Course Objective

The course covers basic concepts of the psychoanalytic therapies. Emphasis will be placed on helping students develop a psychoanalytic sensibility and familiarity with analytic techniques. The course will illustrate the implication of the various analytic ideas for technique and focus on the use of formulation as a guide for intervention. Appreciation of individual differences is a part of analytic sensibility and the course will therefore, focus on developing the facility of 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. Finally, it is hoped that the training will facilitate the development of a professional identity of the student as a psychodynamically oriented clinician and professional in the field.

Requirements

Each student will carry two individual adult clients under supervision, in open-ended, psychoanalytically oriented treatment. Students are expected to have psychodynamic/psychoanalytic supervisors for their cases. Video recordings and case material of both cases will be presented in class for discussion.

One of the cases will be written up following the model required for oral presentations of cases at GSAPP as well as other professional settings but with certain elaborations. It is expected that the write up will integrate case material with relevant concepts from the course readings and lectures. Cases may be individuals already in treatment with the student.

The second writing assignment will be a clinical exploration of a topic discussed in class. In other words, students are expected to select a topic of interest, read the related research and theory and apply it to a clinical vignette.

Details of these assignments will be discussed further in class.

Administrative details

Grading: Oral case presentations..................30% of term grade

Case write-up (due at 1 week of presentation)......30% of term grade

Final paper (due at the last class) .......... 30%

Class attendance/participation........10% of term grade
Instructor availability: I am at GSAPP on Mondays. On other days, I am reachable at 732-319-9104. You can leave me a message or text at this number. I prefer email contact via amclean845@gmail.com since, when I am in my private practice, I am often unable to answer the phone.

Required Texts


Recommended texts


Readings by Class:

Please note that readings will be assigned as indicated below. However, we may add or delete readings as the course proceeds depending on what emerges in the clinical material we discuss or the needs of the students...especially at the end of the semester.

Class 1. What defines psychoanalytic therapy? Is it effective?
   - McWilliams, preface and chapters 1 and 2

Class 2. Preparing the therapist and the client.
   - McWilliams, chs. 3 and 4

Class 3. Introduction to basic therapy processes: classical analysis, exploratory analytic therapy, transference-focused therapy, supportive therapy, relational analysis.
   - Pine, Chs 2-3
   - McWilliams, chs. 5-6

Class 4: Overview of classical psychoanalytic technique.
   - McWilliams, ch. 8
   - Kernberg et.al. ch 2

Class 5: Resistance, transference, countertransference, interpretation: Ego psychology and object relations concepts.
   - Stark, introduction and chapters 1-4

Class 5: Establishing a therapeutic relationship
   - Maroda, pp. 1-81

   - Wolf, pp. 87-135

Class 7: Attachment models and approaches
• Wallin: chs 7, 10-14
• Fosha, chs 1-3

Class 8: Difficult Patients I
• Maroda, pp. 82-152
• McWilliams, ch. 9

Class 9: Difficult Patients II
• Maroda, pp. 153-203
• Kernberg et. al chs 1-5

Class 10: Working with survivors of sexual abuse and early trauma.
• Davies & Frawley, pp. 11-61

Class 11: Working with Dreams
• Hartmann, E., Outline for a theory on the nature and functions of dreaming.

Class 12: Psychotherapy from the perspective of control-mastery theory.
TBD by Guest Lecturer

Class 13: Contemporary relational psychoanalysis.
• Maroda, 204-244

Class 14: Changing nature of psychoanalysis:
1. Neuropsychoanalytic Viewpoint

2. Merging with Eastern Traditions:

**Class 15: Review and evaluation. Termination issues**