



Technique I, 2018
Analytic Identity and Beginning an Analysis
Bernard Edelstein, MD and Donna Fromberg PsyD

This seminar will focus on deepening therapeutic process during psychotherapy, particularly in cases where the transition to psychoanalysis is contemplated. Techniques used to deepen treatment and the capacity of the therapist to facilitate this process will be explored. We will also consider some core concepts of psychoanalytic technique, ideas that may stimulate your own thinking about what it means to be starting out as an analyst.

We look forward to meeting you in the fall, Bernard Edelstein and Donna Fromberg

1. Why Psychoanalysis?

September 20, 2018

Bernstein, S.B. (2010) Treatment Preparatory to Psychoanalysis: A Reconsideration After Twenty-five Years. JAPA, 58, 1:27-57. [PEP Web Link](#).

Learning Objective: Students will identify two ways psychoanalysis is different from psychotherapy.

2. Thinking of Oneself as an Analyst

September 27, 2018

Levine, HB (2010). Creating Analysts, Creating Analytic Patients. International Journal of Psychoanalysis 91:1385-1404. [PEP Web Link](#).

Ehrlich, LT (2016). Finding Control Cases and Maintaining Immersion: Challenges and Opportunities. JAPA, 64(5):983-1020. [Available in the library. Download in the library, check the reading folder or request from library@bps.org.]

Learning objective: Students will define the concept of professional identity as a psychoanalyst.

3. The Analytic Stance and the Analytic Method

October 4, 2018

Freud, S., Recommendations to Physicians Practicing Psychoanalysis, SE 12:109-120. [PEP Web Link](#).

Aron, Lewis (1999) Clinical Choices and the Relational Matrix, *Psychoanalytic Dialogues*, 9:1, 1-30. [PEP Web Link](#).

Learning objective: Students will identify three clinical qualities of an analytic stance.

4. Considering Issues of Race, Class and Gender

October 11, 2018

Hamer, Forrest M. (2002) Guards at the Gate: Race, Resistance and Psychic Reality, *JAPA*, 50 (4); 1219-1237. [PEP Web Link](#).

Learning Objective: Students will define how race, class and gender are present in the analytic relationship.

5. Beginning an Analysis

October 25, 2018

Freud, S. (1913) On Beginning the Treatment (Further Recommendations on the Technique of Psychoanalysis), *SE* 12:121-144. [PEP Web Link](#).

Ogden, Thomas (1986) Reconsidering Three Aspects of Psychoanalytic Technique, *IJP*, 77:883-899. [PEP Web Link](#).

Learning Objective: Students will define the concept of deepening the treatment, beginning an analysis and bring in two examples of clinical material.

6. Neutrality

November 1, 2018

Greenberg, J. (1986) Theoretical Models and the Analyst's Neutrality. *Contemporary Psychoanalysis*, 6:87-106. [PEP Web Link](#).

Learning Objective: Students will define Analytic Neutrality and bring in two clinical examples that illustrate the concept.

7. Making the Unconscious Conscious

November 8, 2018

Kris, A.O. (1992) Interpretation and the Method of Free Association. *Psychoanalytic Inquiry*, 12:208-224. [PEP Web Link](#).

Learning Objective: Students will define free association as a technique of therapeutic action and provide two illustrative case examples.

8. Therapeutic Action

November 15, 2018

Strachey, J. (1934) The Nature of the Therapeutic Action of Psychoanalysis. *Int. J. Psychoanalysis*, 15:127-159.

Reprinted in 1969, 50:275-292. [PEP Web Link](#).

Learning Objective: Students will define a currently employed concept of therapeutic action and provide two illustrative case examples.