Self Psychology

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As a post-Freudian psychoanalytic theory, self psychology is continually undergoing changes and transformations. These changes have two major sources:

The first is related to the fact that the theory as it was originally articulated by Heinz Kohut over a period of less than two decades, contained ideas the meanings of which could only become clear with time and increasing clinical experience. The best example of this is the selfobject concept: originally a purely intrapsychic concept, the concept now includes intersubjective and relational perspectives.

The second major source of changes is related to the fact that there is a continuous, imperceptible influence that all psychoanalytic theories exert on each other. While each theory attempts to preserve its “purity,” discussions of clinical material reveal that analysts’ private theories (Sandler) have multiple theoretical sources.

This course of eight, one and a half hour sessions can only be an overview in which we will focus on the most essential features of self psychology. We will aim for a systematic presentation recognizing that all psychoanalytic theories have to meet the criteria of inner consistency: all clinical theories are based on clinical observations (transferences) which have to be supported by a theory of development and a theory of psychopathology.

CME Objective:

Self-psychology is a clinically focused theory that bridges theory of development, psychopathology therapeutic process and curative action. By demonstrating knowledge of the precepts of this theory participants will be more skilled in treating a wide range of patients with a sophisticated psychoanalytic approach.
February 6, 2020: Why and how did Heinz Kohut develop a theory of the psychology of the self? What is the place of self-psychology in the history of psychoanalysis?


Learning Objective: At the conclusion of this session candidates will be able to compare Self Psychology to Ego Psychology and describe a deficiency that Self Psychology attempted to fix.

February 20, 2020: The methodological underpinning of self psychology: Empathy as a mode of observation and the definer of the field.


Learning objective: At the conclusion of this session candidates will be able to define empathy and explain its use as the primary tool of psychoanalytic observation.

February 27, 2020: The basic concepts of self psychology; definitions and developmental considerations.


Optional:

Learning Objective: At the conclusion of this session candidates will be able to define a "self-object" and explain how this concept is used clinically.
March 5, 2020: Clinical Application of Self Psychology: An updated review and integration


Learning Objective: At the conclusion of this session candidates will be able to utilize recognizing and differentiating the types of self-object transferences. Candidates will be able to integrate this knowledge with current concepts of a two-person psychology.

March 12, 2020: Questions related to the Oedipus Complex


Learning Objective: At the conclusion of this session candidates will be able to compare the classical conception of the Oedipus Complex with the Self Psychological reformulation.

March 19, 2020: The psychoanalytic process: the selfobject transferences and countertransference in an intersubjective perspective.


Learning Objective: At the conclusion of this session candidates will be able to apply the Self Psychological understanding of Transference to a clinical vignette.
March 26, 2020: The Interpretive Process, the Process of Working Through and the influence of the analyst’s subjectivity on the analytic process


**Learning Objective:** At the conclusion of this session candidates will be able to define how self-psychology understands the working through process.

April 2, 2020: Assertiveness, Anger, Rage and Destructive Aggression; the clinical and theoretical significance of narcissistic rage.


**Learning Objective:** At the conclusion of this session candidates will be able to define narcissistic rage and explain the Self Psychological approach to helping patients who demonstrate narcissistic rage.

**Suggested supplemental readings:**