



Fellowship/ Advanced Training in Psychoanalytic Psychotherapy, Year I  
Winter 2020-2021

**Introduction to Technique: Essential Concepts**

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“He (physician practicing psychoanalysis) must turn his own unconscious like a receptive organ towards the transmitting unconscious of the patient. He must adjust himself to the patient as a telephone receiver is adjusted to the transmitting microphone. Just as the receiver converts back into sound-waves the electric oscillations in the telephone line which were set up by sound waves, so the doctor’s unconscious is able, from the derivatives of the unconscious which are communicated to him, to reconstruct that unconscious, which has determined the patient’s free associations.” S. Freud 1912

Freud used this metaphor to outline the basic premise of psychoanalysis - the unconscious of the doctor is the instrument of his technique. But how have our basic concepts of frame, resistance, neutrality, transference and countertransference changed in over hundred years? How do we apply these concepts to a constantly changing landscape of new realities? What have we lost and what have we gained?

The content of this course introduces essential concepts of psychoanalytically informed technique within its historical context. Our intent is that the readings and class discussions will act as a bridge between theory and technique. During the next ten weeks we will be thinking together about how to create and maintain an analytical frame and attitude. We will also explore how we listen to our patients, how we understand our own and our patient’s experiences, and consider how, when, and why we intervene during the clinical hour. We will also look at some of the technical difficulties that can arise during our work, especially working virtually. We hope that the readings will prompt your associations to your clinical work, and that you will feel free to share these reflections during class discussions.

## **Week 1 – January 7:** Getting Started— Establishing the Frame, a Therapeutic Alliance, and Psychoanalytic Thinking

### Readings

1. Bass, A (2007) When the Frame doesn't fit the Picture. *Psychoanalytic Dialogues*, 17 (1):1-27. [PEP Web Link](#)
2. Arnd-Caddigan, M. (2013). Don't Let the Doorknob Hit You: A Relational-Intersubjective Exploration of Leaving and Remaining within the Therapeutic Frame. *Psychoanalytic Social Work*, 20(2), 134-149 [PEP Web Link](#)

Learning Objective: At the conclusion of this session students will be able to describe a function of analytic frame as part and parcel of psychoanalytic thinking

## **Week 2 – January 14:** How we sit with, listen to and speak with our patients

### Readings

1. Spezzano, C. (2001). How is the Analyst Supposed to Know? Gathering Evidence for Interpretations. *Contemporary Psychoanalysis*, 37(4), 551-570. [PEP Web Link](#)
2. Abbasi, A. (2012). A Very Dangerous Conversation: The Patient's Internal Conflicts Elaborated Through the Use of Ethnic and Religious Differences between Analyst and Patient (2012). *International Journal of Psycho-Analysis*, 93(3):515-534 [PEP Web Link](#)

Learning Objective: At the conclusion of this session students will be able to describe Spezzano's concept of the three "sites" used in listening to patients that guide interpretation.

## **Week 3 - January 28: Resistance**

### Readings

1. Lucy LaFarge, MD. Defense and Resistance. Chapter 7, pp 93-103 in *Core Concepts, Textbook of Psychoanalysis, Second Edition*, edited by Glen O. Gabbard, Bonnie E. Litowitz, Paul Williams. [Download from the [Reading folder](#) or request from [library@bpsl.org](mailto:library@bpsl.org)].
2. Hammer, F. (2002) Guards at the Gates: Race, Resistance, and Psychic Reality. *Journal of the American Psychoanalytic Assoc.*, 50 (4) 1219-1237 [PEP Web Link](#)

Learning Objective: At the conclusion of this session, students will be able to describe LaFarge's eleven key points of psychoanalytic defense and resistance.

## **Week 4 – February 4: Neutrality**

### Readings

1. Hadley, M (2006) Relational Theory: Inside Out, Outside In, In-Between and All Around. Chapter 9. *“Inside Out, Outside In”, edited by Berzoff, Flanagan and Hertz.* [Download from the [Reading folder](#) or request from [library@bpsi.org](mailto:library@bpsi.org)].
2. Poland, W.S. (1984). On the Analyst's Neutrality. *J. Amer. Psychoanal. Assn.*, 32:283-299 [PEP Web Link](#)

Learning Objective: At the conclusion of this session, students will be able to contrast the classical understanding of neutrality with a relational understanding.

## **Week 5 – February 18: Transference**

### Readings

1. Steven H. Goldberg, MD (2005) Transference. Chapter 5 pp 65-77 in *Core Concepts, Textbook of Psychoanalysis, Second Edition*, edited by Glen O. Gabbard, Bonnie E. Litowitz and Paul Williams. [Download from the [Reading folder](#) or request from [library@bpsi.org](mailto:library@bpsi.org)].
2. Aggarwal, N. K. (2011). Intersubjectivity, Transference and the Cultural Third. *Contemporary Psychoanalysis* 47(2):204-223. [PEP Web Link](#)

Learning Objective: At the conclusion of this session, students will be able to describe Goldberg's key points about transference.

## **Week 6 – February 25: Countertransference**

### Readings

1. Abend, S.M. (2018). Countertransference and Psychoanalytic Technique. *Psychoanalytic Quarterly*, 87(3):497-515. [Download from the [Reading folder](#) or request from [library@bpsi.org](mailto:library@bpsi.org)].
2. Schechter, M, Ronningstam, E, Herbstman, B, Goldblatt, M (2019). "Psychotherapy with Suicidal Patients: The Integrative Psychodynamic Approach of the Boston Suicide Study Group." *Medicina* 2019, 55(6), 303; <https://doi.org/10.3390/medicina55060303>. [Download from the [Reading folder](#) or request from [library@bpsi.org](mailto:library@bpsi.org)].

Learning Objective: At the conclusion of this session, students will be able to describe historical evolution of the concept of countertransference, and the role of countertransference when working with suicidal patients

## **Week 7 – March 4: Projective Identification**

### Readings

1. Howell, E. (2005). Projective Identification: Blind Foresight. In *the Dissociative Mind* (Chapter 8, 178-193). NY: Routledge. [Download from the [Reading folder](#) or request from [library@bpsl.org](mailto:library@bpsl.org)].
2. Sweet, Alistair D, (2010) Paranoia and Psychotic Process: Some Clinical Applications of Projective Identification in Psychoanalytic Psychotherapy. *American Journal of Psychotherapy*, Vol. 64, No. 4, 2010, 339-358. [Download from the [Reading folder](#) or request from [library@bpsl.org](mailto:library@bpsl.org)].

Learning Objective: At the conclusion of this session students will be able to describe a phenomenon of projective identification in psychotic processes and from a perspective of dissociated self-states.

## **Week 8 – March 11: Enactment**

### Readings

1. Pagano, Christopher J Ph.D. (2012) Exploring the Therapist’s Use of Self: Enactments, Improvisation and Affect in Psychodynamic Psychotherapy. *American Journal of Psychotherapy*, Vol. 66, No. 3, 2012 205-226. [Download from the [Reading folder](#) or request from [library@bpsl.org](mailto:library@bpsl.org)].
2. Gabbard, G. O. (2001) Cyberpassion: E-Rotic Transference on Internet. *Psychoanalytic Quarterly*, 70(4):719-737 [PEP Web Link](#)

Learning Objective: At the conclusion of this session, students will be able to explain the meaning of enactment in psychoanalysis.

## **Week 9 – March 18: Challenges to the Frame**

### Readings

1. Mitchell, Steve (1991). Wishes, Needs and Interpersonal Negotiations. *Psychoanalytic Inquiry*, 11 (1/2), 147-170. [PEP Web Link](#)
2. Ehrlich, L.T. (2019). Teleanalysis: Slippery Slope or Rich Opportunity? *J. Amer. Psychoanal. Assn.*, 67(2):249-279. Download from the [Reading folder](#) or request from [library@bpsl.org](mailto:library@bpsl.org)].

Learning Objective: At the conclusion of this session, students will be able to describe three key concepts of Mitchell’s relational approach to the process by which a therapist/analyst decides to meet a patient demand as well as to describe pros and cons of teleanalysis.

## Week 10 – March 25: Termination

### Readings

1. Bass, A. (2009). "It Ain't Over 'til It's Over": Infinite Conversations, Imperfect Endings, and the Elusive Nature of Termination. *Psychoanalytic Dial.*, 19(6):744-759. [PEP Web Link](#)
2. Gabbard, G.O. (2009). What is a "Good Enough" Termination? *J. Amer. Psychoanalytic. Assn.*, 57(3):575-594. [PEP Web Link](#)

Learning Objective: At the conclusion of this session, students will be able to discuss how idealized narratives of "successful" termination can influence a therapist's perspective on when it is in the patient's best interests to end a treatment.

### Additional Bibliography

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- Cabaniss, D., et al. (2011). Transference. In *Psychodynamic Psychotherapy : A Clinical Manual* (Chapter 21, 217-231). Wiley-Blackwell. [Download from the [Reading folder](#) or request from [library@bpsl.org](mailto:library@bpsl.org)].
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