



**Theory I: Introduction to Psychoanalytic Concepts  
Seminar Year I - Fall 2021**

Catherine Kimble, MD and Risa Weinrit, Psy.D.

Dear Year 1 Candidates:

Welcome to Introduction to Psychoanalytic Concepts and to the beginning of your BPSI candidacy!

This seminar was developed to help provide a foundation for thinking about fundamental concepts in psychoanalysis as they are related to clinical practice. The readings are from different theoretical perspectives and historical periods, and they are papers that we hope will be helpful in providing a context and “feel” for psychoanalytic work. Knowing that one seminar is not enough to cover all core concepts in our field, we hope to begin building a framework for learning and raising questions and invite you all to join us in creating a safe play and workspace to begin your psychoanalytic journey together.

The papers in this seminar were chosen with your readings from Technique 1 in mind. We will begin reading and thinking about the analytic setting and stance and then transference and countertransference. Ideas about defense, resistance, enactment, and other core concepts will be woven into our discussions. We will explore play, metaphor, and reverie as aspects of psychoanalytic technique as well as the “poetics” of analytic process. Where helpful, we will introduce the historical and cultural context of the papers as we discuss different theoretical points of view. We will then read about and consider different ways of listening for the unconscious: the individual/intrapsychic, intersubjective, and social.

As we work together, we hope that you will feel free to share your thoughts and clinical experience, as well as your questions and struggles with the material. Our goal is to establish an open atmosphere for learning and questioning, in which multiple points of view can be considered with true curiosity.

We look forward to meeting all of you and learning together. Feel free to contact us at any time.

Catherine and Risa

### **I. September 23. Analytic Stance and Metaphor**

Poland, W. S. (2013). The Analyst's Approach and the Patient's Psychic Growth. *Psychoanalytic Quarterly*, 82:829-847. [PEP Web Link](#).

Arlow, J.A. (1979). Metaphor and the Psychoanalytic Situation. *Psychoanalytic Quarterly*, 48:363-385. [PEP Web Link](#).

*Concepts: Unconscious, Psychoanalytic Situation, Free Association, Interpretation, Insight, Analytic Curiosity, Derivatives of Unconscious Process*

### **II. September 30. The Analytic Setting and Transference**

Modell, Arnold (1990). Other Times, Other Realities: Towards a Theory of Psychoanalytic Treatment. Chapter 2: "Play, Illusion, and the Setting" [Download from the [Reading folder](#) or request from [library@bpsl.org](mailto:library@bpsl.org)].

Modell, Arnold (1990). Other Times, Other Realities: Towards a Theory of Psychoanalytic Treatment. Chapter 3: "Transference and Multiple Levels of Reality" [Download from the [Reading folder](#) or request from [library@bpsl.org](mailto:library@bpsl.org)].

*Concepts: Psychoanalytic Setting, Frame, Transference, Repression, Repetition, Neutrality, Play*

### **III. Oct 7. Transference**

Joseph, B. (1985). Transference: The Total Situation. *Int. J. Psycho-Anal.*, 66:447-454. [PEP Web Link](#).

(Optional) Bird, B. (1972). Notes on Transference: Universal Phenomenon and Hardest Part of Analysis. *J. Amer. Psychoanal.*, 20:267-301. [PEP Web Link](#).

*Concepts: Transference, Fantasy, Impulse, Defense, Conflict*

### **IV. Oct 14. Splitting and Projection**

Feldman, M. (1992). Splitting and Projective Identification. *Clinical Lectures on Klein and Bion* 14:74-88. [PEP Web Link](#).

Holmes, D.E. (1992). Race and Transference in Psychoanalysis and Psychotherapy. *Int. J. Psycho-Anal.*, 73:1-11. [PEP Web Link](#).

*Concepts: Defense, Splitting, Projection, Projective Identification*

**(October 21 – Special Topics Night)**

## **V. October 28. Countertransference**

Levine, H.B. (1997). The Capacity for Countertransference. *Psychoanalytic Inquiry* 17:44-68. [PEP Web Link](#).

Brown, L. J. (2007). On Dreaming one's Patient: Reflections on an Aspect of Countertransference Dreams. *Psychoanalytic Quarterly* 76:835-861. [PEP Web Link](#).

*Concepts: Countertransference, Projective Identification, Enactment*

## **VI. November 4. Racial Enactment and Social Psychoanalysis**

Leary, K. (2000). Racial Enactments in Dynamic Treatment. *Psychoanalytic Dialogues* 10:639-653. [PEP Web Link](#).

Layton, Lynne (2020). Towards a Social Psychoanalysis, Chapter 11 "Racial identities, racial enactments, and normative unconscious process" [Download from the [Reading folder](#) or request from [library@bpsi.org](mailto:library@bpsi.org)].

*Concepts: Identity, Racial Enactment, Normative Unconscious Process*

## **VII. November 11. Unconscious Communication and Intersubjectivity**

Ogden, T.H. (1997). Reverie And Interpretation. *Psychoanal. Q.*, 66:567-595. [PEP Web Link](#).

Bromberg, P.M. (1991). On Knowing One's Patient Inside Out: The Aesthetics of Unconscious Communication. *Psychoanal. Dial.*, 1(4):399-422. [PEP Web Link](#).

*Concepts: Unconscious communication, Dissociation, Reverie, Intersubjectivity*

## **VIII. November 18. The Psychoanalytic Process**

Parsons, M. (2006). The Analyst's Countertransference to the Psychoanalytic Process. *International Journal of Psychoanalysis* 87:1183-1198. [PEP Web Link](#).

*Concepts: Psychoanalytic Process, Countertransference*

Learning Objectives for Continuing Education:

Session 1. At the conclusion of the session candidates will be able to define the concept of a psychoanalytic stance.

Session 2. At the conclusion of the session candidates will be able to describe the meaning of multiple levels of reality in transference.

Session 3. At the conclusion of the session candidates will be able to identify two factors contributing to a patient's transference.

Session 4. At the conclusion of the session candidates will be able to define the functions of splitting and projective identification.

Session 5. At the conclusion of the session candidates will be able to describe one example of the concept of enactment.

Session 6. At the conclusion of the session candidates will be able to define the concept of normative unconscious process.

Session 7. At the conclusion of the session candidates will be able to define the concept of intersubjectivity in psychoanalysis.

Session 8. At the conclusion of the session candidates will be able to describe two aspects of a psychoanalytic process.