Westchester Center for the Study of Psychoanalysis and Psychotherapy

2016

102 F - Introduction to Contemporary Freudian Psychoanalytic Technique

Instructor: Constance Haslett, Ph.D.

This course is designed to provide readings that will focus on concepts that characterize contemporary psychoanalytic work. It will focus on the concepts that Freud saw as most basic to the psychoanalytic process; the analytic method, listening, transference, countertransference, resistance, and free-association. Particular attention will be given to the initial phase of treatment. While this is a course designed around readings and discussions of the readings, it is anticipated that each class will end with the presentation of clinical material that is relevant to the readings of that week. Thus candidates are asked to think about their training case and present material to the class. The instructor may also offer case material.

**The Analytic Approach**

Class 1: Reiff, Philip (ed.) Freud’s Psychoanalytic Method. Collier Books, NY. ch 3, 55-61.

Schafer, Roy The Analytic Attitude: An Introduction. In *The Analytic Attitude*, NY: Basic

Books, 1983, ch 1, pp 3-13.

Class 2: Freud, S. (1913) On Beginning Treatment: The Question of First Communications,  *Standard Edition*, vol. 12, pp 121-144.

Schafer, Roy The Atmosphere of Safety: Freud’s “Papers on Technique: (1911-1915) In *The Analytic Attitude*, NY: Basic Books, 1983, ch 2, 14-33.

**Listening and Transference**

Class 3: Freud, S. Transference, *Standard Edition*, vol 12, pp 99-107.

Levine, Howard B. (1985) Psychotherapy as the initial phase of psychoanalysis. *International Review of Psychoanalysis*. Vol 12, pp 285-297.

Class 4 : Bernstein, S. (1983) Treatment preparatory to psychoanalysis. *Journal of the American Psychoanalytic Association,* vol. 31, pp 363-390.

Class 5: Akhtar, S. Initial Assessment. In *Turning Points in Psychodynamic Psychotherapy.* 2009, 13 – 40.

How are we doing?

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Class 6: Schwaber, E. Reflections on the Concept “The Patient’s Psychic Reality.” *Psychoanalytic Study of the Child.* vol 52*, 42-53.*

Loewald, H. Tranference-Countertransference. Journal of the American Psychoanalytic Association, vol 34, 275-287.

**Countertransference**

Class 7: Epstein, L. & Feiner, A. (eds.) (1979) Introduction. In *Countertransference*. Jason Aronson, NY, pp 1-23.

Class 8: Racker, H. (1958) The Meaning and Uses of Countertransference*. In Transference and Countertransference.* Ch 6, pp 127-133.

**Resistance**

Class 9: Adler, E. & Bachant, J. (1998) Intrapsychic and interactive dimensions of resistance:

Contemporary perspectives. *Psychoanalytic Psychology*, vol 15, 451-479.

**Dreams and Free-Association**

Class 10: Greenson, R. (1970) The exceptional position of the dream in psychoanalytic practice. *Psychoanalytic Quarterly*, vol 39, 519-549.

**Analysts’ Life Intrusions into the Analysis**

Class 11: Flax, M. (2011) A Crisis in the Analyst’s Life: Self-containment, symbolization and the Holding Space. *Psychoanalytic Quarterly*, v 80(2), pp 305-336.

Summary