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INTEGRATION 2022

Syllabus and Objectives

Fran Arnold, MD and Risa Weinrit, Psy.D.
5:00-6:30 PM, February 17 – April 7, 2022

Clinical technique has become an increasingly complex area of psychoanalysis. There are many different theories that address how we think about psychoanalytic process, how we might intervene over the course of a session, and what we might consider to be a desired outcome. Every analyst must find their own way of using clinical theory in a way that works for their patients and for who they are as analysts. This is an ongoing, unfolding process for the analyst and one that demands continual critical thinking and tolerance for uncertainty.

In this course, the process from one clinical session will be presented to six different discussants who will engage us in an exploration of the clinical material from six different theoretical perspectives. Engaging in critical thinking, we will consider both distinguishing and shared features of different psychoanalytic theories and how they are applied to analytic technique. This will include consideration of the following tensions: the influences of development vs. inherited disposition, intrapsychic vs. interpersonal phenomena, the present analytic moment vs. recreations of the past, the mutative roles of interpretation vs. the analytic relationship itself, and the benefit of applying structuring theoretical frameworks vs. tolerating uncertainty.

The course readings will help us to both explore concepts that are central to different theories and consider the complexities of pluralism and integration. Can we use or integrate multiple theories? Or is something diluted or lost? What is the difference between the use of a partial theory of technique, versus a more comprehensive theory? We will use writing exercises at the beginning and end of the course to explore where we are in our own clinical work and to pose questions for ourselves such as the following: What clinical theories are most important to us? How are we using different theories of clinical technique? How do we work with our own development and personhood?

I. February 17: Concepts of Integrative Theory.

In our first session, we will consider the various approaches that we as psychoanalysts take to the multiplicity of theories available in analysis today.

Reading: Pine, F. (2006). The psychoanalytic dictionary: A position paper on diversity and its unifiers. *Journal of the American Psychoanalytic Association*, 54(2):463-491. [PEP Web Link](#)

Writing: Please write one page that describes where you locate yourself theoretically as a psychoanalyst and how you think those theoretical beliefs influence your clinical work.

Objective: At the conclusion of the session, the candidate will be able to define the unique ways that they use psychoanalytic theories in their clinical work.

II. February 24: Contemporary Freudian/Ego Psychology Perspective.

Clinical material will be presented to guest discussant Catherine Kimble, M.D.

Reading: Gray, P. (1992). Memory as resistance, and the telling of a dream. *Journal of the American Psychoanalytic Association*, 40:307-326. [PEP Web Link](#)

Recommended: Frosch, J. P. (2007). E uno plurus: Psychoanalytic psychotherapy in the age of pluralism. *Harvard Review of Psychiatry*, 15(6), 270-277. [Download from the [Reading folder](#) or request from library@bpsj.org].

Objective: At the conclusion of the session, the candidate will be able to identify the role of a Contemporary Freudian/Ego Psychology perspective in psychoanalytic work.

III. March 3: Kleinian Perspective.

Clinical material will be presented to guest discussant Jane Kite, Ph.D.

Reading: Steiner, J. (1996). The aim of psychoanalysis in theory and in practice. *International Journal of Psycho-Analysis*, 77:1073-1083. [PEP Web Link](#)

Recommended: Pine, F. (2011). Beyond pluralism: Psychoanalysis and the workings of mind. *The Psychoanalytic Quarterly*, 80(4):823-856. [PEP Web Link](#)

Objective: At the conclusion of the session, the candidate will be able to identify the role of a Kleinian perspective in psychoanalytic work.

IV. March 10: Winnicottian Perspective.

Clinical material will be presented to guest discussant Karen Melikian, Ph.D.

Reading: Winnicott, D. W. (1965). Communicating and not communicating leading to a study of certain opposites (1963). In *The maturational processes and the facilitating environment: Studies in the theory of emotional development* (pp. 179-192). The International Psycho-Analytical Library, 64:1-276. London: The Hogarth Press and the Institute of Psycho-Analysis. [Download from the [Reading folder](#) or request from library@bpsj.org].

Recommended: Cooper, S. H. (2015). Clinical theory at the border(s): Emerging and unintended crossings in the development of clinical theory. *International Journal of Psycho-Analysis*, 96(2):273-292. [PEP Web Link](#)

Objective: At the conclusion of the session, the candidate will be able to identify the role of a Winnicottian perspective in psychoanalytic work.

V. March 17: Field Theory Perspective.

Clinical material will be presented to guest discussant Rodrigo Barahona, PsyD.

Reading: Civitarese, G., & Ferro, A. (2013). The meaning and use of metaphor in analytic field theory. *Psychoanalytic Inquiry*, 33(3):190-209. [PEP Web Link](#)

Recommended: Civitarese, G., & Ferro, A. (2016). Psychoanalysis and the analytic field. In A. Elliott & J. Prager (Eds.), *The Routledge handbook of psychoanalysis in the social sciences and humanities* (pp. 132-148). Routledge. [Download from the [Reading folder](#) or request from library@bps.org].

Objective: At the conclusion of the session, the candidate will be able to identify the role of a Field Theory perspective in psychoanalytic work.

VI. March 24: Clinical Exploration of Unrepresented Mental States: A Post-Bionian Perspective.

Clinical material will be presented to guest discussant Karen Roos, LICSW.

Reading: Bergstein, A. (2020). Violent Emotions and the Violence of Life. *International Journal of Psychoanalysis*, 101(5):863-878. [PEP Web Link](#)

Objective: At the conclusion of the session, the candidate will be able to identify the role of a Post-Bionian Perspective of the Clinical Exploration of Unrepresented Mental States in psychoanalytic work.

VII. March 31: Making Use of Multiple Theories.

Clinical material will be presented to guest discussant James Frosch, M.D.

Reading: Ogden, T. H. (2019). Ontological psychoanalysis or “what do you want to be when you grow up?” *The Psychoanalytic Quarterly*, 88(4):661-684. [Download from the [Reading folder](#) or request from library@bps.org].

Recommended: Cooper, S. H. (2017). The analyst’s “use” of theory or theories: The play of theory. *Journal of the American Psychoanalytic Association*, 65(5):859-882. [PEP Web Link](#)

Objective: At the conclusion of the session, the candidate will be able to identify how analysts may make use of multiple theories in psychoanalytic work.

VIII. April 7: Integrative Theory Summary.

In this session, we will consider together how to evaluate and integrate the various approaches we have heard to clinical material.

Writing: Please review the page you wrote at the beginning of the seminar and consider any revisions you would make to it at this point.

Objective: At the conclusion of the session, the candidate will be able to identify and explain how reviewing the same clinical material from different theoretical perspectives has influenced their own use of theory in clinical work.