Course Objectives

1. This advanced course in the sequence of psychoanalytic courses examines a branch of psychoanalysis whose ultimate aim is the fostering of emotional growth of the patient via a relationship of intensive inquiry and dialectic between therapist and patient. Special attention to the setting, countertransference, transference, and the intersubjective aspects of the treatment are especially salient. Psychoanalytic treatment emphasizes a dynamic view of human life, including cultural, relational, and developmental variables. A cornerstone is the concept of mental processes which function outside of conscious awareness.

It is expected that the student will have a grounding in Freudian, Ego Psychological, Interpersonal models within the psychoanalytic camp, as well as some introductory knowledge of object-relational and self-psychological viewpoints. It is assumed that basic psychoanalytic concepts regarding the personality as well as psychopathology and their implications for psychotherapeutic technique have already been incorporated.

2. It is imperative that whatever our theoretical orientation, it is necessary for the ethical and professional discharge of our duties as psychologists, and later as psychoanalysts, that we become sensitized to the necessity for careful and thoughtful review of clinical material and to remain current with the literature and research in the field, in order to appreciate the complexity of psychological processes in psychopathology. This will of course necessitate attention to intrapsychic as well as cultural, societal, political, economic, and other environmental factors.

3. It should go without stating that students enrolled in this course will be encouraged to observe and to reflect upon their own intrapsychic states for the purpose of having contact with others, being attuned to metaphorical and derivative aspects of communications, and for the application of course perspectives to their own experience, subjectively, within their professional practice, as well as to the material to be discussed within the course itself.

4. The course in Object Relations delineates an important trend within the "new wave" of psychoanalytic thought which works

     toward extending the application of psychoanalytic treatment to include severe as well as mild psychopathology and brief as well as long-term modalities. Psychoanalysis as a research
method, and method of therapy, has of course, influenced many and been influenced by
other disciplines, such as anthropology, sociology, political science, biology, and
developmental as well as cognitive psychology. This course will hopefully sensitize students
to these recent trends toward "cross-fertilization".

5. While this course will examine psychoanalytic theories which emphasize relational and inter-
subjective aspects of development, clinical implications will be stressed. Discussion will
primarily revolve around members of the British school of psychoanalysis.

6. Special attention will be placed on the student's development of the capacity to formulate
clinical hypotheses about psychopathology in part via using the psychotherapeutic
interaction as a diagnostic tool in and of itself. Naturally this implies a dialectical process,
including self-analysis, supervision, interacting with the patient, etc.

Course Expectations

1. It is anticipated that all reading be completed prior to class to permit a seminar-style
dialogue.

2. In addition to the readings, on a weekly basis, students will be expected to prepare a brief
summary of a scholarly research or case study paper within the psychoanalytic literature on a
psychoanalytic topic of the student's choosing. The student may elaborate on a topic from
class using different sources or study a psychoanalytic topic that will be new for the class.
The presentation should be kept to roughly 15 minutes with 15 minutes of discussion. So by
necessity, the area of study should be quite focused and the delivery relatively pithy and
succinct. The aim should be to educate the class as well as the student presenter about a
more circumscribed area that has not been covered in class via an independent foray into the
psychoanalytic literature. This should be done in consultation with the instructor, and the
instructor is very willing to provide articles from his own library/readings to support the
student on this. The student may integrate some of their own experience working within a
particular topic or with a certain patient population or clinical syndrome if they so desire to
augment their reading of the article.

3. A final paper will be due on the 8th week of class. This paper will require an object
relational perspective on one of the case studies presented by Sigmund Freud. An outline, as
well as an example of this will be supplied to the class.

4. Students will be evaluated by their performance on the above as follows: (A) In-class
participation and attendance: 10%; (B) In-class presentation and summary of article/topic:
20%; (C) Final paper: 70%.

The format for these assignments will be discussed in class.

Week 1 Course introduction and historical review of the development of object
Sept. 14
relations as well as current perspectives. Summary of major contributors to object-relations theory.


Recommended:

Cashdan, Sheldon. Chapter 3: "Object Relations Pathology" in Object Relations Therapy.

Week 2
Initial phases of the treatment, engagement with the patient, establishing the frame; Sept. 21 Object Relational views on development I.


Winnicott, D.W. "The Aims of Psycho-analytical Treatment". in Psycho-analytic Explorations.

Fairbairn. "A revised psychopathology of the Psychoses and Psychoneuroses". in Essential Papers on Object Relations, Peter Buckley (editor).

Winnicott, D.W. "Psychoses and Child Care". in Through Pediatrics to Psycho-analysis.


Week 3
Initial phases of the treatment, engagement with the Sept. 28 patient, establishing the frame; Object Relational views on development II.


Symington, Neville. "The Analyst's Act of Freedom as Agent of Therapeutic Change". in The
British School of Psychoanalysis, Gregorio Kohon (editor).

Winnicott, D.W. "Two Notes on the Use of Silence". in *Psycho-Analytic Explorations*.


**Week 4**
New trends and special topics in psychoanalytic theory
Oct. 5 in psychotherapy I: Projective Identification and transference

**Readings:** Cashdan, Sheldon. Chapter 5: Stage 2: "Projective Identification". in *Object Relations Therapy*.

Winnicott, D.W. "Hate in the Countertransference". in *Through Pediatrics to Psycho-analysis*.


**Week 5**
New trends and special topics in psychoanalytic theory Oct. 12 in psychotherapy II: Transitional Phenomena and Therapeutic Symbiosis

**Readings:** Searles, Harold. "Transitional Phenomena and Therapeutic Symbiosis". in *Countertransference*.


**Week 6**
New trends and special topics in psychoanalytic theory Oct. 19 and psychotherapy III: Regression in the psychoanalytic set-up and its management (part A).

Winnicott, D.W. "Metapsychological and clinical Aspects of Regression within the Psycho-analytical Set-up". in *Through Pediatrics to Psycho-analysis*.

Winnicott, D.W. "The importance of the setting in Meeting Regression in Psycho-analysis". in *Psycho-analytic Explorations*.

Winnicott, D.W. "Fear of Breakdown". in *Psycho-analytic Explorations*.

Winnicott, D.W. "Notes on Withdrawal and Regression". in *Psycho-analytic Explorations*. 

**Week 7**  
New trends and special topics in psychoanalytic theory **Oct. 26** and psychotherapy IV: Regression in the psychoanalytic set-up and its management (Part B).

**Readings:**  

Cashdan, Sheldon, Chapter 6. Stage 3: Confrontation.

Casement, Patrick. "Some Pressures on the Analyst for Physical Contact During the Reliving of an Early Trauma". in The British School of Psychoanalysis, Gregorio Kohon (editor).


**Week 8**  
Scholarly papers due; Termination; other technical **Nov. 2** considerations in the conduct and process of psychoanalytic treatment.

**Readings:**  