



## Fellowship/Advanced Training in Psychoanalytic Psychotherapy, Year I

Winter 2021-2022

### Introduction to Technique: Essential Concepts

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Section 2: Deborah Manegold, MD and Rachel Dresner Jacobs, PhD

“He (physician practicing psychoanalysis) must turn his own unconscious like a receptive organ towards the transmitting unconscious of the patient. He must adjust himself to the patient as a telephone receiver is adjusted to the transmitting microphone. Just as the receiver converts back into sound-waves the electric oscillations in the telephone line which were set up by sound waves, so the doctor’s unconscious is able, from the derivatives of the unconscious which are communicated to him, to reconstruct that unconscious, which has determined the patient’s free associations.” S. Freud 1912

Freud used this metaphor to outline the basic premise of psychoanalysis-- the unconscious of the doctor is the instrument of his technique. But how have our basic concepts of frame, resistance, neutrality, transference, and countertransference changed in over hundred years? How do we apply these concepts to a constantly changing landscape of new realities? What have we lost and what have we gained?

This seminar introduces essential concepts of psychoanalytically informed technique within its historical context. Our intent is to have the readings and class discussions act as a bridge between psychoanalytic theory and technique. During the next ten weeks we will be thinking together about how to create and maintain an analytical frame and attitude. We will also explore how we listen to our patients, how we understand our own and our patient’s experiences, and consider how, when, and why we intervene during the clinical hour. We will also look at some of the technical difficulties that can arise during our work, especially working virtually. We hope that the readings will prompt your associations to your clinical work, and that you will feel free to share these reflections during class discussions.

## Week 1 – January 6: Getting Started — Establishing the Frame, a Therapeutic Alliance, and Psychoanalytic Thinking

### Readings

Bass, A. (2007). When the frame doesn't fit the picture. *Psychoanalytic Dialogues*, 17(1), 1-27. [PEP Web Link](#)

### Optional

Schafer, R. (1983). The analytic attitude: An introduction. In *The analytic attitude* (pp. 3-13). Basic Books, Inc. [Download from the [Reading folder](#) or request from [library@bpsi.org](mailto:library@bpsi.org)].

Arnd-Caddigan, M. (2013). Don't let the doorknob hit you: A relational-intersubjective exploration of leaving and remaining within the therapeutic frame. *Psychoanalytic Social Work*, 20(2), 134-149. [PEP Web Link](#)

Learning Objective: At the conclusion of this session, students will be able to describe how analytic frame functions as an integral component of psychoanalytic thinking.

## Week 2 – January 13: How we sit with, listen to and speak with our patients

### Readings

Spezzano, C. (2001). How is the analyst supposed to know?: Gathering evidence for interpretations. *Contemporary Psychoanalysis*, 37(4), 551-570. [PEP Web Link](#)

### Optional

Abbasi, A. (2012). A very dangerous conversation: The patient's internal conflicts elaborated through the use of ethnic and religious differences between analyst and patient. *International Journal of Psychoanalysis*, 93(3), 515-534. [PEP Web Link](#)

Learning Objective: At the conclusion of this session, students will be able to discuss Spezzano's concept of three "sites" used in listening to patients in guiding an analyst's interpretation.

### Week 3 – January 27: Resistance

#### Readings

LaFarge, L. (2012). Defense and resistance. In G. O. Gabbard, B. E. Litowitz & P. Williams (Eds.), *Textbook of psychoanalysis* (2nd ed., pp. 93-104). American Psychiatric Pub. [Download from the [Reading folder](#) or request from [library@bpsi.org](mailto:library@bpsi.org)].

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

Learning Objective: At the conclusion of this session, students will be able to list LaFarge's eleven key points of psychoanalytic defense and resistance.

### Week 4 – February 3: Neutrality

#### Readings

Hadley, M. (2006). Relational theory: Inside out, outside in, in-between, and all around. In Berzoff, Flanagan & Hertz (Eds.), *Inside out, outside in* (pp. 205-227). [Download from the [Reading folder](#) or request from [library@bpsi.org](mailto:library@bpsi.org)].

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

Learning Objective: At the conclusion of this session, students will be able to contrast the classical understanding of psychoanalytic neutrality with a relational one.

### Week 5 – February 10: Transference

#### Readings

Goldberg, S. H. (2012). Transference. In G. O. Gabbard, B. E. Litowitz & P. Williams (Eds.), *Textbook of psychoanalysis* (2nd ed., pp. 65-77). American Psychiatric Pub. [Download from the [Reading folder](#) or request from [library@bpsi.org](mailto:library@bpsi.org)].

#### Optional

Aggarwal, N. K. (2011). Intersubjectivity, transference, and the cultural third. *Contemporary Psychoanalysis*, 47(2), 204-223. [PEP Web Link](#)

Learning Objective: At the conclusion of this session, students will be able to describe two of Goldberg's key points about transference.

#### Week 6 – February 17: Countertransference

##### Readings

Abend, S. M. (2018). Countertransference and psychoanalytic technique. *Psychoanalytic Quarterly*, 87(3), 497-515. [Download from the [Reading folder](#) or request from [library@bpsi.org](mailto:library@bpsi.org)].

##### Optional

Schechter, M., Ronningstam, E., Herbstman, B., & Goldblatt, M. J. (2019). Psychotherapy with suicidal patients: The integrative psychodynamic approach of the Boston Suicide Study Group. *Medicina*, 55(6), 303. <https://doi.org/10.3390/medicina55060303>

Learning Objective: At the conclusion of this session, students will be able to discuss two historical definitions of countertransference, and its role when working with suicidal patients.

#### Week 7 – February 24: Projective Identification

##### Readings

Howell, E. (2005). Projective identification: Blind foresight. In *The dissociative mind* (pp. 178-193). Routledge. [Download from the [Reading folder](#) or request from [library@bpsi.org](mailto:library@bpsi.org)].

Sweet, A. D. (2010). Paranoia and psychotic process: Some clinical applications of projective identification in psychoanalytic psychotherapy. *American Journal of Psychotherapy*, 64(4), 339-358. [Download from the [Reading folder](#) or request from [library@bpsi.org](mailto:library@bpsi.org)].

Learning Objective: At the conclusion of this session, students will be able to explain a phenomenon of projective identification in psychotic processes and in dissociated self-states.

## Week 8 – March 3: Enactment

### Readings

Russell, P. L. (2006). The theory of the crunch. *Smith College Studies in Social Work*, 76(1/2), 9-21. [Download from the [Reading folder](#) or request from [library@bpsl.org](mailto:library@bpsl.org)].

Gabbard, G. O. (2001). Cyberpassion: E-rotic transference on the internet. *Psychoanalytic Quarterly*, 70(4), 719-737. [PEP Web Link](#)

### Optional

Pagano, C. J. (2012). Exploring the therapist's use of self: Enactments, improvisation and affect in psychodynamic psychotherapy. *American Journal of Psychotherapy*, 66(3), 205-226. [Download from the [Reading folder](#) or request from [library@bpsl.org](mailto:library@bpsl.org)].

Learning Objective: At the conclusion of this session, students will be able to discuss the meaning of enactment in psychoanalysis and psychoanalytic psychotherapy.

## Week 9 – March 10: Challenges to the Frame

### Readings

Mitchell, S. A. (1991). Wishes, needs, and interpersonal negotiations. *Psychoanalytic Inquiry*, 11(1/2), 147-170. [PEP Web Link](#)

### Optional

Ehrlich, L. T. (2019). Teleanalysis: Slippery slope or rich opportunity? *Journal of the American Psychoanalytic Association*, 67(2), 249-279. [Download from the [Reading folder](#) or request from [library@bpsl.org](mailto:library@bpsl.org)].

Learning Objective: At the conclusion of this session, students will be able to explain how a psychoanalytic frame is negotiated between a therapist and a patient, including considerations for tele analysis.

## Week 10 – March 17: Termination

### Readings

Gabbard, G. O. (2009). What is a “good enough” termination? *Journal of the American Psychoanalytic Association*, 57(3), 575-594. [PEP Web Link](#)

## Optional

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

Learning Objective: At the conclusion of this session, students will be able to assess an idealized narrative of “successful” termination and one way it can influence a therapist’s attitudes to terminating a treatment.

## Additional Bibliography

Bergmann, M. S. (1988). On the fate of the intrapsychic image of the psychoanalyst after termination of the analysis. *Psychoanalytic Study of the Child*, 43, 137-153. [PEP Web Link](#)

Brody, S. (2009). On the edge: Exploring the end of the analytic hour. *Psychoanalytic Dialogues*, 19(1), 87-97. [PEP Web Link](#)

Brown, L. J. (2012). Countertransference: An instrument of the analysis. In G. O. Gabbard, B. E. Litowitz & P. Williams (Eds.), *Textbook of psychoanalysis* (2nd ed., pp. 79-92). American Psychiatric Pub. [Download from the [Reading folder](#) or request from [library@bpsi.org](mailto:library@bpsi.org)].

Cabaniss, D. L., Cherry, S., Douglas, C. J., & Schwartz, A. (2011). Transference. In *Psychodynamic psychotherapy: A clinical manual* (pp. 217-232). Wiley-Blackwell. [Download from the [Reading folder](#) or request from [library@bpsi.org](mailto:library@bpsi.org)].

Casement, P. (1991). Preliminary thoughts on learning from the patient. In *On learning from the patient* (pp. 1-28). Tavistock Publications. [Download from the [Reading folder](#) or request from [library@bpsi.org](mailto:library@bpsi.org)].

Chodorow, N. J. (2012). Analytic listening and the five senses: Introduction. *Journal of the American Psychoanalytic Association*, 60(4), 747-758. [PEP Web Link](#)

Freud, S. (1915). Observations on transference-love (Further recommendations on the technique of psycho-analysis III). *The standard edition of the complete psychological works of Sigmund Freud*, 12 (pp. 157-171). [PEP Web Link](#)

Gabbard, G. O. (1995). Countertransference: The emerging common ground. *International Journal of Psychoanalysis*, 76, 475-485. [PEP Web Link](#)

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

- Jacobs, T. J. (2001). On unconscious communications and covert enactments: Some reflections on their role in the analytic situation. *Psychoanalytic Inquiry*, 21(1), 4-23. [PEP Web Link](#)
- Joseph, B. (1985). Transference: The total situation. *International Journal of Psychoanalysis*, 66, 447-454. [PEP Web Link](#)
- Levy, S. T., & Inderbitzin, L. B. (1990). The analytic surface and the theory of technique. *Journal of the American Psychoanalytic Association*, 38, 371-391. [PEP Web Link](#)
- McLaughlin, J. T. (1991). Clinical and theoretical aspects of enactment. *Journal of the American Psychoanalytic Association*, 39, 595-614. [PEP Web Link](#)
- Mitchell, S. A. (1991). Wishes, needs, and interpersonal negotiations. *Psychoanalytic Inquiry*, 11(1/2), 147-170. [PEP Web Link](#)
- Ogden, T. H. (1979). On projective identification. *International Journal of Psychoanalysis*, 60, 357-373. [PEP Web Link](#)
- Ogden, T. H. (1992). Comments on transference and countertransference in the initial analytic meeting. *Psychoanalytic Inquiry*, 12(2), 225-247. [PEP Web Link](#)
- Parsons, M. (2007). Raiding the inarticulate: The internal analytic setting and listening beyond countertransference. *International Journal of Psychoanalysis*, 88(6), 1441-1456. [PEP Web Link](#)
- Poland, W. S. (2006). Struggling to hear. *American Imago*, 63(2), 223-226. [PEP Web Link](#)
- Russell, P. L. (2006). The theory of the crunch. *Smith College Studies in Social Work*, 76(1/2), 9-21. [Download from the [Reading folder](#) or request from [library@bps.org](mailto:library@bps.org)].
- Sandler, J. (1976). Countertransference and role-responsiveness. *International Review of Psychoanalysis*, 3, 43-47. [PEP Web Link](#)
- Sandler, J. (1987). The concept of projective identification. *Bulletin of the Anna Freud Centre*, 10(1), 33-49. [PEP Web Link](#)
- Schafer, R. (1983). The analytic attitude: An introduction. In *The analytic attitude* (pp. 3-13). Basic Books, Inc. [Download from the [Reading folder](#) or request from [library@bps.org](mailto:library@bps.org)].
- Schafer, R. (1983). Resisting and empathizing. In *The analytic attitude* (pp. 66-81). Basic Books, Inc. [Download from the [Reading folder](#) or request from [library@bps.org](mailto:library@bps.org)].
- Schafer, R. (2002). Experiencing termination: Authentic and false depressive positions. *Psychoanalytic Psychology*, 19(2), 235-253. [PEP Web Link](#)

Schwaber, E. (1983). Psychoanalytic listening and psychic reality. *International Review of Psychoanalysis*, 10, 379-392. [PEP Web Link](#)

Smith, J. M. (2006). Paul Russell and “The theory of the crunch.” *Smith College Studies in Social Work*, 76(1/2), 111-122. [Download from the [Reading folder](#) or request from [library@bps.org](mailto:library@bps.org)].

Stark, M. (1994). The positive transference. In *Working with resistance* (pp. 201-224). Jason Aronson. [Download from the [Reading folder](#) or request from [library@bps.org](mailto:library@bps.org)].

The Boston Change Process Study Group (BCPSG). (1998). Non-interpretive mechanisms in psychoanalytic therapy: The ‘something more’ than interpretation. *International Journal of Psychoanalysis*, 79, 903-921. [PEP Web Link](#)

The Boston Change Process Study Group (BCPSG). (2013). Enactment and the emergence of new relational organization. *Journal of the American Psychoanalytic Association*, 61(4), 727-749. [PEP Web Link](#)

Winnicott, D. W. (1949). Hate in the counter-transference. *International Journal of Psychoanalysis*, 30, 69-74. [PEP Web Link](#)