

## Thinking Psychoanalytically: The Basics (101)

Tuesday August 23 – December 13, 2022, 6:30 – 8:00 pm

EDT Category: Introductory

Course Syllabus: Thinking Psychoanalytically: The Basics (101)

**8/23/22** Introduction to the Course and Fellow Classmates: What Does It Mean to Think Psychoanalytically?

**8/30/22** Freud's Introduction to Psychoanalytic History, Theory, and Practice

Reading:

- Freud, S. (1990). *Five Lectures on Psycho-Analysis (Complete Psychological Works of Sigmund Freud)*. Edited and translated by James Strachey with an introduction by Peter Gay. WW Norton.
  - Can be purchased from several online vendors including Amazon: <https://www.amazon.com/Lectures-Psycho-Analysis-Standard-Complete-Psychological/dp/0393008479>

**9/6/22** The Beginnings of a Psychoanalytic Treatment

Readings:

- Bruch, H. (1974). Preface. *Learning psychotherapy: Rational and ground rules* (pp vii- ix). Harvard University Press.
  - This book, which we will read in its entirety over the coming weeks, can be purchased from several online vendors including Amazon: [https://www.amazon.com/Learning-Psychotherapy-Rationale-Ground-Rules/dp/0674520262/ref=sr\\_1\\_4?crid=1BNGLYK98TTQY&keywords=learning+psychotherapy&qid=1656537175&prefix=Learning+Psychother%2Caps%2C126&sr=8-4](https://www.amazon.com/Learning-Psychotherapy-Rationale-Ground-Rules/dp/0674520262/ref=sr_1_4?crid=1BNGLYK98TTQY&keywords=learning+psychotherapy&qid=1656537175&prefix=Learning+Psychother%2Caps%2C126&sr=8-4)
- Bruch, H. (1974). When strangers meet. *Learning psychotherapy: Rational and ground rules* (pp. 1-18). Harvard University Press.

**9/13/22** Thinking about Human Development and its Implications for Psychotherapy

Reading:

- Bruch, H. (1974). Personality in the making. *Learning psychotherapy: Rational and ground rules* (pp. 19-38). Harvard University Press.

**9/20/22** Psychoanalytic Psychotherapy: Considerations on Beginning the Treatment

Readings:

- Freud, S. (1913). On beginning treatment (further recommendations on the technique of psycho-analysis). In J. Strachey (Ed. & Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 12, pp. 121-144). Hogarth Press.
- Basch, M. (2008) *Doing psychotherapy* (pp. 14-52). Basic Books.

**9/27/22** Transference and Countertransference

Readings:

- Shedler, J. (2006). *That was then, this is now: An introduction to contemporary psychodynamic therapy*. <https://jonathanshedler.com/wp-content/uploads/2020/07/Shedler-That-was-then-this-is-now-R10.pdf>
- Holmes, D. E. (2019) Our Country 'tis of We and Them: Psychoanalytic Perspectives on Our Fractured American Identity. *American Imago* 76:359-379.

**10/04/22** YOM KIPPUR BEGINS – NO CLASS

**10/11/22** Sandor Ferenczi and Sigmund Freud – The father and “mother” of psychoanalysis

Readings:

- Ferenczi, S. (1933). The confusion of tongues between adults and children: The language of tenderness and passion. *International Journal of Psycho-Analysis*, 30, 225-230.

**10/18/22** When LGBT Folks Cured Psychiatry: the DSM Story You Never Knew.

Readings:

- Meyer, W. S. (2013). The Psychoanalyst and the homosexual: A long, dark journey into light. *Smith College Studies in Social Work*, 83(1), 18-35.
- Meyer, W.S. (2013) Homosexuality uncured: Reflections of a former analysand. *Smith College Studies in Social Work*, 83(1), 36-44.

**10/25/22** Psychoanalysis Beyond the Couch

Readings:

- Bruch, H. (1974). The world around us. *Learning psychotherapy: Rational and ground rules* (pp. 39-56). Harvard University Press.

**11/1/22** The Contributions of D.W. Winnicott

Readings:

- Guntrip, J. (1975). My experience of analysis with Fairbairn and Winnicott: How complete a result does psychoanalytic therapy achieve? *International Review of Psychoanalysis*, 2, 145-156.
- Winnicott, D.W. (1958). Hate in the counter-transference. *International Journal of Psychoanalysis*, 30(2), 69-74.
- Ekstein, R. (1990). Concerning the life cycle of transitional objects. *Issues in Ego Psychology*, 13(1), 9-14.

**11/8/22** The Therapeutic Relationship

Reading:

- Bruch, H. (1974). The patient speaks. *Learning psychotherapy: Rational and ground rules* (57-81). Harvard University Press.

### **11/15/22** Listening and Speaking

Reading:

- Bruch, H. (1974). On talking and listening. *Learning psychotherapy: Rational and ground rules* (pp. 82-100). Harvard University Press.

### **11/22/22** Career-Long Learning and Development

Readings:

- Bruch, H. (1974). On teaching and learning. *Learning psychotherapy: Rational and ground rules* (pp. 101-117). Harvard University Press.
- Bruch, H. (1974). The next step. *Learning psychotherapy: Rational and ground rules* (pp. 143-150). Harvard University Press.

### **11/29/22** The Course of Treatment

Reading:

- Bruch, H. (1974). The therapeutic experience. *Learning psychotherapy: Rational and ground rules* (pp. 118-142). Harvard University Press.

### **12/6/22** The Oedipus Complex: Reverberations Through a Lifetime

Readings:

- Freud, S. (1991). On daughters and fathers. *My three mothers and other passions* (pp. 275-290). University Press.
- Rothstein, A. (1979). Oedipal conflicts in severe personality disorders. *International Journal of Psychoanalysis*, 60, 189-199. 16.

### **12/13/22** Wrap Up and Parting Thoughts

Readings:

- Wachtel, P. L. (1980) What should we say to our patients? *Psychotherapy: Theory, Research and Practice*, 17(2), 183-188.
- Gnaulati, E. (2021) Relational Healing in Psychotherapy: Reaching Beyond the Research. *Psychoanalytic Inquiry* 41, 593-602

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*-Updated July 2022-*

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