

Seattle Psychoanalytic Society and Institute
FACILITATING PSYCHOANALYSIS: OPENING PHASE AND CASE WRITING FORMULATION
Year One Psychoanalytic Training
Instructors: Catherine Henderson, Ph.D. and Lisa Kahan, Ph.D.
First Trimester 2016-17: September 9, 2016 – November 18, 2016

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

- 1) understand qualities which distinguish psychotherapy from psychoanalysis both in theory (e.g. focus on transference, number of sessions per week) and in practice (e.g. the feeling of being held, a growing awareness of one's vulnerabilities and strengths);
- 2) gain skill in determining which cases might be good beginning cases in psychoanalytic training;
- 3) and, experience success in conveying in writing your thinking about clinical material.

In order to achieve our objectives, we will read, listen to case material and practice writing each week. This early, in-training opportunity to write will provide the background for later case write-ups. We welcome your feedback as the class progresses.

Catherine Henderson and Lisa Kahan

****Please have a copy and be familiar with the Psychodynamic Diagnostic Manual (PDM) 2006****

Week 1: September 9, 2016

Psychoanalysis and Psychotherapy: The Difference

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

What characteristics distinguish psychoanalysis, psychoanalytic psychotherapy and supportive psychotherapy from one another?

1. Kernberg, Otto (1999) "Psychoanalysis, Psychoanalytic Psychotherapy and Supportive Psychotherapy" *IJP*, 80:1075-1091. **Available on PEP Web.**
2. Rangell, Leo (1981) "Psychoanalysis and Dynamic Psychotherapy: Similarities and Differences 25 Years Later" *Psychoanalytic Quarterly*, 50:665-693. **Available on PEP Web.**

If you would like additional reading on this subject:

1. Gill, Merton (1984) "Psychoanalysis and Psychotherapy: A Revision" *International Review of Psychoanalysis*, 11:161-179. **Available on PEP Web.**
2. Allison, George (1994) "On the Homogenization of Psychoanalysis and Psychoanalytic Psychotherapy: A Review of Some of the Issues" *JAPA*, 42:341-362. **Available on PEP Web.**

Week 2: September 16, 2016

Assessment of Analyzability

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

How do we know if someone is analyzable? Is an individual analyzable by one analyst and not another? How might a case be a good psychoanalytic case but not a good training case?

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1. Waldhorn, H. (1960) "Assessment of Analyzability: Technical and Theoretical Observations" *Psychoanalytic Quarterly*, 29:478- 506. **Available on PEP Web.**
2. Erle, J. and Goldberg, D. (1979) "Problems in the Assessment of Analyzability" *Psychoanalytic Quarterly*, 48:48-84. **Available on PEP Web.**

Week 3: September 23, 2016

Metapsychological assessment of the adult personality

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

How might we use the assessment information to determine treatment focus?

1. Freud, A., Nagera, H. and Freud, W.E. (1965) "Metapsychological Assessment of the Adult Personality - The Adult Profile" *Psychoanalytic Study of the Child*, 20:9-41. **Available on PEP Web.**
2. Committee on Peer Review-American Psychiatric Association (1981) "Manual of psychiatric peer review" American Psychiatric Association 1700 18th St. N.W., Washington, D.C. Please complete the form for one adult in your practice. **NOT available on PEP Web, will be provided.**

Week 4: September 30, 2016

Developmental view of therapeutic action

Please read the following article. Question: *Exactly what changes when treatment works?*

1. Fonagy, P., Moran, G., Kennedy, H. and Target, M. (1993) "The Roles of Mental Representations and Mental Processes in Therapeutic Action" *Psychoanalytic Study of the Child*, 48:9-48. **Available on PEP Web.**

Week 5: October 7, 2016

Psychoanalytic Diagnosis

Please read the following article. Question: *How does knowing the level of personality organization help the analyst? (Think of an example from a case of yours where you chose from possible interpretations or observations based on the patient's developmental level.)*

1. McWilliams, Nancy (1994) "Developmental levels of personality organization" in *Psychoanalytic diagnosis: Understanding personality structure in the clinical process.* NY: Guilford Press. pp. 40-95. **NOT available on PEP Web, will be provided.**

Week 6: October 14, 2016

Widening the scope of indications for psychoanalytic treatment preparatory to analysis and making the recommendations for psychoanalysis

Please read the following two articles. Question: *Which ideas do you find helpful in considering converting a psychotherapy patient of yours to analysis?*

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1. Stolorow, R. (1990) "Converting Psychotherapy to Psychoanalysis: A Critique of the Underlying Assumptions" *Psychoanalytic Inquiry*, 10:119-130. **Available on PEP Web.**
2. Gill, M. M. (1988) "Converting Psychotherapy Into Psychoanalysis" *Contemporary Psychoanalysis*, 24:262-274. **Available on PEP Web.**

If you would like additional reading on this subject:

1. Bernstein, S, (1963) "Treatment Preparatory to Psychoanalysis" *JAPA*, 31:363-390. **Available on PEP Web.**
2. Schlessinger, N, (1990) "A Developmental View of Converting Psychotherapy to Psychoanalysis" *Psychoanalytic Inquiry*, 10:67-87. **Available on PEP Web.**

Week 7: October 21, 2016

Making the recommendation for analysis and the nature of therapeutic action of psychoanalysis

Please read the following three articles. Question: *How do you understand the use of defense analysis in making and following up on the recommendation for psychoanalytic treatment?*

1. Loewald, H. (1960) "On the Therapeutic Action of Psychoanalysis" *IJP*, 41:16-33. **Available on PEP Web.**
2. Strachey, J. (1934) "The Nature of the Therapeutic Action in Psychoanalysis" *IJP*, 15:127-159. **Available on PEP Web.**
3. Gray, P. (1990) "The Nature of Therapeutic Action in Psychoanalysis" *JAPA*, 38:1083-1096. **Available on PEP Web.**

If you would like additional reading on this subject:

1. Rothstein, A. (1994) "A Perspective on Doing a Consultation and Making the Recommendation of Analysis to a Prospective Analysand" *Psychoanalytic Quarterly*, 63:680-695. **Available on PEP Web.**
2. Copper, A. (1988) "Our Changing Views of the Therapeutic Action of Psychoanalysis: Comparing Strachey and Loewald" *Psychoanalytic Quarterly*, 57:15-27. **Available on PEP Web.**

Week 8: October 28, 2016

The analytic situation/ the treatment alliance/ opening phase and background of safety

Please read three articles. Question: *What types of concerns do patients have who are new to psychoanalysis?*

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1. Sandler, J., Dare, C. and Holder, A. (1973) "The Analytic Situation" and "The Treatment Alliance" in *The Patient and the Analyst: The Basis of the Psychoanalytic Process*. IUP, 13-23; 23-36. **NOT available on PEP Web, will be provided.**
2. Brenner, C. (1979) "Working Alliance, Therapeutic Alliance and Transference" *JAPA*, 27(S):137-157. **Available on PEP Web.**
3. Sandler, J. (1960) "The Background of Safety" *IJP*, 41:352-354. **Available on PEP Web.**

If you would like additional information on this subject:

1. Lichtenberg, J. and Auchincloss, E. (1989) "The Opening Phase of Psychoanalysis" *JAPA*, 37:199-214. **Available on PEP Web.**

Week 9: November 4, 2016

Analysis of the transference

Please read two articles. Question: *Why is it important to recognize and interpret the emerging transference? What happens to the patient-analyst relationship when transference is interpreted?*

1. Gill, M. (1979) "The Analysis of the Transference" *JAPA*, 27(S):263-288. **Available on PEP Web.**
2. Sandler, J., Dare, C. and Holder, A. (1973) "Transference and Further Transference" in *The Patient and the Analyst: The Basis of the Psychoanalytic Process*. IUP, 37-60; 61-79. **NOT available on PEP Web, will be provided.**

If you would like additional information on this subject:

1. Sandler, J., Holder, A., Kawenoka, M., Kennedy, H.E. and Neurath, L. (1969) "Notes on Some Theoretical and Clinical Aspects of Transference" *IJP*, 50:633-645. **Available on PEP Web.**

Week 10: November 11, 2016

Concept of the representational world and internal object relations

Please read the following two articles. Question: *These ideas are important to understand as we begin to take in our patients' internal worlds. Consider the interior world of a patient of yours and how your understanding of that person's world has changed over time. Also, in non-analytic terms, what is an object relationship?*

1. Sandler J. and Rosenblatt, B. (1962) "The Concept of the Representational World" *Psychoanalytic Study of the Child*, 17:128-145. **Available on PEP Web.**
2. Sandler, J. and Sandler, A.M. (1998) "Comments on the Psychodynamics of Interaction" and "A Theory of Internal Object Relations" in *Internal Objects Revisited*, IUP, 113-120; 121-140. **NOT available on PEP Web, will be provided.**

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Week 11: November 18, 2016

Fantasy, defense and the representational world; Guilt and Internal object relations

Please read the following three articles. Question: *Consider how you might understand/interpret a patient's material differently if you were to conceptualize it as based on fantasy in addition to reality rather than on reality alone.*

1. Sandler, J. (1994) "Fantasy, Defense and the Representational World" *Infant Mental Health Journal* Vol. 15, No. 1, Spring, 1994. **NOT available on PEP Web, will be provided.**
2. Sandler, J. (1989) "Guilt and Internal Object Relationships" *Bulletin of the Anna Freud Centre*, 12:297-307. **Available on PEP Web.**
3. Fonagy, P (2001) "The Development of Psychopathology from Infancy to Adulthood: The Mysterious Unfolding of Disturbance in Time" *Infant Mental Health Journal* Vol. 24(3), 212-239. 2003 **NOT available on PEP Web, will be provided.**