



Technique I, Fall 2021

**Analytic Identity and Beginning an Analysis**

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Welcome to BPSI and Technique I! It is a special honor and privilege for us to have the opportunity to teach you as you commence this new professional journey toward becoming psychoanalysts. In this course, we will focus on understanding the basic tenets of psychoanalytic technique, which we will approach through a combination of readings and discussion of clinical process material. While you have all had prior training in and experience practicing psychoanalytic psychotherapy, our hope is that together we will visit/revisit the fundamentals with an eye toward deepening a capacity to think and work psychoanalytically as you begin to consider developing psychoanalytic cases. With this aim in mind, we will read and discuss one paper each week focused on a particular aspect of psychoanalytic technique. We will also ask one of you each week to present your work with a patient, and together we will consider how the principals of analytic technique we are examining might be thought about in relation to the clinical material presented.

Psychoanalysis is both a theoretical school of thought about the workings of the human mind, and an approach to clinical practice. We would begin by offering the following definition of clinical psychoanalysis:

*Analysis is a therapeutic modality in which there is an affective engagement between analyst and patient in the service of developing greater degrees of freedom in the analysand's capacity for thinking, feeling, and understanding. Essential components of psychoanalytic technique typically include free association, evenly hovering attention to unconscious process, and interpretation. There are certain pragmatic tools and practices, sometimes referred to as the analytic frame, that can facilitate the process of analysis, including meeting at greater frequency and use of the couch. Psychoanalysis is also fundamentally a treatment which employs the relationship between the analyst and analysand to promote this enhanced freedom in the capacity for thinking and feeling, and thus close attention should be paid to one's experience within the treatment relationship on the part of both patient (transference) and analyst (countertransference). The treatment frame can serve as scaffolding around which unconscious elements of transference and countertransference are often enacted, which, when understood, can provide greater opportunities for learning and growth. Over time there has been an expansion of the field of interest within psychoanalysis – a movement from thinking only about the patient's relationship to her own mind, to one which includes thinking about the analysand's and analyst's minds at work together, encompassing a jointly constructed field sometimes described as the "analytic third". It is attention to all of these domains within the*

*analytic relationship that allows for a deeper understanding of oneself to occur, ideally leading to symptom relief and the emergence of new life possibilities.*

It is with this description in mind that we offer the following topics for consideration over these next eight weeks. We very much look forward to learning together.

### **1. Psychoanalysis -- What and Why?**

September 23, 2021

Levine, H.B. (2010). Creating analysts, creating analytic patients. *IJP*, 91(6): 1385-1404. [PEP Web Link](#).

*Learning Objective: At the conclusion of this session candidates will be able to define an analytic mindset and identify one distinguishing factor in the recommendation of psychoanalysis as the treatment of choice.*

### **2. Resistance Toward Analysis**

September 30, 2021

Ehrlich, L.T. (2013). Analysis begins in the analyst's mind: Conceptual and technical considerations on recommending analysis. *JAPA*, 61(6): 1077-1107. [PEP Web Link](#).

Recommended reading: Bernstein, S.B. (2010). Treatment preparatory to psychoanalysis: A reconsideration after twenty-five years. *JAPA*, 58(1): 27-57. [PEP Web Link](#).

*Learning Objective: At the conclusion of this session candidates will be able to define resistance to analysis.*

### **3. The Analytic Frame and Technical Considerations**

October 7, 2021

Freud, S. (1913). On beginning the treatment (further recommendations on the technique of psychoanalysis). *SE XII*: 121-144. [PEP Web Link](#).

Recommended reading: Ehrlich, L.T. (2019). Teleanalysis: Slippery slope or rich opportunity? *JAPA*, 67(2): 249-279. [Download from the [Reading folder](#) or request from [library@bps.org](mailto:library@bps.org)].

Recommended video: <https://youtu.be/hZW1LBrveo>

*Learning Objective: At the conclusion of this session candidates will be able to define the concept of the analytic frame and list three components.*

#### 4. Neutrality

October 14, 2021

Greenberg, J. (1986). Theoretical models and the analyst's neutrality. *Contemp. Psychoanalysis*, 22: 87-106. [PEP Web Link](#).

*Learning Objective: At the conclusion of this session candidates will be able to define analytic neutrality.*

#### 5. Analytic Listening and Play

October 28, 2021

Parsons, M. (1999). The logic of play in psychoanalysis. *IJP*, 80(5): 871-884. [PEP Web Link](#).

*Learning Objective: At the conclusion of this session candidates will be able to define the concept of play as it relates to analytic listening and identify one way in which it potentially promotes psychoanalytic process.*

#### 6. Free Association

November 4, 2021

Ogden, T. (1986). Reconsidering three aspects of psychoanalytic technique. *IJP*, 77: 883-899. [PEP Web Link](#).

Recommended Reading: Kris, A.O. (1992). Interpretation and the method of free association. *Psychoanalytic Inq.*, 12(2): 208-224. [PEP Web Link](#).

*Learning Objective: At the conclusion of this session candidates will be able to define free association and name one example of a derivative of the unconscious.*

#### 7. Interpretation

November 11, 2021

Winnicott, D.W. (1968) Interpretation in Psycho-analysis. In C. Winnicott, R. Shepherd, and M. Davis (Eds.) *Psychoanalytic Explorations* (pp. 207-212). Cambridge, MA: Harvard University Press, 1989. [Download from the [Reading folder](#) or request from [library@bpsl.org](mailto:library@bpsl.org)].

Recommended Reading: Strachey, J. (1969). The nature of the therapeutic action of Psychoanalysis. *IJP*, 50:275-292. [PEP Web Link](#).

*Learning Objective: At the conclusion of this session candidates will be able to define psychoanalytic interpretation and name one example of a transference interpretation.*

**8. Considering How Race, Class, Gender, and Sexuality Impact Analytic Technique**

November 18, 2021

Hamer, F.M. (2002). Guards at the gate: Race, resistance and psychic reality. *JAPA*, 50(4): 1219-1237. [PEP Web Link](#).

*Learning Objective: At the conclusion of this session candidates will be able to identify an example of unconscious bias in psychoanalysis regarding race, class, gender, or sexuality.*