



boston psychoanalytic  
society & institute

Winter/Spring, 2020 ATP, Year III

## TERMINATION SEMINAR

Instructor: Stephanie R. Brody, Psy.D.

In this brief seminar, we will grapple with the concept, principles, and application of “termination” in psychotherapy and psychoanalysis. What do we mean when we talk about termination? The immediate irony is that termination is often a process that can take months, even years to unfold, or can occur with little preparation, dramatically and precipitously. Clinicians and patients often feel deeply disrupted during the process, yet throughout clinical training, the discussion of termination is often left to the end, squeezed into curriculum. Often we rely on ideal models of endings, models that are relatively rare; curiously we never really know if there is a “right way” to close a treatment. The articles that we will read together provide us with only a few opportunities to address the numerous theoretical orientations regarding this concept. At the heart of it, we will be struggling with questions of attachment and loss in the clinical relationship, the meaning of endings, the conflict between personal and professional, and the implications of separation when there is no death. The readings that have been chosen are meant to stimulate clinical and theoretical discussions. To that end, I would like to include a clinical presentation at each meeting and would like each of you to think about your cases and clinical experiences that may be relevant to our discussions that you would like to present.

### Week 1: January 30, 2020

Bass, A. (2009). It ain't over till it's over” Infinite conversations, imperfect endings, and the elusive nature of termination. *Psychoanalytic Dialogues*, 19(6), 744-759. [PEP Web Link](#)

Brody, S. (2009). On the edge: Exploring the end of the analytic hour. *Psychoanalytic Dialogues*, 19(1), 87-97. [PEP Web Link](#)

### Week 2: February 6, 2020

Freud, S. (1937). Analysis terminable and interminable. *SE XXIII (1937-1939): Moses and monotheism, an outline of psycho-analysis and other works* (pp. 209-253). [PEP Web Link](#)

Loewald, H.W. (1988). Termination analyzable and unanalyzable. *Psychoanalytic Study of the Child*, 43, 155-66. [PEP Web Link](#)

### **Week 3: February 20, 2020**

Orgel, S. (2000). Letting go: Some thoughts about termination. *Journal of the American Psychoanalytic Association*, 48(3), 719-738. [PEP Web Link](#)

### **Week 4: February 27, 2020**

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

Deutsch, R. (2011) A voice lost, a voice found: After the death of the analyst. *Psychoanalytic Inquiry*, 31(6), 526-535. [PEP Web Link](#)

### **Week 5: March 5, 2020**

Gabbard, G. (2009). What is “good enough” termination? *Journal of the American Psychoanalytic Association*, 57(3), 575-594. [PEP Web Link](#)

#### **Learning Objectives:**

1. At the end of the session, students will be able to discuss three basic concepts related to termination, and the role of termination throughout the psychotherapy process.
2. At the end of the session, students will be able to compare two theoretical concepts regarding termination that have historical relevance to the field of psychoanalysis and psychotherapy.
3. At the end of this session, students will be able to identify at least two of the emotional challenges of termination from the perspective of the analyst/therapist.
4. At the end of the session, students will be able to assess two concepts of self-disclosure and its relationship to the termination process when the patient is an analyst and an analysand/patient.
5. At the end of the session, students will be able to compare two different termination goals that are the focus of a 1-person and a 2- person psychoanalytic model.