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


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


PEP Web Link
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**


**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**


**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**


**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**

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


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


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@bpsi.org]

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


Optional:


**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**


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