



Child Analysis, Winter 2019-2020

D. W. Winnicott

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Welcome. In our ten sessions together, we will read several significant papers by and about Donald Winnicott. As a writer, teacher, theorist and clinician Winnicott places great emphasis on the facilitating environment and the capacity to live creatively. His contributions mean to provide the analyst the opportunity to take in his theory and reshape it into one's own unique approach. In this spirit, I hope our close readings, discussions and applications to clinical practice will facilitate our ongoing development as child analysts and child advocates.

As this is a history course, we will begin by considering the social and theoretical context of Winnicott's time, then move on to consider Winnicott the writer, theorist and clinician. The significance of the environment, creativity and the capacity to go on being will be our theoretical focus. We will then move to modern interpretations and uses of Winnicott's concepts.

Winnicott had a profound interest in the environment and in the potential use of psychoanalytic ideas in all areas of society. I hope we can stay true to this emphasis as well and consider the uses of the theory inside and outside of the playroom.

Class One – December 9, 2019: The British School of Psychoanalysis

Readings:

Mitchell, S. & Black, M. (1995). The British object relations school: W.R.D. Fairbairn and D. W. Winnicott. In *Freud and beyond* (Chapter 5, pp. 112-139). NY: Basic Books. [Available in the library: Check reading folder or request from library@bpsi.org]

Phillips, A. (1988). What we call beginning. In *Winnicott* (pp. 19-39). Cambridge, MA: Harvard University Press. [Available in the library: Check reading folder or request from library@bpsi.org]

Participants will be able to describe three key components of the British Object Relations School and identify significant theoretical principles of the times.

Class Two – December 16, 2019: Paradox

Readings:

Freud, S. (1910). The antithetical meaning of primal words. *SE XI (1910): Five lectures on psycho-analysis, Leonardo da Vinci and other works* (pp. 155-161). [PEP Web Link](#)

Goldman, D. (1993). A romantic at heart. In *In search of the real: The origins and originality of D.W. Winnicott* (pp. 96-129). Lanham, MD: Jason Aronson. [Available in the library: Check reading folder or request from library@bpsl.org]

Wordsworth, W. (1807). Ode: Intimations of immortality from recollections of early childhood. [Linked Here](#)

Participants will be able to identify the origins of Winnicott's paradoxical focus and summarize its importance to the development of his theories.

Class Three – January 6, 2020: Mutuality

Readings:

Winnicott, D. W. (1945). Primitive emotional development. *International Journal of Psychoanalysis*, 26, 137-143. [PEP Web Link](#)

Ogden, T. (2012). Reading Winnicott. In Abram, J. (Ed.), *Donald Winnicott today* (Chapter 9, pp. 213-234). London: Routledge. [Available in the library: Check reading folder or request from library@bpsl.org]

Participants will be able to compare concepts of unintegration, integration and disintegration.

Participants will be able to identify three key relational contributors to early emotional development.

Class Four – January 13, 2020: The Development of Capacities

Readings:

Winnicott, D. W. (1958). The capacity to be alone. *International Journal of Psychoanalysis*, 39, 416-420. [PEP Web Link](#)

Winnicott, D. W. (1963). The development of the capacity for concern. In Caldwell, L. & Robinson, H.T. (Eds.), *The collected works of D. W. Winnicott: Volume 6, 1960-1963* (Chapter 11, pp. 351-356). Oxford Uni. Press. [Available in the library: Check reading folder or request from library@bpsl.org]

Participants will be able to compare the concepts of capacity, achievement and milestone in development.

Class Five – January 27, 2020: Discipline and Inner Freedom

Readings:

Winnicott, D. W. (1967). The location of cultural experience. *International Journal of Psychoanalysis*, 48, 368-372. [PEP Web Link](#)

Ogden, T. (1995). On potential space. *International Journal of Psychoanalysis*, 66, 129-141. [PEP Web Link](#)

Participants will be able to define the transitional space and its place in creativity and survival.

Class 6 – February 3, 2020: Use of an Object

Readings:

Winnicott, D. W. (1963/1965). Communicating and not communicating leading to a study of certain opposites. *Int. Psycho-Anal. Lib.*, 64, 179-192. London: Hogarth Press. [Available in the library: Check reading folder or request from library@bpsl.org]

Winnicott, D. W. (1953/1975). Symptom tolerance in paediatrics. In *Through paediatrics to psycho-analysis* (Chapter 9, pp. 101-117). NY: Basic Books. [Available in the library: Check reading folder or request from library@bpsl.org]

Participants will be able to contrast relating to the object with the use of the object.

Class 7 – February 10, 2020: Impingements

Readings:

Winnicott, D. W. (1974). Fear of breakdown. *Int. Rev. of Psychoanalysis*, 1, 103-107. [PEP Web Link](#)

Winnicott, D. W. (1971). Case XVII "Ruth" aet 8 years. *Therapeutic consultations in child psychiatry* (pp. 315-330). NY: Basic Books. [PEP Web Link](#)

Participants will be able to explain the relationship of dependency to the fear of breakdown in the human condition.

Class 8 –February 24, 2020: Modern Applications

Readings:

Zamalin, A. (2017). D.W. Winnicott, ethics, and race: Psychoanalytic thought and racial equality in the United States. In Bowker, M.H. & Buzby, A. (Eds.), *D. W. Winnicott and political theory* (Chapter 12, pp. 271-290). NY: Palgrave Macmillan. [Available in the library: Check reading folder or request from library@bpsl.org]

Participants will be able to define the parameters of freedom as it relates to internal and external impingements.

Class 9 – March 2, 2020: Retaliation

Readings:

Williams, P. (2019). Isolation. *Psychoanalytic Dialogues*, 29(1), 1-12. [Available in the library: Check reading folder or request from library@bpsl.org]

Winnicott, D. W. (1971). Case IV "Bob" aet 6 years. *Therapeutic consultations in child psychiatry* (pp. 64-89). NY: Basic Books. [PEP Web Link](#)

Participants will be able to explain the need for a private sense of self.

Class 10 –March 9, 2020: The Holding Environment

Readings:

Grolnick, S. (1993). How to do Winnicottian therapy in one's bones. In Goldman, D. (Ed.), *In search of the real: The origins and originality of D.W. Winnicott*. Northvale, NJ: Jason Aronson. [Available in the library: Check reading folder or request from library@bps.org]

Slochower, J. (2013). Psychoanalytic mommies and psychoanalytic babies – A long view. *Contemporary Psychoanalysis*, 49(4), 606-628. [PEP Web Link](#)

Participants will be able to describe the uses and misuses of the parent/infant metaphor in psychoanalytic theory.