



TECHNIQUE IV

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Ideas about therapeutic action are imbedded in each theoretical school in psychoanalysis and reflected within its precepts for technique. In this course, we'll explore the differences between distinct theoretical positions to then think deeply about the impact of varied theoretical stances on the clinical encounter.

For the first four weeks, we will read a clinical presentation from *Psychoanalytic Inquiry*, followed by discussions of the presenter's technique by analysts with diverse theoretical stances. We'll consider the relationship between theory and technique as we look at how decisions are made in the clinical moment and consider the outcomes of those choices.

Then, we'll look at two additional theorists, DW Winnicott and Michael Parsons, both of whom are from the Independent Tradition of psychoanalytic thought, to further understand their theories of analytic process and technique.

Lastly, we will look at the dilemmas that are posed by our exposure to the multitude of theoretical approaches within psychoanalysis, each with its complexities and specific focuses. We hope to explore our intersubjective experience in the heat of the clinical moment with an eye to understanding how we can hold in mind these varied theories and associated technical decisions.

We very much look forward to engaging with you, to explore this material and to think together to discover more about our own individual way in which our technique is guided by our relationship to theory.

Week 1 – September 23, 2021:

Beginning with a clinical case, we will spend the next four classes immersed in the discussions between James Fosshage, a self-psychologist, and other theorists in an interactive debate about his technical choices and their alternate perspectives.

Fosshage, James. (1990). Clinical Protocol. *Psychoanalytic Inquiry*. 10: 461-477. [PEP Web Link](#)

Week 2 – September 30, 2021:

Curtis, Homer. (1990). Patient as Existential Victim: A Classical View. *Psychoanalytic Inquiry*, 10: 498-508. [PEP Web Link](#)

Fosshage, James. (1990). The Analyst's Response. *Psychoanalytic Inquiry*, 10: 601—607, 610-612. [PEP Web Link](#)

Week 3 – October 7, 2021:

Roth, Priscilla and Segal, Hanna. (1990). A Kleinian View. *Psychoanalytic Inquiry*, 10: 541-549. [PEP Web Link](#)

Kohon, Gregorio. (1990). A British Independent Object Relations View. *Psychoanalytic Inquiry*, 10: 550-553. [PEP Web Link](#)

Fosshage, James. (1990). The Analyst's Response. *Psychoanalytic Inquiry*, 10: 607-610, 618-619. [PEP Web Link](#)

Miller, Jule Jr and Miller, Anne. (1990). Reflections on the Commentaries. *Psychoanalytic Inquiry*, 10: 585-591. [PEP Web Link](#)

Week 4 – October 14, 2021:

Mitchell, Stephen. (1990). Discussion: A Relational View. *Psychoanalytic Inquiry*, 10: 523-540 [PEP Web Link](#)

Fosshage, James. (1990). The Analyst's Response. *Psychoanalytic Inquiry*, 10: 612-616. [PEP Web Link](#)

Week 5– October 28, 2021:

For the next two classes, we will read papers from two members of the Independent Tradition, which is both a group within the British Psychoanalytical Society and, more importantly, a broad approach to psychoanalytic practice based on a humanistic values and the uniqueness of individuals rather than adherence to a particular analytic doctrine.

D.W.Winnicott

Bonaminio, Vincenzo. (2015). "The analyst's oscillating between interpreting and not interpreting: a peculiar Winnicottian point of view on interpreting and not interpreting" in *The Winnicott Tradition: Lines of Development – Evolution of Theory and Practice Over the Decades*, edited by Margaret Boyle Spelman and Frances Thomson-Salo, 207-220. [Download from the [Reading folder](#) or request from library@bpsl.org].

Supplemental Reading:

Bonaminio, Vincenzo. (2017) Clinical Winnicott: Traveling a Revolutionary Road. *The Psychoanalytic Quarterly*, 86(3) 609-626. [PEP Web Link](#)

Hopkins, Linda. (2000). Masud Khan's Application of Winnicott's "Play" Techniques to Analytic Consultation and Treatment of Adults. *Contemporary Psychoanalysis*, 36 (4):639-663. [PEP Web Link](#)

Week 6 – November 4, 2021:

The Independent School

Parsons, Michael. (2007) Raiding the Inarticulate: The Internal Analytic Setting and Listening Beyond Countertransference. *The International Journal of Psychoanalysis*, 88(6), 1441-1456. [PEP Web Link](#)

Week 7 – November 11, 2021:

Am I a Pluralist, a Soloist, or an Independent Analyst?

For our last two classes, we will start with an overview of the issues involved in working within multiple psychoanalytic schools of thought, raising our awareness of the possibilities and pitfalls entailed. Then, we will read a paper from an analyst representing one of three different points of view; that of a pluralistic or multiple model approach, a one-theory model of practice and, lastly, a view toward a stance unaffiliated with a particular theory. We hope to emerge with a clearer sense of how we each work clinically in our increasingly pluralistic psychoanalytic world.

Zimmer, Richard. (2017). The Analyst's Use of Multiple Models in Clinical Work Introduction. *Journal of the American Psychoanalytic Association*, 65/5: 819-827. [PEP Web Link](#)

LaFarge, Lucy. (2017). From "Either/Or" to "And": The Analyst's Use of Multiple Models in Clinical Work. *Journal of the American Psychoanalytic Association*, 65/5: 829-844. [PEP Web Link](#)

Week 8 – November 18, 2021:

Blass, Rachel. (2017). Committed to a Single Model and Open to Reality. *Journal of the American Psychoanalytic Association*, 65/5: 845-858. [PEP Web Link](#)

Parsons, Michael. (2009). An independent theory of clinical technique. *Psychoanalytic Dialogues*, 19: 221- 236. [PEP Web Link](#)