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Winter 2019-2020

Fellowship Advanced Training in Psychoanalytic Psychotherapy

Introduction to Technique: Essential Concepts

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Section 2: Deborah Manegold, MD & Alistair McKnight, PsyD

Welcome to this seminar! The content of this course introduces essential concepts of psychodynamically informed technique within an historical context. Our intent is that the readings and class discussions will act as a bridge between theory and technique. During the next ten weeks we will be thinking together about how to create and maintain an analytically influenced frame and attitude. We will also explore how we listen to our patients, how we understand our own and our patient's experience, and consider how, when, and why we intervene during the clinical hour. We will also look at some of the technical difficulties that can arise during our work. We hope that the readings will prompt your associations to your clinical work, and that you will feel free to share these reflections during class discussions.

Week 1 - December 12: Getting Started— Establishing the Frame, a Therapeutic Alliance, and Psychoanalytic Thinking

Readings:

1. Ogden, T.H. (1992). Comments on transference and countertransference in the initial analytic meeting. *Psychoanalytic Inquiry*, 12(2), 225-247. [PEP Web Link](#).
2. Schafer, R. (1983). The analytic attitude: An introduction. In the *Analytic attitude* (Chapter 1, pp. 3-13). NY: Basic Books. [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 the four tenets of Roy Schafer's conceptualization of the analytic attitude.

Week 2 – December 19: How we sit with, listen to and speak with our patients

Readings:

1. Spezzano, C. (2001). How is the analyst supposed to know? Gathering evidence for interpretations. *Contemporary Psychoanalysis*, 37(4), 551-570. [PEP Web Link](#)

2. Stern, D.N., Sander, L.W., Nahum, J.P., Harrison, A.M., Lyons-Ruth, K., Morgan, A.C., Bruschweilerstern, N. & Tronick, E.Z. (1998). Non-interpretive mechanisms in psychoanalytic psychotherapy: The “something more” than interpretation. *International Journal of Psycho-Analysis*, 79, 903-921. [PEP Web Link](#)

Optional:

Casement, P. (1991). Preliminary thoughts on learning from the patient. In *Learning from the patient* (Chapter 1, pp. 3-28). NY: Guilford Press. [Available in the library: Check the reading folder or request from library@bpsl.org]

Learning Objective: At the conclusion of this session students will be able to describe Spezzano’s concept of the three “sites” used in listening to patients that guide interpretation.

Week 3 - January 2: Resistance

Readings:

1. Stark, M. (1994). Resistance as a failure to grieve. In *Working with resistance* (Chapter 6, 105-126). Northvale, NJ: Jason Aronson. [Available in the library: Check the reading folder or request from library@bpsl.org]

2. Schafer, R. (1983). Resisting and empathizing. In *The analytic attitude* (Chapter 5, 66-81). NY: Basic Books. [Available in the library: Check the reading folder or request from library@bpsl.org]

Learning Objective: At the conclusion of this session, students will be able to define the classical concept of resistance.

Week 4 - January 9: Neutrality

Readings:

1. Hoffer, A. (1985). Toward a definition of psychoanalytic neutrality. *Journal of the American Psychoanalytic Association*, 33, 771-795. [PEP Web Link](#)

2. Greenberg, J.R. (1986). Theoretical models and the analyst’s neutrality. *Contemporary Psychoanalysis*, 22, 87-106. [PEP Web Link](#)

Learning Objective: At the conclusion of this session, students will be able to contrast the classical understanding of neutrality with a relational understanding.

Week 5 - January 23: Transference

Readings:

1. Almond, R. (2011). Freud's "The dynamics of transference" one hundred years later. *Journal of the American Psychoanalytic Association*, 59(6), 1129-1156. [PEP Web Link](#)
2. Freud, S. (1912). The dynamics of transference. *SE XII (1911-1913): The case of Schreber, papers on technique and other works* (pp. 97-108). [PEP Web Link](#)

Learning Objective: At the conclusion of this session, students will be able to explain three key theoretical facets of Freud's original understanding of transference.

Week 6 - January 30: Countertransference

Readings:

1. Sandler, J. (1976). Countertransference and role-responsiveness. *International Review of Psychoanalysis*, 3, 43-47. [PEP Web Link](#)
2. Pick, I.B. (1985). Working through the countertransference. *International Journal of Psycho-Analysis*, 66, 157-66. [PEP Web Link](#)

Learning Objective: At the conclusion of this session, students will be able to explain Joseph Sandler's concept of "role-responsiveness."

Week 7 - February 6: Projective Identification

Readings:

1. Feldman, M. (1997). Projective identification: The analyst's involvement. *International Journal of Psycho-Analysis*, 78, 227-241. [PEP Web Link](#)
2. Howell, E. (2005). Projective identification: Blind foresight. In *The dissociative mind* (Chapter 8, pp. 178-193). NY: Routledge. [Available in the library: Check the reading folder or request from library@bps.org]

Learning Objective: At the conclusion of this session, students will be able to provide an example of projective identification in their work with patients using an object relations framework.

Week 8 - February 20: Enactment

Readings:

1. Russell, P. (2006). The theory of the crunch. *Smith College Studies in Social Work*, 76(1/2), 9-21. [Available in the library: Check the reading folder or request from library@bps.org]
2. Jacobs, T.J. (1986). On countertransference enactments. *Journal of the American Psychoanalytic Association*, 34, 289-307. [PEP Web Link](#)

Optional:

1. Smith, J.M. (2006). Paul Russell and “The theory of the crunch”. *Smith College Studies in Social Work*, 76(1/2), 111-122. [Available in the library. Check the reading folder or request from library@bps.org]
2. McLaughlin, J. (1991). Clinical and theoretical aspects of enactment. *JAPA*, 39, 595-614. [PEP Web Link](#)

Learning Objective: At the conclusion of this session, students will be able to explain Paul Russell’s concept of the “Crunch.”

Week 9 – February 27: Challenges to the Frame**Reading:**

1. Mitchell, S. (1991). Wishes, needs and interpersonal negotiations. *Psychoanalytic Inquiry*, 11(1/2), 147-170. [PEP Web Link](#)

Learning Objective: At the conclusion of this session, students will be able to explain three key concepts of Stephen Mitchell’s relational approach to the process by which a therapist/analyst decides to meet a patient’s demand and to provide an example of this dilemma in a clinical situation.

Week 10 – March 5: Termination**Readings:**

1. Bass, A. (2009). “It ain’t over ‘til it’s over”: Infinite conversations, imperfect endings, and the elusive nature of termination. *Psychoanalytic Dialogues*, 19(6), 744-759. [PEP Web Link](#)
2. Gabbard, G.O. (2009). What is a “good enough” termination? *Journal of the American Psychoanalytic Association*, 57(3), 575-594. [PEP Web Link](#)

Learning Objective: At the conclusion of this session, students will be able to discuss how idealized narratives of “successful” termination can influence a therapist’s perspective on when it is in the patient’s best interests to end a treatment.

Additional Bibliography

Bergmann, M.S. (1988). On the fate of the intrapsychic image of the analyst after termination of the analysis. *Psychoanalytic Study of the Child*, 43,137-153. [PEP Web Link](#)

Cabaniss, D., et al. (2011). Transference. In *Psychodynamic psychotherapy: A clinical manual* (Chapter 21, pp. 217-231). Hoboken, NJ: Wiley-Blackwell. [Available in the library: check the reading folder or request from library@bps.org]

Freud, S. (1915). Observations on transference love. *SE XII (1911-1913): The case of Schreber, papers on technique and other works* (pp. 157-171). [PEP Web Link](#)

Gabbard, G. O. (1995). Countertransference: The emerging common ground. *International Journal of Psychoanalysis*, 76, 475-485. [PEP Web Link](#)

Jacobs, T. (2001). On unconscious communications and covert enactments: Some reflections on their role in the analytic situation. *Psychoanalytic Inquiry*, 21(1), 4-23. [PEP Web Link](#)

Joseph, B. (1985). Transference: The total situation. *International Journal of Psychoanalysis*, 66, 447-454. [PEP Web Link](#)

Levy, S. & Inderbutzin, L. (1990). The analytic surface and the theory of technique. *JAPA* 38, 371-391. [PEP Web Link](#)

Ogden, T. (1979). On projective identification. *International Journal of Psychoanalysis*, 60, 357-372. [PEP Web Link](#)

Schafer, R. (2002). Experiencing Termination: Authentic and false depressive positions. *Psychoanalytic Psychology*, 19(2), 235-253. [PEP Web Link](#)

Schwaber, E. (1983). Psychoanalytic listening and psychic reality. *International Review of Psycho-Analysis*, 10, 379-392. [PEP Web Link](#)

Stark, M. (1994). The positive transference. In *Working with resistance* (Chapter 10, pp. 201-224). Northvale, NJ: Jason Aronson. [Available in the library. Check the reading folder or request from library@bps.org]