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: What theories do 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 will provide a foundation for your future learning at BPSI and enrich your clinical work.

**Week 1 – Introduction to Theory and Psychoanalytic Tradition**


*Optional:*


**Learning Objective:** At the end of this session students will be able to identify the four basic premises of Freud’s psychoanalytic paradigm.

**Week 2 – Freudian/Drive Theory**


*Optional:*


**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**


**Optional:**

Freud, A. (1966). The ego’s defensive operations considered as an object of analysis. In *The ego and the mechanisms of defense* (Chapter 3, pp. 28-41). Madison, CT: International Universities Press. [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 identify an example of the ego’s response to conflict.

**Week 4 – Object Relations Theory**


**Optional:**


**Learning Objective**: At the conclusion of this session, students will be able to explain two fundamental ways in which Object Relations theory differs from Ego Psychology.
Week 5 – Self Psychology


Optional:


**Learning Objective:** At the conclusion of this session, students will be able to compare the concept of self in Self Psychology from that of self in drive theory.

*Contemporary Contributions to Analytic Theory*

Week 6 – The Relational School


Optional:


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

Week 7 – Field Theories


**Learning Objective:** At the conclusion of this session, students will be able to identify two aspects of field theory.

Week 8 – Psychoanalytic Approaches to Trauma


Optional:

**Learning Objective:** At the conclusion of this session, students will be able to explain two unique approaches psychoanalytic thinkers have to the treatment of trauma.

**Week 9 – Gender and Sexuality and Psychoanalysis**
Gonzalez, F.J. (2017). The edge is the horizon: Commentary on Hansbury. *JAPA, 65*(6), 1061-1073. [Available in the library: Download in the library, check the reading folder or request from library@bpsi.org](#)

Optional:
Lemma, A. and Lynch, P. E. (2015). Let’s talk about sex or…maybe not... In *Sexualities, contemporary psychoanalytic perspectives* (pp. 1-16). London and NY: Routledge. [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**

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