

The Analytic Approach to Treatment Part 1

Fall 2018
Syllabus

Text: Cabaniss, D., Cherry, S., Douglas, A., & Schwartz, A. (2011). *Psychodynamic psychotherapy: A clinical manual*. West Sussex, UK: Wiley-Blackwell.

Week 1:

Cabaniss, D., et al. (2011). What is psychodynamic psychotherapy? *Psychodynamic psychotherapy: A clinical manual* (pp. 1-15). West Sussex, UK: Wiley-Blackwell.

Greenberg, J.R. (1981). Prescription or description: The therapeutic action of psychoanalysis. *Contemporary Psychoanalysis*, 17, 239-257.

Week 2:

Cabaniss, D., et al. (2011). Assessment. *Psychodynamic psychotherapy: A clinical manual* (pp. 15-68). West Sussex, UK: Wiley-Blackwell.

Week 3:

Cabaniss, D., et al. (2011). Beginning the treatment. *Psychodynamic psychotherapy: A clinical manual* (pp. 69-142). West Sussex, UK: Wiley-Blackwell.

Week 4:

Cabaniss, D., et al. (2011). Listen/reflect/intervene. *Psychodynamic psychotherapy: A clinical manual* (pp. 151-201). West Sussex, UK: Wiley-Blackwell.

Week 5: Affects

Cabaniss, D., et al. (2011). Affect. *Psychodynamic psychotherapy: A clinical manual* (pp 205-218). West Sussex, UK: Wiley-Blackwell.

Gullestad, S.E. (2005). In the beginning was the affect. *Scandinavian Psychoanalytic Review*, 28(1), 3-10.

Week 6: Free Association

Cabaniss, D., et al. (2011). Free association and resistance. *Psychodynamic psychotherapy: A clinical manual* (pp. 219-233). West Sussex, UK: Wiley-Blackwell.

Rosegrant, J. (2005). The therapeutic effects of the free-associative state of unconscious. *Psychoanalytic Quarterly*, 74(3), 737-766.

Week 7: Resistance

Schafer, R. (1983). The analysis of resisting. *The Analytic Attitude* (pp. 162-182). New York: Basic Books.

Week 8: Transference

Cabaniss, D., et al. (2011). Transference. *Psychodynamic psychotherapy: A clinical manual* (pp. 234-253). West Sussex, UK: Wiley-Blackwell.

Ogden, T.H. (1992). Comments on transference and countertransference in the initial analytic Meeting. *Psychoanalytic Inquiry*, 12(2):225-247.

Week 9: Transference

Greenson, R.R. (1965). The working alliance and the transference neurosis. *Psychoanalytic Quarterly*, 34, 155-181.

Ogden, T.H. (1983). The concept of internal object relations. *International journal Psycho-Analysis*, 64, 227-241.

Week 10: Countertransference

Cabaniss, D., et al. (2011). Countertransference. *Psychodynamic psychotherapy: A clinical manual* (pp. 254-265). West Sussex, UK: Wiley-Blackwell.

Kernberg, O. (1965). Notes on countertransference. *Journal American Psychoanalytic Association*. 13, 38-56.

Week 11: Unconscious Conflict and Defense

Cabaniss, D., et al. (2011). Unconscious conflict and defense. *Psychodynamic psychotherapy: A clinical manual* (pp. 262-282). West Sussex, UK: Wiley-Blackwell.

Novick, J. & Novick, K.K. (2013). Two systems and defenses. *Psychoanalytic Review*, 100(1), 185-200.

Week 12: Unconscious Fantasy

Arlow, J.A. (1969). Unconscious fantasy and disturbances of conscious experience. *Psychoanalytic Quarterly*, 38:1-27.

Abend, S.M. (2008). Unconscious fantasy and modern conflict theory. *Psychoanalytic Inquiry*, 28(2), 117-130

Week 13: Dreams

Cabaniss, D., et al. (2011). Dreams. *Psychodynamic psychotherapy: A clinical manual* (pp. 283-295). West Sussex, UK: Wiley-Blackwell.

Glucksman, M. & Kramer, M. (2004). Using dreams to assess clinical change during treatment? *Journal American Academy Psychoanalytic Dynamic Psychiatry*, 32(2), 345-358.

Week 14: Working Through

Cabaniss, D., et al. (2011). Working through. *Psychodynamic psychotherapy: A clinical manual* (pp. 343-351). West Sussex, UK: Wiley-Blackwell.

Gedo, J.E. (1995). Working through as metaphor and as a modality of treatment. *Journal American Psychoanalytic Association*, 43, 339-392.

Week 15: Ending

Cabaniss, D., et al. (2011). Ending. *Psychodynamic psychotherapy: A clinical manual* (pp. 352-364). West Sussex, UK: Wiley-Blackwell.

Craige, H. (2009). Terminating without fatality. *Psychoanalytic Inquiry*, 29(2), 101-116.

Week 16 Integrating Different Perspectives

Pine, F. (1988). The four psychologies of psychoanalysis and their place in clinical work. *Journal American Psychoanalytic Association*, 36, 571-596.

Akhtar, S. (2000). From schisms through synthesis to informed oscillation. *Psychoanalytic Quarterly*, 69(2), 265-288.