

PECC

SPRING 2017

COURSE: On Ending Treatment: Clinical and Conceptual Considerations

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The word “termination” ill-fits the various aspects of concluding psychoanalytic treatment. It derives from Freud’s early and scant considerations of the conclusion of psychoanalytic work. In fact, some treatments do end abruptly, unilaterally, and/or with intense affective aspects and/or with results that fall short of the treatment goals. Still, the word “termination” is an unsatisfying shortcut for these possibilities and for the more optimal ones that are often achieved. This course will consider the history of “termination” in terms of older, classical views, including but not limited to Freud’s. More contemporary Freudian and relational/interpersonal points of view will also be reviewed. The course will also consider points of view about who decides the ending (patient; analyst; joint and enacted). The process work involved in various kinds of analytic endings (planned and mutual; impasses) will be covered in this course, including clinical manifestations of analytic progress, the challenges in such work, and inevitable incompleteness of such work. Some specific clinical issues that may complicate endings will be considered, including a history of trauma and attachment issues.

Preparation for Classes: We will illustrate treatment ending processes and techniques through vignettes provided by the instructor and class members. For each class, each member is asked to complete the assigned readings, be prepared to critique the readings and to present a brief vignette. The vignette should illustrate the topic for the class and raise or answer a question or two about the class topic. Each class will be divided equally between review of literature and discussion of vignettes.

NOTE: The course description and readings were adapted from recent termination courses offered at the Newport Psychoanalytic Institute in Tustin, CA and in the NYU Postdoctoral Program in Psychotherapy and Psychoanalysis.

Class 1: Classical Views

Freud, S. (1937). Analysis terminable and interminable, S.E. 23: 211-253.

Blum, H. (1989). The concept of termination and the evolution of psychoanalytic thought. *Journal of the American Psychoanalytic Association*: 37:275-295.

Dupont, J. (1994). Freud’s Analysis of Ferenczi as Revealed by their Correspondence. *The International Journal of Psychoanalysis*, 75:301-320.

Class 2: The First Elaborations of Freudian Thinking about Endings

Buxbaum, E. (1950). Technique of Terminating Analysis. *International Journal of Psychoanalysis*, 31:184-190.

Hoffer, W. (1950). Three Psychological Criteria for the Termination of Treatment. *The International Journal of Psychoanalysis*, 31:194-195.

- Klein, M. (1950). On the criteria for the termination of a psycho-analysis. *International Journal of Psychoanalysis*, 31:78-80.
- Milner, M. (1950). A Note on the Ending of an Analysis. *The International Journal of Psychoanalysis*, 31:191-193.
- Reich, A. (1950). On the termination of analysis. *International Journal of Psycho-Analysis*, 31,179-183.
- Rickman, J. (1950). On the Criteria for the Termination of an Analysis. *The International Journal of Psychoanalysis*, 31:200-201.

Class 3: Updates of Freudian Perspectives

- Loewald, H. (1962). Internalization, separation, mourning and the superego. *The Psychoanalytic Quarterly*, 31:483-504.
- Firestein, S. (1974). Termination of psychoanalysis of adults: A review of the literature. *Journal of the American Psychoanalytic Association*, 22:873-894.
- Novick, J. (1982). Termination: Themes and issues. *Psychoanalytic Inquiry*, 2:329-365.

Week 4: Contemporary Freudian Perspectives

- Bergmann, M. (1997). Termination: The Achilles heel of psychoanalytic technique. *Psychoanalytic Psychology*, 14:163-174.
- Novick, J. (1997). Termination conceivable and inconceivable. *Psychoanalytic Psychology*, 14, 2: 145-162.
- Fosshage, J.L. & Hershberg, S. G. (2009) Loving and Leaving: A reappraisal of analytic termination. *Psychoanalytic Inquiry*, 29, (2).

Class 5: Contemporary Freudian Perspectives Continued

- Orgel, S. (2000). Letting Go: Some thoughts about termination. *Journal of the American Psychoanalytic Association*, 48:719-738.
- Gabbard, G.O. (2009). What is a “good enough” termination? *Journal of the American Psychoanalytic Association*, 57, (3):575-594.
- Kantrowitz, J. L. (2009). Termination and the Meaning of Time: Limitations and Possibilities. *Journal of Clinical Psychoanalysis*, 11: 561-585.

Class 6: Relational Points of View

- Mitchell, S.A. (1993). Chapter 8: in *Hope and Dread in Psychoanalysis*. New York: Basic Books.
- Davies, J.M. (2005). Transformations of desire and despair: Reflections on the termination process. *Psychoanalytic Dialogues* 15 (6): 779-805 and reprinted in *Good Enough Endings: Breaks, Interruptions and Terminations from Contemporary Relational Perspectives*, New York & London: Routledge.
- Layton, L. (2010). Chapter 11: Maternal resistance in *Good Enough Endings: Breaks, Interruptions and Terminations from Contemporary Relational Perspectives*, New York

Class 7: Impact of Trauma and Attachment on Endings

Ferraro, F. (1995). Trauma and termination. *International Journal of Psychoanalysis*: 76:51-65.

Ehrenberg, D. B. (2000). Potential Impasse as Analytic Opportunity: Interactive Considerations, *Contemporary Psychoanalysis*, 36:573-586.

Pizer, S.A. (2004). Impasse recollected in tranquility: Love, dissociation, and discipline in the analytic process. *Psychoanalytic Dialogues*, 14:289-311.

Schlesinger, H. (2005). Ending and termination in the treatment of vulnerable patients. In *Endings and Beginnings: On Terminating Psychotherapy and Psychoanalysis*. Ch. 6: Pp. 123-150.

Class 8: Terminable, Interminable and Beyond

Craige, H. (2002). Mourning analysis: The post-termination phase. *Journal of the American Psychoanalytic Association*, 50:507-550.

Frankel, S. (2007). Ch. 4: The therapist's responsibility (pp. 105-132); Ch. 5: The patient leads (pp. 133-188). In Frankel, S. *Making Psychotherapy Work: Collaborating Effectively with Your Patient*. Madison, CT: Psychosocial Press.

CE & CME Information:

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