

SPSI Integrated Child and Adult Psychoanalytic Psychotherapy Program (iCAPP)  
An Introduction to Object Relations Theory  
2020- 2021  
Updated 11/30/20

Dates: Monday evenings 6:30-7:45 PM  
2020 - November 16, 23, 30, December 7, 14, 21. 2021 January 4, 11

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Welcome! We are excited to learn together about the expansion of psychoanalytic thought after Freud. We'll move from the Freudian movement, across the sea to London, where Melanie Klein articulated her theoretical expansion on Freud, and applied the method to children. She brings us directly into the primitive elements of the psyche. The battles between the Anna Freudians and the Melanie Kleinians, "controversial discussions," yielded a "Middle School" – Winnicott, Bowlby, Sharp, and Mahler. The middle school was the roots for Bowlby's followers, Ainsworth and Main, and the origins of attachment theory. We'll move into more contemporary object relations theory with Bion, Meltzer, and Ogden. We are eager to work as a strong learning community as we all navigate the ups and downs of Zoom education, so please speak up! Tell us how it is for you, what you want more or less of, and how we can facilitate learning in this strange historical time. All readings are on PEP- Web, except for Hanna Segal on Nov 30.

Learning objectives:

1. Participants will define the key concepts of object relations theory: splitting, good/bad objects, paranoid-schizoid and depressive positions, projective identification, holding, container/contained, false self vs true self, good enough mother/father/caregiver, transitional object, transitional phenomenon.
2. Participants will identify transference - countertransference dynamics in their clinical practice, including the projective identification process in the therapeutic dyad.
3. Participants will demonstrate their capacity to use their countertransference experiences as a means to deeper understanding of their patient.

Week 1: November 16 – Overview and emergence of object relations theory

We start with an overview of the path we'll be taking as Freud's thinking expanded and flourished into the approach called "object relations theory." Eigen takes a hopeful poetic tone for an overview.

**Meltzer, D.** (1981). The Kleinian Expansion of Freud's Metapsychology. *Int. J. Psycho-Anal.*, 62:177-185

**Eigen, M.** (2008). Primary Aloneness. *Psychoanal. Persp.*, 5(2):63-68

Week 2: November 23 – Freud's Vienna

We're taking a brief historical detour to Freud's original writings so that you gain a sense of his voice, his common sense tone, and his grappling with his own ideas. Please read the \*First Lecture – imagine that you are indeed in the audience of his first talk in the USA. The next 4 Freud samplings will be assigned to groups for discussion before our next class and then we'll come together to review them during class.

**\*Freud, S.** (1910). Five Lectures on Psycho-analysis. *The Standard Edition of the Complete Psychological Works of Sigmund Freud, Volume XI (1910): Five Lectures on Psycho-Analysis, Leonardo da Vinci and Other Works*, 1-56  
(Lectures presented in the “New World” when Freud visited the USA, Clark University.)

**Freud, S.** (1910). The Psycho-Analytic View of Psychogenic Disturbance of Vision. *The Standard Edition of the Complete Psychological Works of Sigmund Freud, Volume XI (1910): Five Lectures on Psycho-Analysis, Leonardo da Vinci and Other Works*, 209-218

**Freud, S.** (1912). Recommendations to Physicians Practicing Psycho-Analysis. *The Standard Edition of the Complete Psychological Works of Sigmund Freud, Volume XII (1911-1913): The Case of Schreber, Papers on Technique and Other Works*, 109-120

**Freud, S.** (1913). On Beginning the Treatment<sup>1</sup> (Further Recommendations on the Technique of Psycho-Analysis I). *The Standard Edition of the Complete Psychological Works of Sigmund Freud, Volume XII (1911-1913): The Case of Schreber, Papers on Technique and Other Works*, 121-144

**Freud, S.** (1914). Remembering, Repeating and Working-Through (Further Recommendations on the Technique of Psycho-Analysis II). *The Standard Edition of the Complete Psychological Works of Sigmund Freud, Volume XII (1911-1913): The Case of Schreber, Papers on Technique and Other Works*, 145-156

Week 3: November 30 – Freudian Foundations

[Mitchell, S.A. and Black, M.J., Freud and Beyond: A History of Modern Psychoanalytic Thought, 2nd Edition, Ch1, “Sigmund Freud and the Classical Psychoanalytic Tradition”. Basic Books, New York, 2016.](#)

**Freud, S.** (1912). Recommendations to Physicians Practicing Psycho-Analysis. *The Standard Edition of the Complete Psychological Works of Sigmund Freud, Volume XII (1911-1913): The Case of Schreber, Papers on Technique and Other Works*, 109-120

**Optional:**

**Freud, S.** (1925). An Autobiographical Study. *The Standard Edition of the Complete Psychological Works of Sigmund Freud, Volume XX (1925-1926): An Autobiographical Study, Inhibitions, Symptoms and Anxiety, The Question of Lay Analysis and Other Works*, 1-74

Week 4: December 7 – Melanie Klein

**Bion, W.R., Rosenfeld, H. and Segal, H.** (1961). Melanie Klein. *Int. J. Psycho-Anal.*, 42:4-8

**Segal, H.** (1973). “The Paranoid-Schizoid Position” and “The Depressive Position” in Introduction to the Work of Melanie Klein. London: Hogarth Press. pp. 24-38 and 67-81.  
Article provided

This is a good summary of the concept of developmental “positions” according to the Kleinian theory. Segal was one of the major early followers of Klein.

Week 5: December 14 - Melanie Klein – *Phantasy, Schizoid*

**Isaacs, S.** (1948). The Nature and Function of Phantasy<sup>1</sup>. *Int. J. Psycho-Anal.*, 29:73-97

**Optional: Klein, M.** (1946). Notes on Some Schizoid Mechanisms<sup>1</sup>. *Int. J. Psycho-Anal.*, 27:99-110

Both are classic articles, one an easier read of a “Kleinian” by one of her followers, Susan Isaacs, and Mrs. Klein herself, in her most cited article.

Week 6: December 21 – Donald W. Winnicott, “Independent School”, and Attachment Theory – *Holding environment, good enough mother, transitional object, true self/false self*

**Winnicott, D.W.** (1960). The Theory of the Parent-Infant Relationship. *Int. J. Psycho-Anal.*, 41:585-595

**Winnicott, D.W.** (1958). The Capacity to be Alone<sup>1</sup>. *Int. J. Psycho-Anal.*, 39:416-420

**Winnicott, D.W.** (1969). The Use of an Object. *Int. J. Psycho-Anal.*, 50:711-716

Winnicott emerges from the “Controversial Discussions” as the middle way between Mrs. Klein and Miss Freud. As a pediatrician by training, he is known for his down to earth, pragmatic, and kind approach to children and their parents. He had a BBC radio show and spoke in common language to teachers, juvenile reformers, parents, public health providers, and others invested in families.

Week 7: January 4 – Wilfred R. Bion – *theory of thinking, alpha/beta elements*

**Bion, W.R.** (1962). The Psycho-Analytic Study of Thinking. *Int. J. Psycho-Anal.*, 43:306-310

**Segal, H.** (1985). Chapter 3: The Klein—Bion Model. *Models of the Mind: Their Relationships to Clinical Work*, 35-47

**Optional: Bion Talamo, P.** (1997). Bion: A Freudian Innovator. *Brit. J. Psychother.*, 14(1):47-59

Bion is often referenced as a major theoretician after Freud. He aims to articulate a metapsychology, taking on the whole picture of the mental process of thinking. Segal provides a clinical application of the Kleinian-Bionian model of the mind.

Week 8: January 11 – Projective identification and the Transference

**Ogden, T.** (1979) On Projective Identification. *IJP*, 60:357-373.

**Joseph, B.** (1986) Transference: The Total Situation. *IJP*, 66:447-454.

This is an optional reading, an excellent summary of object relations theory: **Ogden, T.H.** (1983). The Concept of Internal Object Relations. *Int. J. Psycho-Anal.*, 64:227-241.