Basic Principles of Psychoanalytic Therapy (18:821:637:01)

Nancy McWilliams, Instructor
Spring, 2010: Mondays, 1:15 to 4:00

Course Objective

The course covers basic concepts of psychoanalysis and the psychoanalytic therapies. Emphasis will be placed on adapting treatment to the unique patient, in consideration of differences in diagnosis, personal history, age, gender, sexual orientation, culture, religion and other aspects of individuality.

Requirements

Each student will carry two individual adult clients under supervision, in open-ended, psychoanalytically oriented treatment. One case will be presented in class; the other will be discussed in a term paper, due May 10, integrating case material with relevant concepts from the course readings and lectures. Cases may be individuals already in treatment with the student. If they are not clinic patients, see instructor to approve or arrange appropriate supervision. For dynamically experienced students, one supervision experience can be in a group.

Administrative Details

Grading: Oral case presentation.................40% of term grade
Case write-up (due at last class)..........40% of term grade
Class attendance/participation............20% of term grade

Instructor availability: I am usually in A353 before class, and/or reachable at 908-902-3455. Home/office number is 908-782-9766. E-mail address is nancymcw@aol.com.

Required Texts


Recommended Texts


**Schedule**


Reading: McWilliams, preface and chapters 1 and 2
Shedler, chs. 1 and 2 (will be sent electronically)

Feb. 1: **Preparing the therapist and the client.** DVD of instructor working with a client.

Reading: McWilliams, chs. 3 and 4
Shedler, unpublished paper (will be sent electronically)

Feb. 8: **Basic therapy processes.** Definitions: classical analysis, exploratory analytic therapy, transference-focused therapy, supportive therapy, relational analysis.

Reading: McWilliams, chs. 5-7

Feb. 15: **Overview of classical psychoanalytic technique.**

Readings: McWilliams, ch. 8
McWilliams, unpublished paper: historical review

Feb. 22: **Resistance, transference, countertransference, interpretation:** Ego psychology and object relations concepts.

Reading: Stark, introduction and chapters 1-4

Mar. 1: No class (Interview Day). To be rescheduled.

Rescheduled class: **Establishing a therapeutic relationship**
Mar. 8: **The self psychology movement: Implications for treatment.**

Reading: Maroda, pp. 1-81

Mar. 22: **Working with difficult patients.**

(Spring Break)

Reading: Wolf, pp. 87-135

Mar. 29: **Working with difficult patients, cont.**

Reading: Maroda, pp. 82-152
McWilliams, ch. 9

Apr. 5: **Working with survivors of sexual abuse and early trauma.**

Reading: Davies & Frawley, pp. 11-61

Apr. 12: **Working with patients with psychotic psychologies.**

Reading: Karon & VandenBos: pp. 135-202
Pinsker: pp. 1-74

Apr. 19: **Psychotherapy from the perspective of control-mastery theory.**

Reading: Silberschatz, chapters 1, 2, and 12

Apr. 26: **Contemporary relational psychoanalysis.**

Reading: Maroda, 204-244

Final classes (to be scheduled): **Class decides topics. Review and evaluation.**

Reading: McWilliams, chs. 10-12.