Basic Principles of Psychoanalytic Therapy

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Instructor: Catherine Bianchi, PhD. Spring 2017

Course Objective

This course will cover basic concepts in the psychoanalytic psychologies. Emphasis will be placed on helping students develop a psychoanalytic sensibility and familiarity with psychodynamic/analytic techniques. The course will illustrate the significance of various analytic ideas for technique and focus on the use of formulation as a guide for intervention. Appreciation for individual differences is part of an analytic sensibility and the course will therefore focus on developing the ability to diagnose and formulate from this point of view. The full range of analytic interventions still currently in use and theories about their corresponding modes of therapeutic action will be explored, as even psychoanalysts have different orientations. Finally it is hoped that the course will facilitate the ability to listen and develop the use of the self as a guiding professional tool. The use of psychodynamic/analytic techniques with special populations will be covered as per student interests.

Requirements

It is understood that as a requirement of the program, each student will be carrying two individual adult clients under supervision in open-ended psycho-dynamically oriented treatment. Students are thus expected to have psychodynamic/psychoanalytic supervisors for their cases. Video recordings and case material will be presented in class for discussion. One student will be asked to present case material in each class on a rotating basis.

One of the cases will be written up as a clinical exploration of a topic discussed in class. Students are expected to select a topic of interest, read the related research and theory, and apply it to a case.

The second writing assignment will follow the model required for oral presentation of cases at GSAPP, but with the following additions. It is expected that the write up will cover the following but without direct citation of class readings. The write up will be intended to illustrate a closely reported interaction between you and your patient. Please describe: 1) specific exchanges that bring the interactions between you and your patient to life for the reader. 2) what you understood your patient to be expressing/feeling or enacting based on your understanding of the place of the interaction you describe in the overall arc of the treatment and 3) what you were thinking and feeling as you chose to make the interventions you describe in your paper.

Details of these assignments will be further discussed in class.
Administrative Details

Grade= Oral Case Presentation/30% + Papers/30 % x 2+ Class Participation/ 10%

Instructor Availability: I’ll be happy to make an appointment to talk to you in person on campus before or after class. You will also have my contact info so we can arrange other times to talk in person, by phone, Skype, or in my office. Please don’t hesitate to call or write.

Departmental and University Policies:

Unless otherwise noted all formal written work should use the Style Sheet of the American Psychological Association. See: http://apastyle.apa.org/ (full access via Login to Rutgers University Libraries home page: http://www.libraries.rutgers.edu/)

Disabilities. Students with disabilities who qualify for reasonable accommodations may arrange for these through the Office of Disability Services, Kreeger Learning Center, 151 College Avenue; dfoffice@rci.rutgers.edu

Academic Integrity. Work submitted for this course must be your own. You are responsible for knowing and conforming to all professional and university standards. See: http://academicintegrity.rutgers.edu/students.shtml

Required Texts:


Recommended:


Class Topics and Readings

Please note that readings will be assigned as indicated below. However, we may change the readings as the semester proceeds depending on the needs of the students and their patients.

1. What defines psychoanalytic psychotherapy?


  Preface, Chapters 1 and 2


- Recommended:


  Chapter 14, “Differences between Psychoanalysis and Psychotherapy”

2. Preparing therapist and patient


  Chapters 3 and 4


3. Implications for technique and mode of therapeutic action from Drive Theory and Ego Psychology

Chapters 1 & 2

Intro and Chapters 1 through 4

4. **Implications for technique and mode of therapeutic action from Object Relations Theory**

Chapters 3 & 4

Chapter 2 & 4

Recommended:

5. **Implications for technique and mode of therapeutic action from Self-Psychology.**
-Complete reading as above

And...


Chapters 1 – 6; and Chapter 9, “Intersubjectivity.”

6. **Implications for technique and mode of therapeutic action from Relational Theory and Intersubjective Systems Theory**


7. **Relational Theory and Intersubjective Systems Theory, cont’d.**

8. Dreams


Freud, “Revision of the Theory of Dreams”


9. Dissociative Models of Mind

**First Paper Due**


Chapter 1, “Dissociation: A Model of the Psyche”

Chapter 2, “The Self in Context: Unity & Multiplicity”


10. Trauma


Chapter 9, “Eight Transference Counter-Transference Positions”

- The Case of PF.

11. Trauma


Chapter 10, “Developmental Trauma: The Hidden Epidemic”

- Case Material.

12. Attachment


Chapters 1 through 4.


Chapter 4, “Attachment Theory and Relationality”

-Recommended:


Chapters 6 & 7 on attachment and splitting/dissociation

13. Considerations in Child and Adolescent Treatment


Chapter 9, “Play in Child Treatment”

Chapter 10, “Transference and Countertransference in Child Treatment”

Chapter 11, “Launching the Therapy with the Child”

14 Considerations in Child and Adolescent Treatment

**Final Paper Due**


15. Termination.
