BASIC PRINCIPLES OF PSYCHOANALYTIC THERAPY

Seth Warren, 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. Students will be required to present at least one case 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. Additional in-class case presentations may be scheduled depending on time and class size. 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 presentationY..................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 can be reached at 201-232-8802 (mobile). My e-mail address is seth.warren@me.com, and limited office hours will be announced, additional time to meet or talk in person if necessary can be scheduled.

Required Texts


Recommended texts


**Schedule**


Reading: McWilliams, preface and chapters 1 and 2

Jan. 31: **Preparing the therapist and the client.**

Reading: McWilliams, chs. 3 and 4
Shedler, 2 papers (will be sent electronically)

Feb 7: **Basic therapy processes.** Definitions: classical analysis, exploratory analytic therapy, transference-focused therapy, supportive therapy, relational analysis.

Reading: McWilliams, chs. 5-7

Feb. 14: **Overview of classical psychoanalytic technique.**

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McWilliams, unpublished paper: historical review

Feb. 21: **Resistance, transference, countertransference, interpretation:** Ego psychology and object relations concepts.

Reading: TBA
Feb. 28: No class (Interview Day). To be rescheduled.

Rescheduled class: **Establishing a therapeutic relationship**

Reading: Maroda, pp. 1-81

Mar. 7: **The self psychology movement: Implications for treatment.**

Reading: Wolf, pp. 87-135

Mar. 14: **Spring Break**

Mar. 21: **Working with difficult patients.**

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

Mar. 28: **Working with difficult patients, cont.**

Reading: Maroda, pp. 153-203

Apr. 4: **Working with survivors of sexual abuse and early trauma.**

Reading: Davies & Frawley, pp. 11-61  

Apr. 11: **Working with patients with psychotic psychologies.**

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

Apr. 18: **Psychotherapy from the perspective of control-mastery theory.**

Reading: Silberschatz, chapters 1, 2, and 12

Apr. 25: **Contemporary relational psychoanalysis.**

Readings: Maroda, 204-244

May 2: **Class decides topics. Review and evaluation.**

Reading: McWilliams, chs. 10-12.