

Seattle Psychoanalytic Society and Institute
**DEVELOPMENT OF PSYCHOANALYTIC CASES:
EVALUATION FOR PSYCHOANALYSIS AND THE OPENING PHASE**
Year One Psychoanalytic Training

Instructors: Oscar H. Romero, MD and Margaret Crastnopol, PhD
First Trimester: September 7-November 16, 2018
Friday: 1:45-3:15pm

Welcome to this introductory class. Our goals in this class are to help you to:

- 1) understand qualities that distinguish psychoanalysis from psychotherapy both in theory and in practice
- 2) understand what constitutes *psychoanalytic* diagnosis in particular, and how to make optimal use of it
- 3) gain skill in determining what aspects contribute to recommending psychoanalytic treatment to a given individual, and which cases might be good beginning cases in psychoanalytic training
- 4) consider factors involved in converting treatment from psychotherapy to psychoanalysis
- 5) learn the foundations for the development of an analytic relationship early in treatment
- 6) begin to conceptualize a patient's "internal object relations" and "external object relations" as complementary aspects of the psyche that are the foci of analytic attention

We welcome your feedback as the class progresses.

Several reference books you may consider obtaining are:

- 1) *Psychoanalytic Diagnosis*, second edition, by Nancy McWilliams
- 2) *Psychoanalytic Terms and Concepts* by Burness E. Moore and Bernard D. Fine
- 3) *Psychodynamic Diagnostic Manual*, 2nd edition, by Lingiardi, McWilliams, and other authors

Week 1: September 7, 2018

Psychoanalysis and Psychotherapy: The Difference

Please read these articles with the following question in mind:

What characteristics distinguish psychoanalysis, psychoanalytic psychotherapy and supportive psychotherapy from one another? Think about theoretical and clinical applications of these differences.

- Gill, M.M. (1984). Psychoanalysis and Psychotherapy: A Revision. *Int. R. Psycho-Anal.*, 11:161-179. [Available on PEP Web.](#)
- Kernberg, O.F. (1999). Psychoanalysis, Psychoanalytic Psychotherapy and Supportive Psychotherapy: Contemporary Controversies. *IJP*, 80:1075-1091. [Available on PEP Web.](#)

- Busch, F. (2010). Distinguishing Psychoanalysis from Psychotherapy. *Int. J. Psycho-Anal.*, 91(1):23-34 [Available on PEP Web.](#)

Week 2: September 14, 2018

Psychoanalytic diagnosis

Please read the following with these questions in mind:

How does knowing the level of personality organization help the analyst to have a deeper understanding of the patient? In what way is the whole analysis an ongoing diagnostic process?

- McWilliams, N (2011). Psychoanalytic Character Diagnosis. Developmental Levels of Personality Organization, in *Psychoanalytic Diagnosis*, Second Edition. The Guilford Press, NY. Pp. 21-69. [Not available on PEP Web, will be provided](#)

Week 3: September 21, 2018

Assessment of patients for psychoanalysis and questions of analyzability

Please read these articles with the following questions in mind:

What is “analyzability,” how valid is it as a concept, and how can we tell if somebody is analyzable, or why somebody isn’t? Does it depend on the compatibility of the prospective patient and the analyst?

- Wilson, A. (1999). Analyzability Redux: From “Analyzable” to “Preparable for Analysis”. *Ann. Psychoanal.*, 26:127-141. [Available on PEP Web.](#)
- Rothstein, A (2006). Reflections on the Concept of “Analyzability”. *Psychoanal. Rev.*, 93(5): 827-833.) [Available on PEP Web.](#)
- Levine, H.B. (2010). Creating Analysts, Creating Analytic Patients . *Int. J. Psycho-Anal.*, 91(6):1385-1404. [Available on PEP Web.](#)

Week 4: September 28, 2018

Assessment of Analyzability and Diversity

Please read the following two articles with the following question in mind:

What factors can have an important influence in the capacity for a specific patient-analyst dyad to engage in an analytic process?

- Foster, R.P. (1993). The Social Politics of Psychoanalysis Commentary on Neil Altman's: “Psychoanalysis and the Urban Poor” . *Psychoanal. Dial.*, 3(1):69-83. [Available on PEP Web.](#)
- Moncayo, R. (1998). Cultural Diversity and the Cultural and Epistemological Structure of Psychoanalysis: Implications for Psychotherapy with Latinos and Other Minorities. *Psychoanal. Psychol.*, 15(2):262-286. [Available on PEP Web.](#)
- Leary, K. (2000). Racial Enactments in Dynamic Treatment. *Psychoanal. Dial.*, 10(4):639-653. [Available on PEP Web.](#)

Week 5: October 5, 2018 (midterm verbal evaluation)
Converting from psychotherapy to psychoanalysis

Please read these articles with the following question in mind:

Which ideas would likely be helpful in considering converting a psychotherapy patient of yours to analysis?

- Rothstein, A. (1994). A Perspective on Doing a Consultation and Making the Recommendation of Analysis to a Prospective Analysand. *Psychoanal Q.*, 63:680-695. [Available on PEP Web.](#)
- Bernstein, S.B. (2010). Treatment Preparatory to Psychoanalysis: A Reconsideration after Twenty-Five Years. *J. Amer. Psychoanal. Assn.*, 58(1):27-57. [Available on PEP Web.](#)

Optional reading:

- Stolorow R. (1990). Converting Psychotherapy to Psychoanalysis: A Critique of the Underlying Assumptions. *Psychoanal. Inq.*, 10(1):119-130. [Available on PEP Web.](#)

Week 6: October 12, 2018

Analytic Sensibility--trust, appreciation, empathic attitude, background of safety

Please read these articles with the following question in mind:

Considering that the analytic relationship is in constant development, what factors can you observe in yourself and intellectually learn that can facilitate your work with your analytic patient?

- Meissner, W.W. (1996). Empathy in the Therapeutic Alliance. *Psychoanal. Inq.*, 16(1):39-53. [Available on PEP Web.](#)
- Searles, H.F. (1977). The Analyst's Participant Observation as Influenced by the Patient's Transference. *Contemp. Psychoanal.*, 13:367-370. [Available on PEP Web](#)
- Schafer, R. (1979). The Appreciative Analytic Attitude and the Construction of Multiple Histories. *Psychoanal. Contemp. Thought*, 2(1):3-24. [Available on PEP Web.](#)
- Sandler, J. (1960). The Background of Safety. *Int. J. Psycho-Anal.*, 41:352-356. [Available on PEP Web.](#)

Optional reading:

- Mitchell, S.A. (1998). The Analyst's Knowledge and Authority. *Psychoanal. Q.*, 67(1):1-31. [Available on PEP Web.](#)

Week 7: October 19, 2018

The therapeutic action of psychoanalysis

Please read these articles with the following question in mind:

How does learning of the historical and developing ideas about the therapeutic action of psychoanalysis assist you in understanding the journey that you are about to start with your analytic patient?

- Strachey, J. (1969). The Nature of the Therapeutic Action of Psychoanalysis. Int. J. Psycho-Anal., 50:275-292. [Available on PEP Web.](#)
- Bromberg, P.M. (1996). Standing in the Spaces: The Multiplicity of Self and the Psychoanalytic Relationship. Contemp. Psychoanal., 32:509-535. [Available on PEP Web.](#)

Optional reading:

- Loewald, H.W. (1960). On the Therapeutic Action of Psycho-Analysis. Int. J. Psycho-Anal., 41:16-33. *(17 pages) [Available on PEP Web.](#)

Week 8: October 26, 2018

The analytic situation/ the treatment alliance/ opening phase

Please read these articles with the following questions in mind:

How can you establish the analytic relationship from the start?

How do you secure the frame (i.e., frequency of sessions, “the golden rule/free associations”, scheduling, fees, “intrusion” of health insurance, confidentiality and disclosure, use of the couch, cancellation policy) and present it to the patient “analytically”?

How can consultation assist you during this critical phase?

- Brenner, C. (1979). Working Alliance, Therapeutic Alliance, And Transference. J. Amer. Psychoanal. Assn., 27S(Supplement):137-157. [Available on PEP Web.](#)
- Deutsch, H. Roazen, P. (1989). Technique: The Therapeutic Alliance. Int. R. Psycho-Anal., 16:427-431. [Available on PEP Web.](#)
- Jacobs, T. (1999). Chapter 2: On Beginnings: The Concept of the Therapeutic Alliance and the Interplay of Transferences in the Opening Phase. The Therapeutic Alliance, 17-33. [Available on PEP Web.](#)

Week 9: November 2, 2018

Working with the internal object relations aspect of the psyche

Please read these articles with the following questions in mind:

What constitutes an internal object relationship in analysis? How does the theory help you to keep in mind the relational dynamics taking place in the internal world of your patients, to listen, and to formulate your comments and interactions with them?

- Sandler, J. Rosenblatt, B. (1962). The Concept of the Representational World. Psychoanal. St. Child, 17:128-145. [Available on PEP Web.](#)

- Greenspan, S.I. (1977). The Oedipal–Pre-Oedipal Dilemma: A Reformulation According to Object Relations Theory. *Int. Rev. Psycho-Anal.*, 4:381-391. [Available on PEP Web.](#)
- Ogden, T.H. (1983). The Concept of Internal Object Relations. *Int. J. Psycho-Anal.*, 64:227-241. [Available on PEP Web.](#)

Optional reading:

- Rosenfeld, H. (1983). Primitive Object Relations and Mechanisms. *Int. J. Psycho-Anal.*, 64:261-267. [Available on PEP Web.](#)

Week 10: November 9, 2018

Working with the relational/interpersonal aspects of the psyche (we could call it, “external object relations!”)

Please read these with the following questions in mind:

What do you think about the idea that the emotional connection between the patient and the analyst “constitutes the most vital curative factor” in analysis?

Do you understand the shifting from a predominant focus on the structures of the mind to a predominant focus on the analytic process and the ongoing construction of experience?

- Bromberg, P.M. (2008). Shrinking the Tsunami. *Contemp. Psychoanal.*, 44(3):329-350 [Available on PEP Web.](#)
- Stern, D.B. (2013). Relational Freedom and Therapeutic Action. *J. Amer. Psychoanal. Assn.*, 61(2):227-255. [Available on PEP Web.](#)

Week 11: November 16, 2018

Analysis of the transference/ countertransference

Please read these articles with the following questions in mind:

Why is it important to recognize and interpret the emerging transference?

What happens to the patient-analyst relationship when the transference is correctly interpreted?

Why is it important to recognize and use the understanding of the countertransference?

- Gill, M.M. (1979). The Analysis of The Transference. *J. Amer. Psychoanal. Assn.*, 27S(Supplement):263-288. [Available on PEP Web.](#)
- Hirsch, I. (1998). The Concept of Enactment and Theoretical Convergence. *Psychoanal. Q.*, 67(1):78-101. [Available on PEP Web.](#)

Optional reading:

- Bálint, A. Bálint, M. (1939). On Transference and Counter-Transference. *Int. J. Psycho-Anal.*, 20:223-230. [Available on PEP Web.](#)