check the reading folder or request from library@bpsj.org]

Also, if possible start the Freud for next week. It's long and not unrelated to the topic of trauma.

Learning Objective: At the conclusion of this session, students will be able to explain two unique ways that psychoanalytic thinkers approach the treatment of trauma.

Week 9 - Gender and Psychoanalysis

Freud, S (1905). Three Essays on the Theory of Sexuality (1905). The Standard Edition of the Complete Psychological Works of Sigmund Freud. Volume VII (1901-1905): A Case of Hysteria, Three Essays on Sexuality and Other Works. 123-246. (read essay 1, pp. 135-172) [PEP Web Link](#)

Fonagy, P. (2006). Psychosexuality and Psychoanalysis: An Overview. In: Identity, Gender and Sexuality: 150 Years After Freud. Karnac Books. London, UK. pp 1-19. [Available in the library. Check the reading folder or request from library@bpsj.org]

Optional:

Lemma, A. and Lynch, P. E. (eds.) (2015). Let's talk About Sex or... Maybe Not... In: Sexualities, Contemporary Psychoanalytic Perspectives. Routledge, London and New York. pp. 1-15. [Available in the library. Check the reading folder or request from library@bpsi.org.]

Learning Objective: At the conclusion of this session, students will be able to describe the progression of ideas on gender and sexuality from classical to contemporary psychoanalysis.

Week 10 - Race and Psychoanalysis

Leary, K. (1995). Interpreting in the Dark: Race and Ethnicity in Psychoanalytic Psychotherapy. *Psychoanalytic Psychology*, 12(1):127-140. [PEP Web Link](#)

Hart, A. (2017) From Multicultural Competence to Radical Openness: A Psychoanalytic Engagement of Otherness. *The American Psychoanalyst*, vol 51(1)
http://www.apsa.org/apsaa-publications/vol51no1-TOC/html/vol51no1_09.xhtml

Learning Objective: At the conclusion of this session, students will be able to apply a psychoanalytic approach to diversity and otherness.