

**PP540 – Advanced Psychoanalytical Theories and Psychotherapy**  
**David L. Downing, PsyD**  
**Mondays, 12:00-2:45 PM**  
**Spring Trimester, 2002**

**COURSE OUTLINE AND READINGS**

**Course Objectives**

1. This advanced seminar in the sequence of psychoanalytical courses examines theoretical and clinical applications of psychoanalysis to patients suffering from severe psychopathology and associated characterological, structural deficits. Viewing etiology and treatment principally through Object-Relations paradigms, the aims of treatment can be construed as the fostering of emotional growth of the patient via a relationship of intensive enquiry and dialectic between psychotherapist and patient.
2. Special attention to the setting, transference, counter-transference, and the inter-subjective aspects of the treatment are especially salient. Special attention to such vicissitudes are quite crucial to the conduct and process of psychotherapeutic work with such individuals. Latent, derivative, symbolical, and metaphorical communicative vicissitudes of working with primitive mental states will be emphasized over more manifest, concrete aspects of treating such patients. Developing the capacity to provide “containing” or “holding” functions as well as managing regressions will be explored.
3. Psychoanalytical treatment emphasizes a dynamic view of human life, including cultural, relational, and developmental variables. A cornerstone is the concept of mental processes which function outside of conscious awareness. It is expected that the student will deepen their grounding in Freudian, Ego Psychological, Object-Relational, Self-Psychological, and Interpersonal models within the psychoanalytic camp. It is assumed that basic psychoanalytical concepts regarding the personality as well as psychopathology and their implications for psychotherapeutic technique have already been incorporated.
4. It should go without stating that students enrolled in this course will be encouraged to observe and to reflect upon their own intrapsychic states for the purpose of having contact with others, being attuned to metaphorical and derivative aspects of communications, and for the application of course perspectives to their own experience, subjectively, within their professional practice, as well as to the material to be discussed within the course itself.
5. Special attention will be placed on the student's development of the capacity to formulate clinical hypotheses about personality development and psychopathology, in part via utilisation of the psychotherapeutic interaction as a diagnostic tool *in and of itself*. Naturally this implies a dialectical process, including self-analysis, supervision, interacting with the patient, etc.

**Course Expectations**

1. It is anticipated that all reading be completed prior to class to permit a seminar-style dialogue. Students will be expected to generate thoughtful observations and critically discuss concepts relevant to the selected readings.
2. Students will be expected to discuss the utility and impact of these readings and discussions on their own clinical work.
3. Grade option: A final, scholarly paper will be due on the 11th week of class. This paper can be a Case Study

or a Theoretical Paper. Discussion of course readings and applications to clinical material, including one's own current case load, will be expected. Additionally, each week, the student will be expected to take a key concept, treatment and/or patient dynamic and elaborate on its meaning and/or utility in a clinical vignette (no longer than one type-written page). Finally, a typed submission of at least one critical, non-rhetorical/self-evident question of interest to the student from each of the other readings, must be submitted each session, with copies for the instructor and other seminar members.

4. Credit/No Credit option: As above, except no scholarly paper will be required.
5. The instructor maintains Office Hours Monday through Friday. He will be available to discuss any aspect of the course with students. Appointments are helpful.
6. It is the responsibility of students with special needs to bring these to the attention of the Instructor.
7. Students will be held accountable to the School's policy regarding academic honesty, with respect to matters including plagiarism, etc [Review *Argosy University, Illinois School of Professional Psychology/Chicago Northwest Campus Academic Catalogue*].

### **Course Readings**

**Week 1**      *Course introduction and overview. Conceptual and theoretical underpinnings. Avoiding premature foreclosure. The Art of Un-knowing.*

**Readings:** Casement, P (1991). "Preliminary Thoughts on Learning From the Patient"; "The Internal Supervisor"; "Internal Supervision: A Lapse & a Recovery"; "The Meeting of Needs in Psychoanalysis" (Chapters 1,2,3; 16). *Learning From the Patient*. New York: Guilford.

**Week 2**      *Elements of Psychoanalytical neutrality and containment.*

**Readings:** Casement, P (1991). "Key Dynamics of Containment"; "Analytic Holding Under Pressure"; "The Experience of Trauma in the Transference" (Chapters 6,7,15). *Learning From the Patient*.  
Little, M (1990). *Psychotic Anxieties & Containment*. New York: Jason Aronson.

**Week 3**      *Developmental and environmental vicissitudes.*

**Readings:** Khan, M Masud R (1963/1974): "The Concept of Cumulative Trauma". In *The Privacy of the Self*. Madison, Connecticut: International Universities Press.

Winnicott, DW (1958): "Psychoses and Child Care". In *Collected Papers: Through Paediatrics to Psycho-analysis*. New York: Basic Books.

\_\_\_\_\_ (1971): "The Use of an Object", In *Playing & Reality*. New York: Basic Books.

Winnicott, DW (1974): "Fear of Breakdown". In *Through Paediatrics to Psycho-analysis: Collected Papers*.

**Week 4**      *Developmental and environmental vicissitudes, continued, with a focus on childhood and adolescent psychopathology.*

**Readings:** Bleiberg, E (2000). "Borderline Personality Disorder in Children & Adolescents". In Lubbe, T [Editor], *The Borderline Psychotic Child*. London: Routledge.

Fonagy, P & Target, M (2000). "Mentalization & Personality Disorder in Children". In Lubbe, T, *Ibid.*

**Week 5** *Child and adolescent psychopathology, continued.*

**Readings:** Gilmore, K (2000). A Psychoanalytic Perspective on Attention-Deficit/Hyper-activity Disorder. *Journal of the American Psychoanalytic Association*, 48(4), 1259-1294.

Goodsit, A (1985). Self-Psychology & the Treatment of Anorexia Nervosa. In Garner, DM & Garfinkel, PE [Editors]. *Handbook of Psychotherapy for Anorexia Nervosa & Bulimia*. New York: Guilford.

**Week 6** *The Psychoanalytical Encounter: Assessment for treatment; initial phases of the treatment; engagement with the patient; establishing the treatment frame.*

**Readings:** Karon, B (2002). Analysability or the Ability to Analyse? *Contemporary Psychoanalysis*, 38(1), 121-140.

Giovacchini, P (1972/1993). "The Analytic Setting & the Treatment of Psychoses". In Giovacchini, P [Editor]. *Tactics & Techniques in Psychoanalytic Therapy, Volume I*. New York: Jason Aronson.

\_\_\_\_\_ (1972/1993). "The Treatment of Characterological Disorders". In Giovacchini, P [Editor]. *Ibid.*

**Week 7** *Treatment issues of severe psychopathology, continued. Some Self-Psychology applications.*

**Readings:** Buie, Dan H; Adler, Gerald (1982). "Definitive Treatment of the Borderline Personality". In Langs, Robert [Editor] *International Journal of Psychoanalytic Psychotherapy, Volume IX*, pp 51-88.

Meissner, WW (1982): "Notes on the Potential Differentiation of Borderline Conditions". *Ibid.* pp 3-50.

**Week 8** *The psychoanalytical encounter, continued. The 'As-If' personality; Alexithymia.*

**Readings:** Deutsch, H (1942/1965). "Some Forms of Emotional Disturbance & Their Relationship to Schizophrenia" (pp 262-282). *Neuroses and Character Types*. New York: International Universities Press.

Giovacchini, P (1972/1993). "The Blank Self". In Giovacchini, P [Editor], *Ibid.*

Krystal, H (1982). "Alexithymia & the Effectiveness of Psychoanalytic Treatment". *International Journal of Psychoanalysis and Psychotherapy, Volume IX*, pp353-378.

McDougall, J (1982). Alexithymia, Psychosomatization, & Psychosis. *International Journal of Psychoanalysis & Psychotherapy, Volume IX*, pp 81-90.

**Week 9** *Regression in the psychoanalytic set-up and its management*

**Readings:** Winnicott, DW (1958): "Metapsychological and Clinical Aspects of Regression Within the Psychoanalytic Set-up". In *Collected Papers: Through Pediatrics to Psycho-analysis*. New York: Basic Books.

\_\_\_\_\_ (1958): "Withdrawal and Regression". In *Collected Papers: Through Pediatrics to Psycho-analysis*.

\_\_\_\_\_ (1992): "The Importance of the Setting in Meeting Regression in Psycho-analysis".  
In *Psycho-analytic Explorations*. Cambridge, Massachusetts: Harvard University Press.

\_\_\_\_\_ (1992): "Notes on Withdrawal and Regression". In *Psycho-analytic Explorations*.

\_\_\_\_\_ (1992): "The Concepts of Clinical Regression Compared With That of Defense Organisation". In *Psycho-analytic Explorations*.

**Week 10** *Regression, continued.*

**Readings:** Balint, Michael (1986): "The Unobtrusive Analyst". In Kohon, Gregorio [Editor], *The British School of Psychoanalysis*. London: Free Association Press.

Bettelheim, B (1972/1993). Regression as Progress. In Giovacchini, P [Editor]. *Ibid.*

Winnicott, DW (1972/1993). Fragment of an Analysis. In Giovacchini, P [Editor]. *Ibid.*

**Week 11** *Course applications to clinical material.*

**Readings:** Winnicott, DW (1972/1993). Fragment of an Analysis. In Giovacchini, P [Editor]. *Ibid.*

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**Required Texts:**

Casement, Patrick (1991). *Learning From the Patient*. New York: Guilford Press.

Giovacchini, Peter (1972/1993). *Tactics & Techniques in Psychoanalytic Psychotherapy, Volume I*. New York: Jason Aronson.

Little, Margaret (1990). *Psychotic Anxieties & Containment*.

**Recommended Supplements:**

LaPlanche, J & Pontalis, J-B (1967/1973). *The Language of Psychoanalysis*. New York: WW Norton.

Moore, BE & Fine, BD [Editors] (1990). *Psychoanalytic Terms and Concepts*. New Haven: Yale University Press.

Reber, AS (1995). *Dictionary of Psychology*. Penguin Books.

**NB:** Required readings from outside of the required texts will be photo-copied and available to Seminar participants for purchase at Tower Printing on the Lower Level of Continental Tower I.

Texts can be purchased on your own through various world-wide-web sources. These are usually available in three-to-four days for shipping. *Learning From the Patient* and *Psychotic Anxieties* are available in the ISPP/Chicago Northwest Campus Library.

