

PP505 - Psychoanalytic Object Relations Theory and Psychotherapy
David L. Downing, Psy.D.
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COURSE OUTLINE AND READINGS

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.

Readings: St. Claire, Michael (1989): Chapter 1: "Object Relations Theory and Self Psychology".

Flarsheim, Alfred (1972): "Treatability", in Tactics and Techniques in Psychoanalytic Therapy, Peter Giovacchini (editor).

Buccino, Daniel L. "The Commodification of the Object in Object-Relations Theory". in The Psychoanalytic Review, 80, 1, pages 123-134.

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.

Readings: Cashdan, Sheldon. Chapter 4: "Stage One: Engagement". in Object Relations Therapy.

Flarsheim, Alfred (1972): "Treatability", in Tactics and Techniques in Psychoanalytic Psychotherapy, Peter Giovacchini (editor).

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.

Winnicott, D.W. "Ego Distortion in Terms of True and False Self". in The Maturation Processes and the Facilitating Environment.

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

Readings: Rycroft, Charles. "An Enquiry into the Function of Words in the Psycho-analytical Situation". in The British School of Psychoanalysis, Gregorio Kohon (editor).

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.

Winnicott, D.W. "Transitional Objects and Transitional Phenomena". in Through Pediatrics to Psycho-analysis.

Winnicott, D.W. "The Capacity to Be Alone". The Maturational Processes and the Facilitating Environment.

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.

Winnicott, D.W. "Counter-Transference". in The Maturational Processes and the Facilitating Environment.

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.

Winnicott, D.W. "Transitional Objects and Transitional Phenomena".
in Through Pediatrics to Psycho-analysis.

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.

Winnicott, D.W. "The Concepts of Clinical Regression Compared with that of Defense Organization". 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: Balint, Michael. "The Unobtrusive Analyst". in The British School of Psychoanalysis, Gregorio Kohon (editor).

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).

Winnicott, D.W. "Withdrawal and Regression". in Through Pediatrics to Psycho-analysis.

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

Readings: Cashdan, Sheldon. Chapters 7 & 8. Stage 4: Termination; The Personal Side of Object Relations Therapy.

Trop, Jeffrey. "Erotic and Eroticized Transference - a Self-psychology Perspective". in Psychoanalytical Psychology 53, Pages 269-284.