

PP564 - Psychoanalytical Treatment of Borderline Personality Organisation
David L. Downing, Psy.D.
Spring 2001

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 inquiry 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 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 Acontaining≅ or Aholding≅ 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. The course in Psychoanalytical Treatment of Borderline Personality Organisation delineates an important trend within the "new wave" of psychoanalytical thought which works toward extending the application of psychoanalytical treatment to include severe as well as mild psychopathology; brief as well as long-term modalities, amongst others.
6. 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.

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Course Expectations

1. It is anticipated that all reading be completed prior to class to permit a seminar-style dialogue.
2. 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 this 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.
3. Credit/No Credit option: As above, except no scholarly paper will be required.
4. The instructor maintains Office Hours Monday through Friday. He will be available to discuss any aspect of the course with students. Appointments are helpful.
5. It is the responsibility of students with special needs to bring these to the attention of the Instructor.

Course Readings

Week 1 *Course introduction and overview of the Borderline concept. Salient features of the patient. The identity of the psychoanalytically-oriented therapist.*

Readings: Baker, Elgan L (1988): Typed *Symposium* Hand-outs.

Kernberg, Otto (1967): A Borderline Personality Organisation, *Journal of the American Psychoanalytic Association*, 15: 641-685.

Killingmo, Bjørn (1989): A Conflict and Deficit: Implications for Technique, *International Journal of Psycho-Analysis*, 70: 65-79.

Searles, Harold (1979): A >The Dedicated Physician= in the Field of Psychotherapy and Psychoanalysis. In *Counter-transference and Related Subjects*. Madison, Connecticut: International Universities Press.

_____ (1979): A Feelings of Guilt in the Psychoanalyst. *Ibid.*

Week 2 *Developmental and environmental vicissitudes.*

Readings: Bollas, Christopher (1986): A The Transformational Object, In Kohon, G (Ed), *The British School of Psychoanalysis*. London: Free Association Press.

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Gunderson, John G (1996): A The Borderline Patient's Intolerance of Aloneness: Insecure Attachments & Therapist Availability, *American Journal of Psychiatry*, 153 (6), 752-758.

James, Martin (1986): APremature Ego Development: Some Observations on Disturbances in the First Three Months of Life. In *The British School of Psycho-Analysis*.

Week 3 *Developmental and environmental vicissitudes, continued.*

Readings: Khan, M Masud R (1986): AThe Concept of Cumulative Trauma. *Ibid.*

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

_____ (1971): AThe Use of an Object. In *Playing & Reality*. New York: Basic Books.

_____ (1974): AFear of Breakdown. In *Collected Papers*.

Week 4 *Assessment for treatment; initial phases of the treatment; engagement with the patient; establishing the treatment frame.*

Readings: Kernberg, Otto (1975). AGeneral Principles of Treatment; APrognosis; ADifferential Diagnosis and Treatment; AOverall Structuring & Beginning Phase of Treatment.

Week 5 *Treatment issues, 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): ANotes on the Potential Differentiation of Borderline Conditions. *Ibid.* pp 3-50.

Week 6 *Additional comments on the patient's experience.*

Readings: Kernberg, Otto (1975): AThe Subjective Experience of Emptiness. In *Borderline Conditions and Pathological Narcissism*.

Searles, Harold (1979): "Transitional Phenomena & Therapeutic Symbiosis". In *Countertransference and Related Subjects*. Madison, Connecticut: International Universities Press.

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Winnicott, DW (1965): "The Capacity to Be Alone". In *The Maturational Processes and the Facilitating Environment*. New York: International Universities Press.

Week 7 *The Psychoanalytic Encounter: Transference and Counter-transference.*

Readings: Baker, Elgan (1982): AThe Management of Transference Phenomena in the Treatment

of Primitive States. *Psychotherapy: Theory, Research, and Practice*. 19 (2): 194-197.

Gabbard, Glen (1991): A Technical Approaches to Transference Hate in the Analysis of Borderline Patients. *International Journal of Psychoanalysis*, 72: 625-637.

Kernberg, Otto (1975): A Counter-Transference. In *Borderline Conditions & Pathological Narcissism*. New York: Jason Aronson.

Meissner, WW (1982): A Notes on Counter-Transference in Borderline Conditions. In Langs, Robert (1982), *International Journal of Psychoanalytic Psychotherapy*, Vol IX. New York: Jason Aronson.

Week 8 *The psychoanalytic encounter: transference and counter-transference, continued.*

Readings: Klauber, John (1986): A Elements of the Psychoanalytic Relationship & Their Therapeutic Implications. In Kohon, Gregorio (Editor), *The British School of Psychoanalysis*. London: Free Association Press.

Limentani, Adam (1986): A Affects & the Psychoanalytic Situation. *Ibid.*

Rycroft, Charles (1986): "An Enquiry into the Function of Words in the Psychoanalytical Situation". *Ibid.*

Symington, Neville (1986): "The Analyst's Act of Freedom as Agent of Therapeutic Change". *Ibid.*

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

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

Casement, Patrick (1986): "Some Pressures on the Analyst for Physical Contact During the Reliving of an Early Trauma". *Ibid.*

Pedder, JR (1986): A Attachment and New Beginning. *Ibid.*

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Week 10 *Regression in the psychoanalytic set-up and its management, continued.*

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

_____ (1992): "The Importance of the Setting in Meeting Regression in Psycho-analysis". In *Psycho-analytic Explorations*. HUP.

Winnicott, DW (1992): "Notes on Withdrawal and Regression". In *Psycho-analytic*

Explorations. HUP.

_____ (1992): "The Concepts of Clinical Regression Compared With That of Defense Organization". In *Psycho-analytic Explorations*. HUP.

_____ (1958): "Withdrawal and Regression". In *Collected Papers: Through Pediatrics to Psycho-analysis*. New York: Basic Books.

Week 11 *Termination. The particular vicissitudes of this phase of the treatment vis-à-vis the treatment of primitive mental states.*

Readings: Masterson, James (1981): *Termination of Treatment*. In *The Narcissistic and Borderline Disorders: An Integrated, Developmental Approach*. New York: Brunner/Mazel.

Ferraro, F; Garella, A (1997): *Termination as a Psychoanalytic Event*. *International Journal of Psycho-Analysis*, 78: 27-41.

Required Texts:

Kernberg, Otto (1975). *Borderline Conditions and Pathological Narcissism*. New York: Jason Aronson.

Kohon, Gregorio, Editor (1986). *The British School of Psychoanalysis*. London: Free Association Press (Distributed in the US by New York University Press).

Recommended Texts:

Langs, Robert (1982). *International Journal of Psychoanalytic Psychotherapy, Volume IX*. New York: Jason Aronson.

Masterson, James (1981). *The Treatment of Borderline and Narcissistic Personality Disorders*. New York: Brunner/Mazel.

Searles, Harold (1986). *My Work With Borderline Personality Disorders*. New York: Jason Aronson.

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Searles, Harold (1979). *Counter-Transference and Related Subjects*. Madison, Connecticut: International Universities Press.

Winnicott, DW (1958). *Collected Papers: Through Paediatrics to Psycho-Analysis*. New York: Basic Books.

_____ (1965). *Maturation Processes & the Facilitating Environment*. Madison, Connecticut: International Universities Press.

_____ (1992). *Psychoanalytic Explorations*. Winnicott, Clare, *et al* (Editors). HUP.

NB: Selected readings from the *Recommended Texts* will be photo-copied and distributed to Seminar participants.

Texts can be purchased through MBS Book Services. Texts and readings will also be available in the reserve

and journal sections of the ISPP library.