# Instructor:

Cynthia Heller, Ph.D. [hellerc@optonline.net](mailto:hellerc@optonline.net) 914-712

# Course Description

This course will focus on unconscious processes as they are manifest in the treatment situation. Transference, resistance, and counter-transference will be examined. Weekly readings will be discussed in conjunction with case material to highlight articles being discussed.

The major goals of the course for students:

* To become aware of the manifestations of unconscious material in the session,
* To increase their understanding of the interaction between patient and therapist,
* To see how both patient and therapist contribute to the interaction and the meaning of what is communicated.

Papers that are available on PEP-WEB are so indicated. All other papers will be either emailed or distributed in class.

## Review of Classical

### Class 1:

Freud, S. (1912). The Dynamics of Transference. The Standard Edition of the Complete Psychological Works of Sigmund Freud Volume XII, 97-108. PEP-WEB

Greenberg, J. and Mitchell, S. (1983). Object Relations in Psychoanalytic Theory. Chapter 2, Sigmund Freud: The Drive/Structure Model. Harvard University Press.

## Object Relations

### Class 2:

Greenberg, J. and Mitchell, S. (1983). Object Relations in Psychoanalytic Theory Chapter 5, Melanie Klein. Harvard University Press.

### Class 3:

Winnicott, D.W. (1965) The Maturational Processes and the Facilitating Environment. Chapter 12, Ego Distortion in Terms of True and False Self (1960). Pp. 140-153. (PEP)

Winnicott, D.W. (1956) On Transference International Journal of Psychoanalysis. 37: 386-388. (PEP)

Winnicott, D.W. (1969) The Use of an Object International Journal of Psychoanalysis. 50: 711-715. (PEP)

## Interpersonal

### Class 4:

Greenberg, J. and Mitchell, S. (1983). Object Relations in Psychoanalytic Theory . Chapter 4, Interpersonal Psychoanalysis. Harvard University Press.

Sullivan, H.S. (1970) The Psychiatric Interview . Chapter 5, The Detailed Inquiry: The Theoretical Setting.

### Class 5:

Levenson, E. (1988) The Pursuit of the Particular: On the Psychoanalytic Inquiry Contemporary Psychoanalysis. 24: 1-16. (PEP)

Hoffman, I. (1983) The Patient as the Interpreter of the Analyst’s Experience. Contemporary Psychoanalysis. 19: 389-422 (PEP)

## Relational

### Class 6:

Mitchell, S. (1993) Hope and Dread in Psychoanalysis Introduction: Sophie and the Psychoanalytic Meat Grinder. Introduction: Pp. 1-12 & Chapter 1: What does the Patient Need? A Revolution inTheory. Pp. 13-39. Basic Books.

Aron, L. (1991). Psychoanalytic Dialogues. The Patient’s Experience of the Analyst’s Subjectivity. 1: 29-51 (PEP)

## Object Relations: Projective Identification

### Class 7:

Ogden, T.H. (1982) Projective Identification and Psychotherapeutic Technique Jason Aronson Chapter 2: The Concept of Projective Identification. Pp. 11-39 & Chapter 3: Issues of Technique. Pp. 39-75

## Object Relations/Modern/Interpersonal

### Class 8

Margolis, B.D. (1978). Narcisissistic Countertransference: Emotional Availability and Case Management Modern Psychoanalysis 3: 133-151 (PEP)

Epstein, L. (2008). Some Implications of Conducting Psychoanalysis as a Talking Cure. Contemporary Psychoanalysis 44:377-391. (PEP)

## Enactment

### Class 9

Jacobs, T. in Ellman, S. and Moskowitz, M. (1998) Enactment: Toward a New Approach to the Therapeutic Relationship. Chapter 5: On Countertransference Enactments. Pp. 63-76. JasonAronson.

Helm, F. in Ellman, S. and Moskowiths, M. (1998) Enactment: Toward a New Approach to The Therapeutic Relationship. Chapter 12: Enactments Leading to Insight for Patient, Therapist, and Supervisor. Pp. 157-168. Jason Aronson

### Class 9

Davies, J.M. (2004) Whose Bad Objects are We Anyway? : Repetition and Our Elusive Love Affair With Evil. Psychoanalytic Dialogues 14: 711-732

## Dreams

### Class 10:

Bonime, W. (1969) The Use of Dreams in the Therapeutic Engagement of Patients. Contemporary Psychoanalysis. 6: 13-30 (PEP)

Bromberg, P.M. (2000). Bringing in the Dreamer: Some Reflections on Dreamwork, Surprise, and Analytic Process. Contemporary Psychoanalysis. 36: 685-705. (PEP)

## Conclusion and Discussion

Class 11:

Conclusion, catch up, and discussion of usefulness of class and concepts.