



B P S I

boston psychoanalytic
society & institute

BPSI: TECHNIQUE III
NEAL S KASS MD
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Fall 2021

CLINICAL PSYCHOANALYTIC WORK: TOWARDS GRASPING THE “HOW” OF IT

OVERVIEW: Using close study of the clinical work of group members, this class will try to ‘deconstruct’ the variety of what we do and how we do it (“technique”?) with an eye to illumination and personal awareness. The assigned reading forms a backdrop to each meeting, a point of shared reference and resonance, meant to be supplemental to the clinical explorations. We are asking, in addition, for a small piece of writing before class, perhaps a paragraph, to facilitate reflections.

I “Psychoanalytic Technique”: What Is It? What is it not? Misnomer?

Learning Objective: Identify two ways of describing “the how” of work in psychoanalytic practice.

Small Written Piece: “What I think of, when I think of “technique”—
what is it to me so far...”

Reading:

Kincaid, Jamaica. Girl in *The New Yorker* June 19, 1978. [Download from the [Reading folder](#) or request from library@bpsi.org].

Lear, Jonathan (2014). Wisdom Won From Illness: The Psychoanalytic Grasp of Human Being, *IJP*, 95(4):677-693. [PEP Web Link](#).

II **Observation and Inquiry**

Learning Objective: Describe two ways that observation informs technique and inquiry

Small Writing Piece: one minute observation of 2 people interacting, being together (not family or patient)

Reading:

Fraiberg, Selma (1976). Infant-Parent Psychotherapy on Behalf of a Child in a Critical Nutritional State. PSC 31:461-91. [PEP Web Link](#).

Olsen, Tillie (1961). I stand here ironing in *Tell Me a Riddle*, Lippincott, NY 1961. [Download from the [Reading folder](#) or request from library@bps.org].

III **Two People Enter The Office: What happens? What do they carry? What Changes?**

Learning Objective: Describe two aspects of what ‘one carries’ (including “technique” and theory) that affects what goes on in the analytic dyad.

Small Writing Piece: a surprising moment, written down as soon afterwards as possible

Reading:

McLoughlin, James (2005). What Was Taught. Chap. 3 in *The Healer’s Bent: Solitude and Dialogue in the Clinical Encounter*, The Analytic Press NJ. [Download from the [Reading folder](#) or request from library@bps.org].

Havens, L. (1989). Reliable Findings. Chap. 5 in *A Safe Place, Laying the Groundwork of Psychotherapy*, Harvard University Press, MA. [Download from the [Reading folder](#) or request from library@bps.org].

IV **Engagement: Imagining An Other**

Learning Objective: Explicate two ways an analyst experiences the other, more or less ‘near’.

Small Writing Piece: Moment of particular engagement or attunement with a patient.

Reading:

Davis, Lydia (2007). Varieties of Disturbance –a story in book, *Varieties of Disturbance*. Farrar, Straus and Giroux, NY. [Download from the [Reading folder](#) or request from library@bps.org].

Bromberg, Philip M., (2012). Stumbling Along and Hanging In: If this Be Technique, Make the Most of It! *Psa.Inquiry*, 32(1):3-17. [PEP Web Link](#).

- V **Play in Psychoanalytic Treatment? What kind? When, How....?**
Learning Objective: Identify two defining features of play and the play space in work with children or adults.

Small Writing Piece: 1-2 minutes of “play” of any sort in adult treatment this week.

Reading:

Parsons, Michael (1999). The Logic of Play in Psychoanalysis, *IJP*, 80:871-884. [PEP Web Link](#).

Winnicott, Donald W. (1971). Iiro , chap. 1 in *Therapeutic Consultations in Child Psychiatry*, Basic Books NY. [PEP Web Link](#).

- VI **Knowing and Not Knowing**
Learning Objective: Critique an analytic stance or ‘technique’ of opening and holding the ‘not known’. Give two examples of clinical choices in this regard.

Small Writing Piece: describe sounds, songs, scenes or pictures (smells) that come to you as you feel/think of your patient.

Reading:

Ogden, Thomas H. (2009) Rediscovering Psychoanalysis. *Psa.Perspectives*, 6(1):22-31. [PEP Web Link](#).

Havens, L. (1993) Some gestures. In *Coming to Life: Reflections on the Art of Psychotherapy*. Ch.4, 59-76. Harvard University Press, Cambridge MA. [Download from the [Reading folder](#) or request from library@bps.org].

- VII **What Drives “Technique”?**
Learning Objective: Describe two ways in which the analyst’s desire affects experiencing and understanding the other.

Small Writing Piece: reflections on personal inclinations, ‘best and worst’.

Reading:

Wilson, Mitchell (2003). The Analyst’s Desire and the Problem of Narcissistic Resistances, *JAPA* 51(1):71-99. [PEP Web Link](#).

- VIII **“Psychoanalytic Technique”: Grasping the Variety of the “How”**
Learning Objective: Elaborate two aspects of analytic technique and ‘technique-not’.

Reading:

Gardner, M. Robert (1995). The Art of Psychoanalysis: On Oscillation and Other Matters and Is That a Fact? Empiricism Revisited, Or a Psychoanalyst at Sea. Chaps. 8 and 10 in *Hidden Questions, Clinical Musings*, The Analytic Press, NJ, London. [Download from the [Reading folder](#) or request from library@bps.org].