



Year V: Termination Seminar: Spring Semester 2021

Instructors: Randall Paulsen, MD and Margaret Cramer, PhD, ABPP

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. We will also make space for discussion of the unique aspects of Termination during this pandemic year.

CLASS ONE: (4/22) An Overview of Termination’s Place over the last 100 years

Salberg, J. (2012). Historical Overview in *Good Enough Endings*. New York, New York: Routledge Press, 3-23. [Download from the [Reading folder](#) or request from library@bpsi.org].

Optional

Freud, S. (1937). “Analysis Terminable and Interminable” S.E. XXIII. (First half - pp. 209-223). [PEP Web Link](#).

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

CLASS TWO: (4/29) What kind of Endings occur in Termination

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

Optional

Freud, S. (1937). “Analysis Terminable and Interminable” S.E. XXIII. (Second half - pp. 223-253). [PEP Web Link](#).

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

CLASS THREE: (5/6) Asymmetrical Aspects of Termination

Reis, B. (2012). Afterwardness and Termination in *Good Enough Endings*. New York, New York: Routledge Press, 213-222. [Download from the [Reading folder](#) or request from library@bps.org].

LEARNING OBJECTIVE: Students will be able to identify how different kinds of endings affect the retained memory of the analytic work.

CLASS FOUR: (5/20) The Uncertainty at the Heart of the Psychoanalytic Process

Bass, A. (2009). "It Ain't Over 'til It's Over" Infinite Conversations, Imperfect Endings, and the Elusive Nature of Termination. *Psychoanalytic Dialogues*, 19(6):744-759. [PEP Web Link](#).

Optional

Freud, S. (1916). "On Transience" S.E. XIV (pp. 303-307). [PEP Web Link](#)

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

CLASS FIVE: (5/13) Playfulness or Its Absence in the Termination Phase

Winnicott, D.W. (1971). Transitional Objects and Transitional Phenomena in *Playing and Reality*. London: Tavistock Publications, 1-13. [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 SIX: (5/27) Post Analytic Contact

Kantrowitz, J. (2015). The Effect of Post-Analytic Contact in *Myths of Termination*. New York, New York: Routledge Press, 80-105. [Download from the [Reading folder](#) or request from library@bps.org].

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

CLASS SEVEN: (6/3) Psychological Events that Occur after Termination

Orgel, S. (2000). Letting Go: Some Thoughts about Termination. *JAPA*, 48(3):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: (6/10) The Ideal vs. The Real at Termination

Gabbard, G. (2009). What is a "Good Enough" Termination? *JAPA*, 57(3):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.