Basic Principles of Psychoanalytic Therapy

(18:821:637: 01)

Instructor: Catherine Bianchi, PhD.

Course Objectives

This course will cover basic concepts in the psychoanalytic psychologies. Emphasis will be placed on helping students develop a psychoanalytic sensibility and familiarity with the various generations of psycho-dynamic/analytic theories and techniques. The course will illustrate the significance of various analytic ideas for technique and focus on the use of formulation as a guide for intervention. The full range of analytic interventions still currently in use and theories about their corresponding modes of therapeutic action will be explored. Finally it is hoped that the course will facilitate the ability to listen and develop the use of the self as a guiding professional tool. The use of psychodynamic/analytic techniques with special populations will be covered as per student interests.

Requirements

Video recordings and case material will be presented in class for discussion. A student will be asked to present case material in each class, on a rotating basis.

You will also be asked to come to each class prepared to discuss how the week’s reading may apply to one of your cases.

A paper will be assigned. You will be asked to write about an interaction between you and one of your patients, as well as discuss your intervention and the reasoning behind it as informed by a topic discussed in class.

Details of these assignments will be further discussed in class.

There will be an in-class oral final.

Administrative Details

Grade= Oral Presentation 33% + Papers 33 % + Final 33%

Instructor Availability: I’ll be available to make appointments to talk to you in person on campus before or after class or during the break. You’ll also have my contact info so we can arrange other times to talk when needed.

Departmental and University Policies:
Unless otherwise noted all formal written work should use the Style Sheet of the American Psychological Association. See: http://apastyle.apa.org/ (full access via Login to Rutgers University Libraries home page: http://www.libraries.rutgers.edu/)

Disabilities. Students with disabilities who qualify for reasonable accommodations may arrange for these through the Office of Disability Services, Kreeger Learning Center, 151 College Avenue; dffoffice@rci.rutgers.edu

Academic Integrity. Work submitted for this course must be your own. You are responsible for knowing and conforming to all professional and university standards. See: http://academicintegrity.rutgers.edu/students.shtml

Required Texts:


Recommended:


**Class Topics and Readings**

Please note that readings will be assigned as indicated below. However, we may change the readings as the semester proceeds depending on the needs of the students and their patients.

1. **What defines psychoanalytic psychotherapy?**


     Preface, Chapters 1-5

     - Recommended:


         Chapter 14, “Differences between Psychoanalysis and Psychotherapy”

2. **Freud: Dreams and the Theory of the Unconscious**


     Freud, “Revision of the Theory of Dreams”


3. **Implications for technique and mode of therapeutic action from Drive Theory. Working with prohibited urges and impulses.**


     Chapter 2, “Conflict Theory, Drive Theory, and Ego Psychological Object Relations Theory”

Chapters 1 & 2

**4 & 5. Implications for technique and mode of therapeutic action from Ego Psychology. Working with Adaptation, Conflict and Defense, and Personality Styles.**


Chapter 1, “Historical Roots of Ego Psychology”


Chapters 3 & 4 and 7-15 as assigned.

**6. Implications for technique and mode of therapeutic action from Object Relations Theory. Working with the internalized other and repeating relationship patterns.**


Chapter 9, “Margaret Mahler,” pages 270-303. Or other theorist as assigned.


Recommended:


**7. Working Through: Conflict, Defense, and Resistance Reviewed.**


Introduction and Chapters 1 through 4

**8. Implications for technique and mode of therapeutic action from Self-Psychology. Working with Boundaries, Identity, Agency, Esteem, and Emotional Tone.**

Chapters 1 – 6

9. The Four Psychologies: Drive, Ego, Object, Self as universal aspects of personality development.


Chapter 1-5

10 & 11. Implications for technique and mode of therapeutic action from Relational Theory. Working with enactments and the mutual impact between patient and analyst.


Chapters 1-4, Chapters 5 – 8.

Recommended:


Chapter 1, “Dissociation: A Model of the Psyche”

Chapter 2, “The Self in Context: Unity & Multiplicity”

Recommended


13. Trauma

Chapter 9, “Eight Transference Counter-Transference Positions”


Chapter 10, “Developmental Trauma: The Hidden Epidemic”

14. Attachment


  Chapters 6 & 7 on attachment and splitting/dissociation


  Chapters 1 through 4.

- Recommended:


  Chapter 4, “Attachment Theory and Relationality”

15. Review

**FINAL during finals week**