

## Psychoanalytic Center of the Carolinas

### Psychoanalytic Models of the Mind, Part II

Spring 2018

#### Instructors:

Christine Erskine, LCSW: 202-213-9095, cerskine@mindspring.com

Peter Perault, MD: 919-490-5614, dr.peter.perault@gmail.com

Time: Tuesday, 7:10 pm – 8:40 pm

Dates: January 23 - May 8, 2018 (sixteen weeks)

Location: Center for Psychological & Family Services, Chapel Hill

#### Course Description:

Psychoanalytic Models of the Mind is a two-part course that provides an introduction to the major phases in the development of psychoanalytic theory from its origins in the latter part of the 19<sup>th</sup> century to the present. **Part II** is a 16-week course that will begin with a review and deepening of understanding of Object Relations theories (Klein, Fairbairn, Winnicott), and continue into an examination of Self Psychology (Kohut, Wolf), both of which contributed greatly to the paradigm shift in American psychoanalysis referred to as “The Relational Turn.” We will then explore the ways in which infant observation studies, attachment theory, trauma studies, and Fonagy’s ideas about “mentalization” have spurred the evolution of what is currently a true “Dynamic Systems” (Beebe and Lachmann, Brandchaft) or “Complexity” understanding of psychic functioning and treatment.

#### Learning Objectives:

1. Describe how followers of Klein, Fairbairn, and Winnicott presented new understandings of the way that relations with others shape shape the human mind.
2. Explain why Kohut’s Self Psychology was felt as a revolutionary development in psychoanalytic theory.
3. Share with the group, in the form of a graphic, how the study of relational psychoanalysis and intersubjectivity effect your mental image of the human mind in psychoanalysis.
4. Describe the impact on traditional psychoanalysis of our increased understanding of trauma in the twentieth century, and how the treatment of trauma is different from your prior understanding of psychoanalytic treatment.

#### Class Texts:

Students are not required to buy a text for this course, but the following two texts for the 2017 Models of the Mind I course could be helpful. Assigned readings will be either available in PEP-Web or provided electronically.

1. Auchincloss, Elizabeth. (2015). *The Psychoanalytic Model of the Mind*. Washington D.C.: American Psychiatric Publishing.
2. Greenberg, J. and Mitchell, S. (1983). *Object Relations in Psychoanalytic Theory*. Cambridge: Harvard University Press.

## **Class Schedule:**

### **Class One: Introduction and Melanie Klein -- (Jan. 23, 2018)**

- Auchincloss Chapter 4, and additional charts (copy to be provided)
- Mitchell and Black, Chapter 4, "Melanie Klein and Contemporary Kleinian Theory," p. 85-111. (copy to be provided)

### **Class Two: Further Developments in Kleinian Theory -- (Jan. 30, 2018)**

- Ogden, T. (1988) On the Dialectical Structure of Experience – Some Clinical and Theoretical Implications. *Contemporary Psychoanalysis* 24:17-45 [Also available as Chapt. Two in Ogden (1989) *The Primitive Edge of Experience*.]

### **Class Three: Fairbairn -- (Feb. 6, 2018)**

- Mitchell and Black, Chapter 5, "The British Object Relations School: WRD Fairbairn and DW Winnicott," p. 112-123 (half of the chapter) (copy to be provided).
- Ogden, T. (2010) Why Read Fairbairn? *IJP* 91(1): 101-118.

### **Class Four: Winnicott -- (Feb. 13, 2018)**

- Mitchell and Black, Chapter 5, "The British Object Relations School: WRD Fairbairn and DW Winnicott," p. 124-138 (other half of the chapter) (copy to be provided).
- Davis, M. and Wallbridge, D. (1991) "Primary Maternal Preoccupation." In: Boundary and Space: An Introduction to the Work of DW Winnicott. Karnac Books. (copy to be provided)

### **Class Five: Self Psychology – (Feb. 20, 2018)**

- Kohut, H. (1966) "Forms and Transformations of Narcissism." *JAPA* 14: 243-272.
- Kohut, H, and Wolf, E.S. (1978) "The Disorders of the Self and their Treatment: An Outline." *IJP* 59: 413-425.

### **Class Six: Self Psychology – (Feb. 27, 2018)**

- Kohut, H. (1984) "The Role of empathy in psychoanalytic cure." Chapt. 9 in *How Does Analysis Cure?* London: Univ. Chicago Press. (Copy to be provided.)
- Lichtenberg, J.D. (1981) "The empathic mode of perception and alternative vantage points for psychoanalytic work." *Ps. Inquiry*, 1:329.

### **Class Seven: Self Psychology -- (Mar. 6, 2018)**

- Wolf, E.S. (1988) *Treating the Self: Elements of Clinical Self Psychology*. New York: Guildford Press, pp. 94-145. (Copy to be provided.)
- Newman, K. (2007) "Therapeutic Action in Self Psychology." *Ps. Q.* 76S: 1513-1546.

### **Class Eight: The "Relational Turn" – (Mar. 13, 2018)**

- Mitchell, S. (1991) "Editorial Philosophy," *Psychoanalytic Dialogues* 1(1), p.1-7.
- Hoffman, I. (1994) "Dialectical Thinking and Therapeutic Action in the Psychoanalytic Process," *Psychoanalytic Quarterly* 63: 187-218.

### **Class Nine: Relational/Intersubjective Psychoanalysis – (Mar. 20, 2018)**

- Greenberg, J. (2001) "The Analyst's Participation: A New Look," *JAPA* 49(2):359-381.
- Ogden, T. (1994) "On Becoming a Subject," In: *Subjects of Analysis* (Aronson), p.1-11 (copy to be provided)

- Ogden, T. (1994) “The Analytic Third: Working with Intersubjective Clinical Facts,” *IJP* 75:3-20.

**Class Ten: Relational/Intersubjective Psychoanalysis – (Mar. 27, 2018)**

- Aron, L. (2006) “Analytic Impasse and the Third: Clinical Implications of Intersubjectivity Theory,” *IJP* 87(2) 349-368.
- Brandchaft, B. (1988) “A Case of Intractable Depression,” *Progress in Self Psychology* 4:133-154.

**Class Eleven: Attachment Theory and Mentalization – (Apr. 3, 2018)**

- Slade, A. (2008) “The Implications of Attachment Theory and Research for Adult Psychotherapy: Research and Clinical Perspectives,” In: *The Handbook of Attachment: Theory, Research and Clinical Applications*. (Second Edition, 2008), p. 762-782. (copy to be provided)
- (Supplemental Reading) Karen, R. (1990) “Becoming Attached.” *The Atlantic Monthly*, 1990/2. (PDF Copy Provided) (Note: This article, in “laymen’s language,” fills in some historical and biographical information that you may enjoy reading at least bits of, to supplement the Slade article. A copy will be provided.)

**Class Twelve: Attachment Theory/Mentalization – (Apr. 10, 2018)**

- Fonagy, P. (2008). “Attachment, Trauma, and Psychoanalysis: Where Psychoanalysis Meets Neuroscience,” In: *Mind to Mind: Infant Research, Neuroscience, and Psychoanalysis*, Ed. Jurist, E., A. Slade, and S. Bergner. P.15-49. (copy to be provided)

**Class Thirteen: Attachment – (Apr. 17, 2018)**

- Beebe, B., and Lachmann, F. (2014) *The Origins of Attachment: Infant Research and Adult Treatment*. NY and London: Routledge. Chapter One: “The Origins of Relatedness: Film Illustrations,” pp. 3-23; Chapter Two: “The Organization of Relational Experience in Early Infancy,” p. 24-39. (Copy to be provided.)
- YouTube Videos: Strange Situation (Ainsworth); Sill Face (Tronick) (Links will be provided.)

**Class Fourteen: Trauma in Psychoanalytic Theory – (Apr. 24, 2018)**

- Bohleber, W. (2010) “Introduction” to *Destructiveness, Intersubjectivity, and Trauma: The Identity Crisis of Modern Psychoanalysis*. Karnac, p. xv-xxiv. (copy to be provided)
- Fonagy, P. (2010) “Foreword” to Bohleber’s book, above. P.xi-iii. (copy to be provided)
- Bohleber, W. (2007) “Remembrance, Trauma, and Collective Memory: The Battle for Memory in Psychoanalysis,” *IJP* 88: 329-352.
- (Supplemental Reading) Krystal, H. (1991). “Integration and Self-Healing in Post-Traumatic States: A Ten Year Retrospective.” *American Imago*, **48**: 93-118. [25]

**Class Fifteen: Towards Wholeness of Mind and Self – (May 1, 2018)**

- Busch, F. (2009) “On Creating a Psychoanalytic Mind: Psychoanalytic Knowledge as a Process,” *Scandinavian Psychoanalytic Review* 32: 85-92.
- (TBA)

**Class Sixteen: Recapitulation – (May 8, 2018)**