

FREUD II: PSYCHOANALYSIS – THE EARLY PHASE
The Center for Psychoanalytic Study

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COURSE OUTLINE AND READINGS

Course Description and Course Objectives

Interestingly, relatively little attention has been given in the psychoanalytic literature to the beginning phases of psychoanalysis, proper – the treatment, and associated technique. Principally, the treating clinician needs to establish a working relationship with the analysand. The importance of the early communications, on the part of both the psychoanalyst and the analysand, carry enormous valence. Particular errors of omission or commission on the psychoanalyst's part, as well as attitudinal variables (respect, trust, positive regard, confidence, etc) can impact the analysand's capacity to engage at a point where a "relationship" cannot be taken for granted in assisting them in bearing the particular strains attendant to embarking upon psychoanalytic psychotherapy or psychoanalysis.

This course will review some of the provisions attendant to establishing a psychoanalytic frame. Issues will include how to structuralise the early treatment sessions, communicating understanding, assessing suitability for psychoanalytically-informed treatment, answering the analysand's questions, and so forth. Additionally, issues pertaining to the psychoanalyst's own potential interferences, such as anxiety, character style, and counter-transference will be discussed. Freud's seminal papers on technique will be central to the course. Additionally, audio-tapes of the first four sessions of a psychoanalysis will be reviewed.

Office Hours

Office hours are by appointment. Candidates are encouraged to avail themselves of the instructor's office hour availability. The Instructor is in the office Monday through Friday, and available for assuring student access, as needed.

Course Expectations

1. It is anticipated that all readings be completed prior to the class session so as to permit a seminar-like style, ambiance, and dialogue. Classroom discussion, including *Question & Answer*, struggling creatively with the ambiguities often inherent in such work will be a principle way in which the course will proceed; and provide the instructor with a basis for assessing each member's internalisation of course content.
2. It is the responsibility of students with special needs to bring these to the attention of the Instructor.

Course Readings

Required readings will be provided by the Instructor.

Class One

The “Early Phase” of the “Early Phase of Psychoanalysis”. Introduction to the course and general overview. Some conceptual, phenomenological, and philosophical considerations. On beginning the treatment. Brief comments regarding Freud and his treatment recommendations.

Freud, S (1912). “Recommendations for Physicians on the Psycho-analytic Method of Treatment”. In Ellman, S [Editor] (1991). Chapter Nine: *Freud’s Technique Papers: A Contemporary Perspective*. New York: Jason Aronson.

Freud, S (1913). “Further Recommendations in the Technique of Psycho-analysis – On Beginning the Treatment. *The Question of the First Communications. The Dynamics of the Cure*”. In Ellman, S [Editor] (1991). Chapter Nine: *Freud’s Technique Papers: A Contemporary Perspective*. New York: Jason Aronson.

Class Two

The Early Phase of Psychoanalysis, Continued. Issues pertaining to the transference.

Freud, S (1912). “The Dynamics of the Transference”. In Ellman, S [Editor] (1991). Chapter Three: *Freud’s Technique Papers: A Contemporary Perspective*. New York: Jason Aronson.

Freud, S (1915). “Further Recommendations in the Technique of Psycho-analysis – *Observations on Transference-Love*”. In Ellman, S [Editor] (1991). Chapter Three: *Freud’s Technique Papers: A Contemporary Perspective*. New York: Jason Aronson.

Class Three

Class three, continued.

Freud, S (1914). “Further Recommendations in the Technique of Psycho-analysis – *Recollection, Repetition, and Working-Through*”. In Ellman, S [Editor] (1991). Chapter Three: *Freud’s Technique Papers: A Contemporary Perspective*. New York: Jason Aronson.

Freud, Sigmund (1909). “Notes upon a case of obsessional neurosis”. In *The Standard Edition of the Complete Psychological Works of Sigmund Freud, Volume 10*. London: The Hogarth Press.

Class Four

Dream Interpretation

Bonime, W (1962). “Introduction: A dynamic concept of the dream in the therapeutic situation”. In *The Clinical Use of Dreams*. New York: Basic Books.

Freud, S (1912). “The Employment of Dream Interpretation in Psycho-analysis”. In Ellman, S [Editor] (1991). Chapter Six: *Freud’s Technique Papers: A Contemporary Perspective*. New York: Jason Aronson.

Freud, S (1912/3). “Remarks Upon the Theory and Practice of Dream Interpretation”. In Ellman, S [Editor] (1991). Chapter Six: *Freud’s Technique Papers: A Contemporary Perspective*. New York: Jason Aronson.

Class Five

A fragment of the early phase of Joseph Wortis’s psychoanalysis with Freud.

Wortis, Joseph (1984). *My Analysis With Freud*, pp 1-83. New York: Jason Aronson.

Class Six

Other Perspectives of importance and consideration upon the beginnings of a psychoanalysis. Reflectivity and anxiety states in the psychoanalyst. Further considerations on establishing a psychoanalytical space.

Basescu, Sabert. “Anxieties in the Analyst: An Auto-biographical Account”.

Casement, Patrick J (1991). “Preliminary Thoughts on Learning From the Patient”. In *Learning From the Patient*. New York: Guilford Press.

_____ (1991). "The Analytic Space and Process". *Ibid.*

Grand, S (1998). "Difficulties on the Pathway to Establishing an Analytic Process: *On Some Vicissitudes of Self-Reflection During the Opening Phase of Psychoanalysis*". *Psychoanalytic Psychology*. 15[3], 315-340.

Class Seven

Class six, continued. Additional attention to counter-transferential elements within the psychoanalyst.

Casement, Patrick J (1991). "Analytic Holding Under Pressure". In *Learning From the Patient*. New York: Guilford Press.

Ellman, S (1991). Ch 15: "Freud's Actual Conduct of Treatment"; Ch 16: "The Widening Scope of Psychoanalysis". New York: Jason Aronson.

Searles, H (1966). "Feelings of Guilt in the Psychoanalyst". In Searles, H (). *Collected Papers on Counter-Transference*. New York: International Universities Press.

Searles, H (19). "The Myth of the Dedicated Physician". In Searles, H (). *Collected Papers on Counter-Transference*. New York: International Universities Press.

Class Eight

Cautionary notes: transference and counter-transference as revealed in the case of Dora.

Freud, S (1904). "Fragment of an Analysis of a Case of Hysteria". *Standard edition of the Complete Psychological Works of Sigmund Freud*. Volume 7: 1-123. London: Hogarth Press.

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Required Readings:

Casement, Patrick (1991). *Learning From the Patient*. New York: Guilford Press.

Ellman, Steven J (1991). *Freud's Technique Papers: A Contemporary Perspective*. New York: Jason Aronson.

Wortis, Joseph (1984). *My Analysis With Freud*, pp 1-83. New York: Jason Aronson.