

Seattle Psychoanalytic Society and Institute
THE ORIGINS OF PSYCHOANALYSIS AND FREUD'S LEGACY (INCLUDING EVOLVING ETHICS OF PSYCHOANALYSIS)

Year One Psychoanalytic Training

Instructors: Chris Keats, M.D., Don Schimmel, Ph.D. and Guest Instructor, Tony Hacker, Ph.D.

2016-17: September 9, 2016 through January 13, 2017 (13 weeks), 3:30 to 5:00 pm

Welcome to our course on The Origins of Psychoanalysis and Freud's Legacy. Our objective with this course is to assist you in appreciating the foundations of psychoanalysis, i.e., how psychoanalysis began and how it has evolved. During this seminar we will also make reference to, and encourage discussion of, how the theory and practice of contemporary psychoanalysis has changed since Freud. The course readings are divided between a biography of Freud and his original writings. We have selected chapters for you to read from Peter Gay's classic book, *Freud: A life for Our Time*. And, to compliment these biographical chapters, we have included many of Freud's original writings from *The Freud Reader* edited by Peter Gay.

COURSE OBJECTIVES

1. You will learn the central tenants of psychoanalysis as originally conceived by Freud.
2. You will learn how Freud's theories evolved, and, at times, were altered. For example, you will learn about Freud's original topographic model of the mind and how it evolved into the structural model. You will also learn how Freud's theories of anxiety radically changed.
3. You will learn how Freud viewed repression, narcissism, mourning and the role of sexuality and aggression. You will also learn about Freud's dream theory and how it compares and contrasts with contemporary theories of dreams.
4. You will become familiar with some of Freud's original cases studies, such as Anna O.
5. You will become familiar with Freud's theory of neutrality and abstinence and how these theories are viewed by contemporary analysts.

The texts are:

1. *A Life for Our Time*, a biography of Sigmund Freud by Peter Gay, W.W. Norton & Co., Inc.; originally published in 1988.
2. *The Freud Reader* edited by Peter Gay, W.W. Norton, Inc., 1989.

INTRODUCTION

Week 1 September 9, 2016

A Life for Our Time: Forward, preface, and Chapter 1, pp. xv-xx; 3-54.

Seminar objectives:

- a) Begin the study of the origins and meaning of psychoanalysis.
- b) Place Freud in his temporal and geographic surroundings.
- c) Learn about Freud's early life and family and the possible impact of his childhood and youth on the development of psychoanalysis.

Week 2 September 16, 2016

A Life for Our Time: Chapter 2, pp. 55-102.

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Seminar objectives:

- a) Become familiar with Freud and Breuer's famous cases, including Anna O., Emmy von N, Elizabeth von R.
- b) Understand the Constancy Principle.
- c) Learn about the Cathartic Method and how that evolved into Free Association.
- d) Learn about Freud's relationship with Fliess and his famous Irma Dream.
- e) Become familiar with Freud's "Project for a Scientific Psychology."

FREUD ON DREAMS

Week 3 September 23, 2016

A Life for Our Time: Chapter 3, pp. 103-149.

Seminar objectives:

- a) Become familiar with Freud's landmark book: "*The Interpretations of Dreams*."
- b) Understand the four principle dreamwork mechanisms.
- c) Become familiar with concepts such as primary and secondary process.
- d) Learn about the "Wednesday Psychological Society."

FREUD ON DREAMS-Continued

Week 4 September 30, 2016

The Freud Reader: On Dreams, pp. 142-172.

Seminar objectives:

- a) Become familiar with how Freud applied free association to the interpretation of dreams.
- b) Discuss Freud's assertion that dreams represent "wishes as fulfilled," and that dream fragments can always be traced back to repressed sexual wishes.
- c) Understand the concept of compromise formation in dream work.
- d) Understand what Freud meant when he said that dreams are the "guardians of sleep."

FREUD ON TECHNIQUE EARLY AND LATER

Week 5 October 7, 2016

The Freud Reader: Anna O., pp. 60-78.

The Freud Reader: Recommendations to Physicians Practicing Psycho-Analysis and On Beginning Treatment, pp. 356-378.

Seminar objectives:

- a) Become familiar with Josef Breuer's account of Anna O and how it served as a precursor to the psychoanalytic method.
- b) Understand Freud's 'fundamental rule' of psychoanalysis.
- c) Become familiar with Freud's view of the role of the psychoanalyst and his recommendations for how to begin treatment, e.g. Freud's recommendation regarding suggestion, fees, transference and resistance.

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FREUD ON NARCISSISM, INSTINCTS, REPRESSION, MOURNING AND THE UNCONSCIOUS

Week 6 October 14, 2016

The Freud Reader: On Narcissism, pp. 545-562.

The Freud Reader: Instincts and Their Vicissitudes, Repression, The Unconscious, Mourning and Melancholia, pp. 562-589.

Seminar objectives:

- a) Understand Freud's view of narcissism.
- b) Become familiar with Freud's concept of instincts.
- c) Understand Freud's view on melancholia and how it differed from mourning.
- d) Become familiar with terms such as repression, object-cathexis, anticathexis, auto-eroticism, ego-libido, object libido and ego instinct.
- e) Become familiar with Freud's metapsychology.
- f) Understand Freud's use of the term "repression" and "defense."
- g) Become familiar with Freud's phases of repression.

MORE OF FREUD'S CLASSIC CASE STUDIES

Week 7 October 21, 2016

A Life for Our Time: Chapter 6, pp. 244-292.

Seminar objective:

- a) Become familiar with more of Freud's classic case studies, e.g. Dora and Little Hans.

FREUD ON CULTURE AND SOCIETY

Week 8 October 28, 2016

A Life for Our Time: Chapter 7, pp. 306-360.

Seminar objective:

- a) Become familiar with how Freud applied psychoanalytic concepts to the foundations of culture and society. Special focus will be on Freud's "*Totem and Taboo*" and Freud's "Oedipal Complex."

FREUD ON AGGRESSION

Week 9 November 4, 2016

A Life for Our Time: Chapter 8, pp. 361-416.

Seminar objectives:

- a) Become familiar with how Freud's psychological theories differ than his metapsychological theories. Review what Freud means by "drive."
- b) Learn about Freud's theory of "*Beyond the Pleasure Principle*."

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FREUD AND THE STRUCTURAL MODEL

Week 10 November 11, 2016

The Freud Reader: The Ego and the Id, pp. 628-658.

Seminar objective:

- a) Become familiar with Freud's landmark study of the "*Ego and the Id*."

REVIEW

Week 11 November 18, 2016

The Freud Reader: An Autobiographical Study, pp.3-41.

Seminar objective:

- a) Review of the course to date.

Supplemental to this seminar with Guest Instructor: Tony Hacker, Ph.D.

FREUD ON SEXUALITY

Week 12 January 6, 2017

The Freud Reader: Three Essays on the Theory of Sexuality, pp. 239-270.

Seminar objectives:

- a) Understand the differences among positive, negative and erotic transferences.
- b) Become familiar with Freud's ideas about how transference love should be handled. Discuss this in the context of contemporary practice and ethics.
- c) Become familiar with Freud's landmark book, "*Three Essays of the Theory of Childhood Sexuality*." For example, learn about Freud's view of bisexuality and homosexuality, pathology, love and authority, sadism and masochism, and shame and disgust.

Week 13 January 13, 2017

Continuation of Week 12 - *The Freud Reader*: pp. 270-300.

Seminar objectives:

- a) Learn what does Freud said about the potential consequences when children witness sexual intercourse between adults?
- b) Become familiar with Freud's concept of "pregenital" sexual development, e.g. what he said about oral/cannibalistic and anal-sadistic organization.
- c) Understand the relationship between 'incorporation' and 'identification.'
- d) Learn what Freud said about the anal character.
- e) Understand how Freud differentiated between object-libido and ego/narcissistic-libido.
- f) Understand what Freud meant by "the family romance."