# WESTCHESTER CENTER FOR THE STUDY OF PSYCHOANALYSIS AND PSYCHOTHERAPY

**WORKING WITH PARENTS:**

***Developing A Knowledge Base For Clinical Wisdom***

**Jane W. Bloomgarden, Ph.D.**

**This is an interactive class. Before we meet, please read Therese Benedek’s paper (see week 1) which I will email to each of you. Please also purchase Jacob and Wachs’ Parent Therapy which is a good guidebook. (I recommend purchasing copies on Amazon.com where 2nd hand copies are available).**

1. **FRAMING THE HOUSE: NATURE AND NURTURE**

**(Readings: Therese Benedek’s “The Family as a Psychological Field”; Linda Jacobs and Carol Wachs’ “Parent Therapy: A New Treatment Model”, chapter 1)**

1. **GUESTS IN OUR HOUSE/GUESTS IN THEIRS: THE MUTUALITY OF MEETING, GETTING TO KNOW, RESPECTING, COLLABORATING WITH, AND GROWING THROUGH THE PARENTING PROCESS**

**(Readings: Jacobs and Wachs’ “Enhancing Parental Capacities” in Parent Therapy, chapter 7); Rita Frankiel’s “The Stolen Child”)**

**Recommended: Winnacott’s “What Irks?; Hughes and Baylins’ “Blocked Care and How it Happens”in Brain-Based Parenting, chapter 3)**

1. **CENSUS TAKING/ SENSE MAKING: DEVELOPING A WORKING ALLIANCE WITH PARENTS AND AN INITIAL PLAN: WHO IS THE PATIENT, WHO ARE THE PATIENTS?**

**(Readings: Pat Pantone’s “Treating The Parental Relationship as the Identified Patient in Child Psychotherapy”; Neil Altman’s “Including Parents in The Psychotherapy”; Ellen Wachtel’s “Meeting With Parents Alone: Understanding Their Concern” in Treating Troubled Children and Their Families, Chap. 2)**

**Recommended: Novick and Novick “Parent Work in Analysis II”, JICAP, vol. 2, no. 1, 2002)**

1. **THE GHOSTS OF THE PAST, MALIGNANT AND BENIGN--PERSONAL HISTORY AND ITS IMPACT**

**(Readings: Alicia Lieberman’s “Angels in the Nursery”; My “Siblings in the Nursery”)**

**Recommended: “Giving Voice to the Unsayable: Repairing the Effects of Trauma in Infancy and Early Childhood” and Kirkland Vaughan’s “Intergenerational Transmission of Trauma from Slavery”**

1. **SHAKING OR MAKING THE RAFTERS OF THE HOUSE: THE ROLE OF TEMPERAMENT AND THE BRAIN IN FAMILY INTERACTIONS**

**(Readings: Chess and Thomas’s “Parental Reactions to the Child’s Temperament”; Jacobs and Wachs’ “Enhancing Parental Capacities”, Chap. 7)**

**Recommended: Jacobs and Wachs’ “Referrals for Symptomatology”, chapter 11, and “Learning Disabilities” Chapter 12; Hughes and Baylin’s “A Caregiving Formula”, chapter 4; )**

1. **DARKENING THE HOUSE/ LIGHTING IT UP: ANXIETY, DEPRESSION, DYSREGULATION—POSITIVE THINKING, HUMOR AND OPTIMISM IN EVERYDAY LIFE**

**(Readings: Winnacott’s CASEV, ‘Robert’ at 9 years’: Brent Willock’s “The Devalued (unloved, Repugnant) Self—A Second Facet of Narcissistic Vulnerability in the Aggressive, Conduct-Disordered Child); Ellen Wachtel’s “The Language of Becoming”)**

**Recommended: Martin Seligman’s “Parents”**

1. **INSIDE THE HOUSE: HOME ALONE AND THE LIFELONG CONSEQUENCES OF THE UNATTENDED SELF FOR PARENTS, SURROGATES, AND CHILDREN**

**(Readings: Alice Miller’s “Parental Narcissism and its Impact on Childhood Development”; Orenstein and Orenstein’s “Parenting as a Function of The Adult Self”)**

**Recommended: “The Drama of The Gifted Child and The Analyst’s Narcissistic Disturbance” in Prisoners of Childhood, Chapter 1”; Brent Willock’s “The Devalued (unloved, Repugnant) Self—A Second Facet of Narcissistic Vulnerability in the Aggressive, Conduct-Disordered Child**

1. **FILLING THE HOUSE: HELPING PARENTS LEARN THE LANGUAGE OF INTERIOR DESIGN (EMOTIONAL INTELLIGENCE, MENTALIZATION AND REFLECTIVE FUNCTION)**

**(Readings: Elizabeth Berger’s “Managing Childhood: Behavior Experts and the Eclipse of Intimacy”; Arietta Slade’s “Working With Parents in Child Psychotherapy: Engaging The Reflective Function”)**

**Recommended: Hughes and Baylin’s “Making Sense and Reflective Function”, Chap. 6**

1. **THE RULES OF THE HOUSE: THE MORAL ROLE OF PARENTS**

**(Readings: Berkowitz and Grych’s “Fostering Goodness: Teaching Parents to Facilitate Children’s Moral Development”; Jacobs and Wachs’ “Dealing with Discipline”, chap. 8; Diana Baumrind’s “Effective Parenting During Adolescent Transition”)**

**Recommended: Hughes and Baylin’s “A Caregiving Formula”, Chapter 4 ;**

**Winnacott’s “The Innate Morality of The Baby” and “Stealing and Telling Lies”; Paul Bloom’s theory of intrinsic morality,** [**www.edge.org**](http://www.edge.org)**)**

1. **THE CORNERSTONE OF THE HOUSE: THE PARENTING COUPLE, ITS IMPACT ON CHILDREN, IN TRADITIONAL AND NON TRADITIONAL HOMES**

**(Readings: E. Mark Cummings et al.’s “Interpersonal Relations as a Dimension of Parenting”; Matta and Knudon-Martin’s “Father Responsivity: Couple Processes and the Coconstruction of Fatherhood”) Recommended: Winnacott’s “What About Father?”)**

1. **A HOUSE DIVIDED: DISSOLVING, DIVORCING COUPLES AS PARENTS AND REGENERATIVE POSSIBILITIES**

**(Readings: Seth Aronson’s “ Re-establishing ‘Holding’ in Families of Divorce”; and Jacobs and Wachs’ “Divorce”, Chapter 10)**

**Recommended: Jane Fixman’s “Healing Damaged Attachment Relationships in Young Foster Care Children”**