Psychoanalytic Psychotherapy with Diverse Clients

Graduate School of Applied and Professional Psychology

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Psychoanalytic Psychotherapy with Diverse Clients

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Course Goals

By the end of the class, the student will:

1. Understand the impact of social conditions, such as political oppression, stigma, prejudice, and racism on psychodynamic development.
2. Learn how to understand and conceptualize therapeutically unique life transitions, such as immigration, assimilation, and refugee status, and understand generational differences within populations.
3. Be aware of and address emotional reactions related to diversity, including prejudice, in transference and countertransference processes.
4. Understand how to use psychodynamic interventions to increase resilience and reduce the trauma of social oppression and prejudice.

Course Outline:

PART 1:
A. Introduction to relevant concepts in psychoanalysis
B. Integration of relevant concepts in the psychology of diversity and social conditions with psychoanalysis

Part II:
The Relational Context of the therapeutic environment including transference, countertransference, relational dynamics, racism and prejudice and the therapeutic environment

Part III:
Psychodynamic Psychotherapy with Diverse Clients

Concerns of Populations: African-American, Latino, Asian, LGBT, religious and cultural beliefs, social class in psychotherapy.

**Texts**

*Required Text*


*Recommended Text (on reserve)*


**Articles listed on date to be read**

**Practicum Requirement or Application Component:**
The class meets the requirement for Application course requirements. However, if a student does not wish to take the class as an Application class they may do so with arrangement of the Professor.

**Methods of Student Evaluation:**
The final grade in the course will reflect the students’ knowledge of the essential subject matter and ability to integrate the theoretical material into clinical practice. The final grade will be based on:

1. Class participation
2. Grasp of ideas of course, including reading, as evidenced by in-class discussion, presentations, and writing assignments
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3. Quality of final writing assignment (case analysis or research paper).

Specific Assignments

❖ Presentations
  ➢ Students will be expected to read and present a chapter from either *Psychotherapy with African American Women* or *The Future of Prejudice: Psychoanalysis and the Prevention of Prejudice* in the relevant week of class.
  ➢ Students will be expected to present a reading on a specific topic (race/ethnicity, sexual orientation, social class, religion).

❖ Case Formulation and Discussion
  Students will discuss a case of a client using the course material to highlight specific diagnostic and treatment concerns.

❖ Final Paper
  Students will either write a research paper on a topic relevant to the course agree upon with the instructor or do a case analysis integrating course material with the case.

Schedule of Classes
1. Psychoanalysis and social issues
2. Revisioning the goals of Psychodynamic Theory
3. Process and Content: Prejudice, identification, and difference
4. Therapist variables (understanding the relation of self to therapy)
5. Therapist-client relational variables (transference-countertransference)
6. Application to Ethnic Minority Clients -1 African-American men and women
7. Application to Ethnic Minority Clients-2 Latino men and women
8. Application to Ethnic Minority Clients-3 Asian and Asian American Clients
9. Realities of Culture, Integration, Immigration, Assimilation & Displacement-1
10. Realities of Culture, Generation, Immigration & Displacement-2
11. Application to LGBT Clients -1
12. Application to LGBT Clients-2
13. Application to Social Class Concerns- Oppression & Privilege
15. Conclusion: New directions in theory and practice

Reading By Class

Class 1
Psychoanalysis & Social Issues
Psychodynamic Psychotherapy with Diverse Clients


Optional:

Psychoanalytic Dialogues (Gerhardt, Sweetman, Borton) 2000.: The Intersubjective Turn in Psychoanalysis: A Comparison of Contemporary Theorists: Part 1: Jessica Benjamin

**Class 2**
**Revisioning the goals of Psychodynamic Theory**


Yi & Shorter-Gooden: Ethnic identity formation: From stage theory to a constructivist narrative approach. Psychotherapy, 36/Spring 1999/Number 1


**Class 3**
**Process and Content: Prejudice, identification, and difference**

Dialogues in Difference, Dialogue 1: The conundrum of race & Dialogue 2: Social Privilege, Disadvantage and Multiple Identities


Hamer, F. M. Racism as a Transference State: Episodes of Racial Hostility in the Psychoanalytic Context. Psychoanalytic Quarterly, 75,
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**Class 4**

**Therapist variables**


Altman: History repeats itself in transference-countertransference. Psychoanalytic Dialogues, 2004


**Class 5**

**Therapist-client relational variables (transference-countertransference)**


Dialogue 8: Defining Differences in Psychotherapy: Communication and Metacommunication


**Class 6**

**Application to Ethnic Minority Clients -1 African-American Clients**

Chapter presentations: Psychotherapy with African American Women
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Class 7
Application to Ethnic Minority Clients-2 Latino/Latina Clients

Dialogues in Difference: Dialogue #5: Toward a Contextual Understanding of the Latino Identity in Psychotherapy

Cultural Diversity and the Cultural and Epistemological Structure of Psychoanalysis Implications for Psychotherapy With Latinos and Other Minorities. Moncayo, Psychoanalytic Psychology, 1998.


Class 8
Application to Ethnic Minority Clients-3 Asian and Asian American Clients

Dialogues in Difference: Dialogue 6: Attitudes and Stereotypes in Psychotherapy With Asian Americans


Optional:
Class 9 & 10
Realities of Culture, Integration, Immigration & Displacement

Donald Moss: Repairing History: Reworking Transgenerational Trauma. in Hating in the first person plural.


Dialogue 7: Multiple Perspectives on the Middle Eastern Identity in Psychotherapy

Class 11
Application to Sexual orientations & gender


Class 12
Application to LGBT Clients-Therapeutic Considerations


McWiliams Therapy across the sexual orientation boundary: Reflections of a heterosexual female therapist on working with lesbian, gay, and bisexual patients. Gender and Psychoanalysis, 1996.
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**Class 13**
**Application to Social Class Concerns- Oppression & Privilege**


**Class 14**
**Religion and spirituality**


**Class 15**
**Conclusion: New directions in theory and practice**
