

SPSI Adult Psychoanalytic Psychotherapy Program (APPP)
An Introduction to Object Relations Theory

Course Dates: Monday evenings 6:30-7:45 PM (November 19, 26; December 3, 10, 17, 2018; and January 7, 14, 28, 2019)

Course Instructor: Anna Delacroix, MA LMHC (annadelacroix50@gmail.com or 206.323.1836)

Course Text: *Object Relations Theory and Practice: An Introduction* (1996). Selected and Integrated by David E. Scharff (Rowman & Littlefield Publishers, Inc.). This book includes actual writings of the psychoanalytic authors we will be studying but in excerpted or abridged forms, with introductions and comments by Dr. Scharff. Chapters will be provided in PDF format for each week of the course. However, *only those papers and pages listed below are required reading; the rest are optional.*

Week 1: November 19 – The Origins of Object Relations Theory and Sigmund Freud (35 pages)

The Major Trends in Object Relations Theory and Practice (pp. 3-23 = 21 pages)

Sigmund Freud's *Three Essays on the Theory of Sexuality* (1905), *Mourning and Melancholia* (1917), and *The Ego and the Id* (1923) (pp. 26-39 = 14 pages)

Week 2: November 26 – W. Ronald D. Fairbairn (33 pages)

Schizoid Factors in the Personality (1940/1952) (pp. 43-49 = 7 pages)

Endopsychic Structure Considered in Terms of Object Relationships (1944) (pp. 64-77 = 14 pages)

The Nature and Aims of Psychoanalytic Treatment (1958) (pp. 98-109 = 12 pages)

Week 3: December 3 – Melanie Klein (48 pages)

The Psychoanalytic Play Technique: Its History and Significance (1955) (pp. 113-129 = 17 pages)

Some Theoretical Conclusions Regarding the Emotional Life of the Infant (1952) (pp. 130-135 = 6 pages)

Notes on Some Schizoid Mechanisms (1946) (pp. 136-155 = 20 pages)

The Origins of Transference (1913) (pp. 156-160 = 5 pages)

Week 4: December 10 – Klein's Theory Elaborated and some Kleinian Concepts defined (16 pages)

Susan Isaacs' *The Nature and Function of Phantasy* (1948) (pp. 320-331 = 12 pages)

Separate handout: The New Dictionary of Kleinian Thought (Spillius et al, 2011) (4 pages)

Also: mid-term verbal evaluations during class

Week 5: December 17 – Donald W. Winnicott (45 pages)

Primitive Emotional Development (1945) (pp. 179-186 = 8 pages)

Aggression in Relation to Emotional Development (1950) (pp. 194-196 = 3 pages)

Transitional Objects and Transitional Phenomena (1951) (pp. 197-210 = 14 pages)

Ego Distortion in Terms of True and False Self (1960) (pp. 236-247 = 12 pages)

The Use of an Object and Relating through Identifications (1969) (pp. 248-255 = 8 pages)

Week 6: January 7 – Wilfred R. Bion (30 pages)

Second Thoughts: "The Development of Schizophrenic Thought" (1956) and "Attacks on Linking" (1959) (pp. 289-302 = 14 pages)

Summary of *The Differentiation of the Psychotic from the Non-Psychotic Personalities* (1957) and *A Theory of Thinking* (1962) (pp. 303-305 = 3 pages)

Learning from Experience: "The K-Link" (1962) (pp. 306-308 = 3 pages)

Attention and Interpretation (1970): "Reality Sensuous and Psychic," "Opacity of Memory and Desire," "Container and Contained Transformed," "Prelude to or Substitute of Achievement" (pp. 309-318 = 10 pages)

Week 7: January 14 – Transference and Countertransference (26 pages)

Paula Heimann's *On Countertransference* (1949) (pp. 393-399 = 7 pages)

Heinrich Racker's *The Meanings and Uses of Countertransference* (1957) (pp. 400-405 = 6 pages)

Joseph Sandler's *Countertransference and Role-Responsiveness* (1976) (pp. 406-411 = 6 pages)

Betty Joseph's *Transference: The Total Situation* (1985) (pp. 412-418 = 7 pages)

No class: January 21 – Martin Luther King Jr. Holiday

Week 8: January 28 – A Review of Internal Object Relations (14 pages)

PEP-Web article: Thomas Ogden's *The Concept of Internal Object Relations* (1983), *International Journal of Psycho-Analysis*, 64 (pp. 227-241 = 14 pages)