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Seminar Year III, Fall 2019

## EGO PSYCHOLOGY

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**Seminar dates: September 19, 26; October 3, 10, 24, 31; November 7, 14, 2019**

Our seminar is intended to offer an overview of the origins, development, and current state of psychoanalytic ego psychology. We begin with the problems of a clinical and conceptual nature which led to Freud's 1923-26 reformulations of his theories of psychical systems and anxiety. Anna Freud's The Ego and the Mechanisms of Defense applied those formulations in a thoroughgoing way to clinical practice. From the 1940's to the 1960's a vast body of theoretical, clinical, and empirical child development research attempted to clarify, expand, and synthesize the whole of psychoanalysis from this point of view. We can only touch the surface of these efforts. Eventually, in the 1960's there was a retrenchment of this ambitious project, accompanied by the splintering of American psychoanalysis. We will follow several of the strands in the ego psychological tradition which subsequently emerged, all centering on the clinical implications of the structural theory.

### **Week 1: September 19**

**Arlow, J and Brenner, C.** (1964). 'The topographic theory' and 'Freud's criticisms of the topographic theory' and 'The structural theory'. In *Psychoanalytic concepts and the structural theory* (Ch. 2-4, pp. 9-42). NY: International Universities Press. [Available in the library: check reading folder or request from [library@bpsi.org](mailto:library@bpsi.org)]

Supplemental:

**Freud, S.** (1933). The dissection of the psychical personality. In *The standard edition of the complete psychological works of Sigmund Freud, Volume XXII (1932-1936): New introductory lectures on psycho-analysis and other works* (Lecture XXXI, pp. 57-80). [PEP Web Link](#)

Learning objective:

At the conclusion of this session candidates will be able to explain two key reasons for Freud's decision to reject the qualities of consciousness vs. unconsciousness, as reliable and useful criteria for defining psychical systems in psychoanalysis.

## **Week 2: September 26**

**Freud, A.** (1936). 'The ego as the seat of observation' and 'The ego's defensive operations considered as an object of analysis' and 'Orientation of the processes of defense according to the source of anxiety and danger'. In *The ego and the mechanisms of defense* (Ch. 1, pp. 3-10 and Ch. 3, pp. 28-41 and Ch. 5, pp. 54-65). NY: International Universities Press, 1983. [Available in the library: check reading folder or request from [library@bpsl.org](mailto:library@bpsl.org)]

Supplemental:

**French, T.M.** (1938). Defense and synthesis in the function of the ego—some observations stimulated by Anna Freud's 'The ego and the mechanisms of defense'. *Psychoanalytic Quarterly*, 7, 537-553. [PEP Web Link](#)

Learning objective:

At the conclusion of this session candidates will be able to identify and discuss the three sources of danger and anxiety which Anna Freud proposes as eliciting defense.

## **Week 3: Oct 3**

**Kris, A.O.** (1990). Helping patients by analyzing self-criticism. *Journal of the American Psychoanalytic Association*, 38, 605-636. [PEP Web Link](#)

Supplemental:

**Hartmann, H. and Loewenstein, R.M.** (1962). Notes on the superego. *Psychoanalytic Study of the Child*, 17, 42-81. [PEP Web Link](#)

*Note: In your reading it will be helpful to emphasize sections VI through IX of this paper.*

Learning objective:

At the conclusion of this session candidates will be able to explain Anton Kris's critique of traditional ego psychological approaches to narcissistically determined unconscious punitive self-criticism and utilize his proposal of an affirmative stance for the achievement of genuine neutrality in such conflicts.

## **Week 4: Oct 10**

**Arlow, J.A.** (1969). Unconscious fantasy and disturbances of conscious experience. *Psychoanalytic Quarterly*, 38, 1-27. [PEP Web Link](#)

Supplemental:

**Abend, S.M.** (1990). Unconscious fantasies, structural theory, and compromise formation. *Journal of the American Psychoanalytic Association*, 38, 61-73. [PEP Web Link](#)

Learning Objective:

At the conclusion of this session candidates will be able to explain Jacob Arlow's addition to Freud's theory of the precipitants of symptom formation, employing the construct of unconscious fantasy.

*Thursday, October 19 – Special Topics Night*

**Week 5: October 24**

**Brenner, C.** (2002). Conflict, compromise formation, and structural theory. *Psychoanalytic Quarterly*, 71(3), 397-417. [PEP Web Link](#)

Supplemental:

**Brenner, C.** (1975). Affects and psychic conflict. *Psychoanalytic Quarterly*, 44, 5-28. [PEP Web Link](#)

Learning objective:

At the conclusion of this session candidates will be able to describe and explain Brenner's four evaluative criteria for characterizing compromise formations on a continuum from pathological to normal.

**Week 6: October 31**

**Gray, P.** (1987). On the technique of analysis of the superego—an introduction. *Psychoanalytic Quarterly*, 56, 130-154. [PEP Web Link](#)

Supplemental:

**Davison, W.T., Pray, M., and Bristol, C.** (1990). Mutative interpretation and close process monitoring in a study of psychoanalytic process. *Psychoanalytic Quarterly*, 59, 599-628. [PEP Web Link](#)

Learning objective:

At the conclusion of this session candidates will be able to identify the key clinical observation an analyst must make, according to Gray, in order to intervene in a patient's associations with a view to fostering increased freedom from neurotic self-restrictions.

**Week 7: November 7**

**Busch, F.** (1993). "In the neighborhood": Aspects of a good interpretation and a "developmental lag" in ego psychology. *Journal of the American Psychoanalytic Association*, 41, 151-177. [PEP Web Link](#)

Supplemental:

**Busch, F.** (1997). Understanding the patient's use of the method of free association: An ego psychological approach. *Journal of the American Psychoanalytic Association*, 45, 407-423. [PEP Web Link](#)

Learning objective:

At the conclusion of this session candidates will be able to explain and critique Fred Busch's three theoretical views which interfered with his empathic clinical grasp regarding anxiety, unconsciousness, and the two systems of mental representation.

## **Week 8: November 14**

Paniagua, C. (2011). Psychotherapy and close-process technique. *International Journal of Psychoanalysis*, 92(1), 43-56. [PEP Web Link](#)

Supplemental:

**Rothstein, A.** (2005). Compromise formation theory: An intersubjective dimension. *Psychoanalytic Dialogues*, 15(3), 415-43. [PEP Web Link](#)

Learning objective:

At the conclusion of this session candidates will be able to describe the four essential features of interventions which Paniagua defines as comprising the technique of ‘close process attention’.