



**Fellowship/ATP Year 1
Fall 2020**

COMPARATIVE THEORY: MODELS OF THE MIND

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Welcome to Models of the Mind. This seminar is designed to introduce the major theoretical schools in psychoanalysis and to examine how these theories have been challenged and reworked in contemporary psychodynamic therapy and psychoanalysis. We'll begin with the question of why theory matters and the basic premises on which psychoanalysis was founded. Using an historical framework, we hope to provide an overview of the breadth of theoretical expansion since Freud's revolutionary theory, to highlight comparisons between the different theories, to understand how each new model seeks to respond to gaps in prior theories and cultural change, and to interrogate the implicit cultural and racial biases in the theories and institution of psychoanalysis.

Throughout the seminar, we'll use clinical illustrations to illuminate the theories and we encourage you to think about how to apply these models to the people you treat: What theories do you gravitate to in your work? Do you find different models or theories particularly helpful with certain types of patients? We hope that our journey will provide a foundation for your future learning at BPSI and enrich your clinical work.

Week 1- Introduction to Theory and Psychoanalytic Tradition

Barratt, B. (2013) What Is Psychoanalysis?: 100 Years after Freud's 'Secret Committee.' Preface, xi-xviii. New York: Routledge. [Available in the library. Check the reading folder or request from library@bps.org]

Brickman, C. (2018). Race in Psychoanalysis: Aboriginal populations in the mind. Foreward, x-xiii, Preface, xiiii, Introduction, 1-13. New York: Routledge. [Available in the library. Check the reading folder or request from library@bps.org]

Cooper A. (1985). A Historical Review of Psychoanalytic Paradigms. In: *Models of the Mind*. A Rothstein (Ed.) pp. 5-20 New York, NY, International Universities Press. [PEP Web Link](#)

Optional:

Hart, A (2017) From Multicultural Competence to Radical Openness: A Psychoanalytic Engagement of Otherness. *The American Psychoanalyst*, vol 51(1). [Linked here.](#)

Pine, Fred (1988). The Four Psychologies of Psychoanalysis and their Place in Clinical Work. *JAPA*, 36: 571-596. [PEP Web Link](#)

Black Psychoanalysts Speak trailer 4/2017. [Linked here.](#)

Learning Objective: At the conclusion of this session students will be able to explain the four basic premises of Freud's psychoanalytic paradigm.

Week 2 – Freudian/Drive Theory

Freud, S, (1910) Five Lectures on Psycho-Analysis. *The Standard Edition of the Complete Psychological Works of Sigmund Freud*. Volume XI. pp 9-55. [PEP Web Link](#)

Optional:

Mitchell SA, Black MJ (1995). Sigmund Freud and the Classical Psychoanalytic Tradition, Chapter 1. In: *Freud and Beyond: A History of Modern Psychoanalytic Thought*. pp. 1-22. New York, NY: Basic Books. [Available in the library. Check the reading folder or request from library@bpsj.org]

Sandler J, Holder A, Dare C, Drecher D. (1997). The Development of Freud's Theory, Chapter 1, Basic Assumptions, Chapter 2. In: *Freud's Models of the Mind: An Introduction*. pp. 11-38. New York, NY: International Universities Press. [Available in the library. Check the reading folder or request from library@bpsj.org]

Learning Objective: At the conclusion of this session, students will be able to describe the three major phases in the development of Freud's theory.

Week 3 – Ego Psychology

Freud, A. (1966) The Ego's Defensive Operations Considered as an Object of Analysis, Chapter 3. In: *The Ego and the Mechanisms of Defense*. pp 28-41, Madison, CT: International Universities Press, [Available in the library. Check the reading folder or request from library@bpsj.org]

Gray, P. (1993) A Brief Didactic Guide to the Analysis of the Ego in *Conflict*, *Journal of Clinical Psychoanalysis*, 2(3): 325-340. [PEP Web Link](#)

Optional:

Mitchell SA, Black MJ (1995). Ego Psychology, Chapter 2. In: *Freud and Beyond: A History of Modern Psychoanalytic Thought*. pp. 23-59. New York, NY: Basic Books. [Available in the library. Check the reading folder or request from library@bpsl.org]

Nemiah, J.C. (1973) Chapter 4. Psychological Conflict. In: *Foundations of Psychopathology*, pp. 35-55, Jason Aronson, Inc. [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 identify an example of the ego's response to conflict.

Week 4 – Object Relations Theory

Ogden, T. (1983). The Concept of Internal Object Relations. *International Journal of Psychoanalysis*. 64:227-241. [PEP Web Link](#)

Optional:

Mitchell SA, Black MJ (1995). Melanie Klein and Contemporary Kleinian Theory, Chapter 4, The British Object Relations School: W.R.D. Fairbairn and D.W. Winnicott, Chapter 5. In: *Freud and Beyond: A History of Modern Psychoanalytic Thought*. pp. 85-111. New York, 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 explain the concept of an internal object relation.

Week 5 – Object Relations (part 2)

Sandler, J. Sandler, A. (1978) On the Development of Object Relationships and Affects, *Int. J Psychoanal.*, 59:285-296. [PEP Web Link](#)

Feldman, M. (1992). Splitting and Projective Identification. *New Library of Psychoanalysis*, 14:74-88. [PEP Web Link](#)

Learning Objective: At the conclusion of this session, students will be able to apply the mechanisms of splitting and projective identification in their clinical work.

Week 6 – Self Psychology

Ornstein, P.H. & Ornstein, A. (2014) Chapter 6. Some General Principles of Psychoanalytic Psychotherapy. In: Lifson, L.E. (ed) *Understanding Therapeutic Action: Psychodynamic Concepts*

of *Cure*. pp. 87-101. Routledge. [Available in the library. Check the reading folder or request from library@bpsl.org]

Optional:

Mitchell SA, Black MJ (1995). Psychologies of Identities and Self: Erik Erikson and Heinz Kohut, Chapter 6. In: *Freud and Beyond: A History of Modern Psychoanalytic Thought*. pp. 139-169. New York, NY: Basic Books. [Available in the library. Check the reading folder or request from library@bpsl.org]

Tolpin, M. (1986) The Self and Its Self-objects: A Different Baby. *Progress in Self Psychology* 2:115-128. [PEP Web Link](#)

Learning Objective: At the conclusion of this session, students will be able to discuss two aspects of Self Psychology.

Contemporary Contributions to Analytic Theory

Week 7 - The Relational School and the Beginnings of Field Theory

Mitchell, S. (1988). Introduction, The Relational Matrix, Chapter 1, and “Drive” and the Relational Matrix, Chapter 2. In: *Relational Concepts in Psychoanalysis: An Integration*. pp. 1-62. Cambridge, MA: Harvard University Press. [Available in the library: check the reading folder or request from library@bpsl.org.]

Falaras, Vassilis (2012). Notes on Intersubjectivity and the Psychoanalytic Field. *International Forum of Psychoanalysis*, 21:202-206. [PEP Web Link](#)

Optional:

Harris, A. (2011). The Relational Tradition: Landscape and Canon. *JAPA*, 59(4):701-735. [PEP Web Link](#)

Aron, L. (1996). The Relational Orientation: An Introduction. In: *A Meeting of the Minds: Mutuality in Psychoanalysis*. Pp. 1-30. Hillsdale, NJ: The Analytic 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 list three major hallmarks of the relational approach.

Week 8 – Psychoanalytic Approaches to Trauma

Bromberg, P.M. (2008). Shrinking the Tsunami: Affect Regulation, Dissociation, and the Shadow of the Flood. *Contemporary Psychoanalysis*. 44(3): 329-350. [PEP Web Link](#)

Slade, A. (2014). Imagining Fear: Attachment, Threat, and Psychic Experience. *Psychoanalytic Dialogues*. 24(3): 253-266. [PEP Web Link](#)

Optional:

Davies, JM, Frawley, MG. The Impact of Trauma on Transference and Countertransference, Chapter 8, In: *Treatment of Adult Survivors of Childhood Sexual Abuse: A Psychoanalytic Perspective*. pp 149-166. New York, NY: Basic Books. [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 compare relational and attachment based psychoanalytic approaches to the treatment of trauma.

Week 9 - Gender and Sexuality, Part 1

Scarfone, D. (2019) The Sexual and Psychological Reality. *International Journal of Psychoanalysis*. 100(6):1248-1255. [Available in the library. Check the reading folder or request from library@bps.org]

Optional:

Freud, S (1905). Three Essays on the Theory of Sexuality. *The Standard Edition of the Complete Psychological Works of Sigmund Freud*. Volume VII. Pp. 123-246. [PEP Web Link](#)

Fonagy, P. (2006). Psychosexuality and Psychoanalysis: An Overview. In: *Identity, Gender and Sexuality: 150 Years After Freud*. pp. 1-19. Karnac Books. [Available in the library. Check the reading folder or request from library@bps.org]

Learning Objective: At the end of this session, students will be able to identify several manifestations of the Sexual in their clinical work.

Week 10 – Gender and Sexuality and Psychoanalysis, Part 2

Hansbury, Griffin (2017) The Masculine Vaginal: Working with Queer Men’s Embodiment at the Transgender Edge, *JAPA* (65)6, 1009-1031. [Available in the library. Check the reading folder or request from library@bps.org]

Gonzalez, Francisco J. (2017) The Edge is the Horizon: Commentary on Hansbury. *JAPA* (65)6, 1061-1073. [Available in the library. Check the reading folder or request from library@bps.org]

Lemma, A. and Lynch, P. E. (eds.) (2015). Let’s talk About Sex or...Maybe Not... In: *Sexualities, Contemporary Psychoanalytic Perspectives*. New York: Routledge. pp. 1-15. [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 assess the progression of ideas on gender and sexuality from classical to contemporary psychoanalysis.