



## **Year V: Termination Seminar: Spring Semester 2020**

Instructors: Randall Paulsen and Margaret Cramer

This seminar introduces candidates to the concept of termination from psychoanalytic work, whether it be an analysis or an analytic psychotherapy. We will explore termination from a clinical perspective with emphasis placed on the uniqueness of each termination, resistances encountered to termination in both the patient and analyst, countertransference issues, and the unique challenges during the termination with vulnerable patients. We will consider the role of play and playfulness, as well as the concept of termination as a transitional zone from the analytic space to the “real” world. The intrapsychic function of the analyst post termination will be explored—as well as complicated topics, such as contact between patient and analyst post analysis. The goals of the assigned readings are to provide a short history, describe some theoretical concepts, raise clinical questions, but primarily to stimulate discussion. We encourage each candidate to discuss clinical experiences during each class, and the instructors will also present clinical material for discussion.

### **CLASS 1: (4/16) An Overview of Termination’s Place over the last 100 years**

Kantrowitz, Judy (2015). A Short History of Termination in *Myths of Termination*. (pp. 1-23). Routledge Press. [Available in the library. Check the reading folder or request from [library@bpsi.org](mailto:library@bpsi.org).]

#### **Optional**

Freud, S. (1937). “Analysis Terminable and Interminable” S.E. XXIII. (pp. 209-253). [PEP Web Link](#).

**LEARNING OBJECTIVE:** Students will be able to discuss three basic concepts of termination: loss, mourning, and internalization of the analyst.

### **CLASS 2: (4/23) What kind of Endings occur in Termination**

Loewald, HW (1988). Termination Analyzable and Unanalyzable. *Psychoanalytic Study of the Child*. 43: 155-166. [PEP Web Link](#).

**LEARNING OBJECTIVE:** Students will be able to identify issues associated with termination such as separateness, or reworking of conflicts.

### **CLASS THREE: (4/30) Asymmetrical Aspects of Termination**

Kantrowitz, Judy (2015). Non-Mutual Endings in *Myths of Termination*. (pp. 56-79). Routledge Press. [Available in the library. Check the reading folder or request from [library@bpsi.org](mailto:library@bpsi.org).]

## Optional

Brody, Stephanie R (2016). Termination (Chapter 8) in *Entering Night Country*. (pp.112-128). Routledge Press [Available in the Library. Check the reading folder or request from [library@bpsl.org](mailto:library@bpsl.org).]

**LEARNING OBJECTIVE:** Students will be able to identify the difficulties of termination with vulnerable patients with different character pathologies.

### **CLASS FOUR: (5/7) Playfulness or Its Absence in the Termination Phase**

Winnicott, D.W. (1971). Transitional objects and transitional phenomena in *Playing and Reality*. New York. (pp. 1-13). Routledge Press. [PEP Web Link](#).

**LEARNING OBJECTIVE:** Students will be able to explain the concept of transitional space as it may apply to the work of termination.

### **CLASS FIVE: (5/14) The Uncertainty at the Heart of the Psychoanalytic Process**

Bass, A. (2009). "It Ain't Over Until it's Over" Infinite Conversations, Imperfect Endings, and the Elusive Nature of Termination. *Psychoanalytic Dialogues*. 19:744-759). [PEP Web Link](#).

**LEARNING OBJECTIVE:** Students will be able to describe the intrapsychic function of the therapist for the patient post termination.

### **CLASS SIX: (5/21) Post Analytic Contact**

Kantrowitz, Judy (2015). The Effect of Post-analytic Contact in *Myths of Termination*. (pp. 80-105). Routledge Press. [Available in the library. Check the reading folder or request from [library@bpsl.org](mailto:library@bpsl.org).]

**LEARNING OBJECTIVE:** Students will be able to discuss the current data on post analytic contact between patient and analyst.

### **CLASS SEVEN: (5/28) Psychological Events that Occur after Termination**

Orgel, S. (2000). Letting Go: Some Thoughts about Termination. *JAPA*. 48:719-738). [PEP Web Link](#).

**LEARNING OBJECTIVE:** Students will be able to discuss Orgel's ideas about attachment, interpretation, loss, mourning, and degrees of internalization.

### **CLASS EIGHT: (6/4) The Ideal vs. The Real at Termination**

Gabbard, G (2009). "Good enough" Termination? *JAPA*. 57:575-594. [PEP Web Link](#).

**LEARNING OBJECTIVE:** Students will be able to identify the differences between theory-based ideals of termination and experienced based realities.