

**PT 144 Adolescence**  
**C. Melnik Spring 2010**

**Tue. 7:20-9:10**  
**30 Clock Hours**

**Course Description**

This course will provide an opportunity for students to:

- explore the meaning of mood swings and ambivalence; action and inaction, impulse control or lack of it, identity problems, shifting image, experimentation, rebelliousness and submissiveness and emptiness, preoccupation with physical and emotional health, desire for independence and dependency needs, archaic fears and infantile anxieties, projective needs and defenses, feelings of inadequacy, hero worship and the desire to achieve;
- recognize normal and pathological behavior at this age, if possible, and answer the questions about why these years are so chaotic and how the chaos may be resolved;
- have a working knowledge of S. Freud, Winnicott, Erikson, Deutsch, Blos, Spotnitz, and others who have contributed to current theory and understanding ideas about adolescence and its meaning in the life cycle; and
- observe, study and record adolescents and demonstrate a theoretical understanding of their issues, conflicts, and mental and physical states.

**Objectives**

The student will be able to:

- describe adolescent maturation and its role in the development of the individual's body and mind;
- explain adolescent drives, issues, conflicts and possible resolutions: the inner life and its outer manifestations including sexual/friendship choices and work choices; and
- discuss the second reworking of the first years of life within the framework of adolescence, a greater biological maturity.

**Methods of Evaluation**

This class will explore the objectives of the course in class discussion of readings, and analysis of contemporary descriptions of adolescence as seen in film, TV and the media. Students will be expected to keep a log on observational data accumulated through the semester relative to adolescence, to write a weekly log and produce a final paper integrating the observational data with subject matter of the readings and class process as well as one independent study report.

**Texts**

- Blos, P. (1979), *The Adolescent Passage*. Madison, CT: International Universities Press.
- Deutsch, H. (1967), *Selected Problems of Adolescence: Monograph Series of Psychoanalytic Study of the Child #3*. Madison, CT: International Universities Press.
- Freud, A. (1936), *The Writings of Anna Freud: The Ego & the Mechanisms of Defense*. Vol. 2. Madison, CT: International Universities Press.
- Freud, S. (1905), Three Essays on the Theory of Sexuality. *Standard Edition*. London: Hogarth Press. 7
- Spotnitz, H. (1987), *Psychotherapy of Pre-Oedipal Conditions*. Northvale, NJ: Jason Aronson.
- Winnicott, D.W. (1984), *Deprivation and Delinquency*. London: Tavistock.

## **Syllabus**

### **Class 1**

Freud, S. (1905), The transformations of puberty. *Standard Edition*. London: Hogarth Press, 7:207-230.  
Kiell, N. (1964), Introduction. *The Universal Experience of Adolescence*. New York: IUP. pp. 11-21.

### **Class 2**

Blos, P. (1979), Preadolescent drive organization. *The Adolescent Passage*. New York: International Universities Press. pp. 105-116.  
Kaplan, L. (1995), The stepchild of psychoanalysis, adolescence. *American Imago*, 53(3):257-268.

### **Class 3**

Blos, P. (1979), The second individuation process of adolescence. *The Adolescent Passage*. pp. 141-170.  
Laufer, M. E. (1996), The role of passivity in the relationship to the body during adolescence. *The Psychoanalytic Study of the Child*, 51:348-364.  
White, J. G. (2001), Adolescent search for the first object. *Modern Psychoanalysis*, 26(1):93-97.

### **ISS #1**

**Independent Study:** Movie, video, tv, or media report on adolescent issue or theme.  
Watch *Ferris Buehler's Day Off*.

### **Class 4**

Greenacre, P. (1975), Differences between male and female adolescent sexual development as seen from longitudinal studies. *Adolescent Psychiatry: Developmental & Clinical Studies*. Vol. 6. Northvale, NJ: Jason Aronson. pp. 105-120.  
Masters, W., V. Johnson & R. Kolodny (1986), Adolescent sexuality. *On Sex and Human Loving*. Boston: Little, Brown. pp. 137-157.

### **Class 5**

Vanier, A. (2001), Some remarks on adolescence with particular reference to Winnicott and Lacan. *Psychoanalytic Quarterly*, 70:579-597.  
Winnicott, D.W. (1965), Adolescence, struggling through the doldrums. *The Family & Individual Development*. London & New York: Tavistock Publication. pp. 79-87.  
Winnicott, D.W. (1965), The family & emotional maturity. *The Family & Individual Development*. London & New York: Tavistock Publications. pp. 88-94.

### **Class 6**

Blos, P. (1979), The initial stage of male adolescence. *The Adolescent Passage*. Madison, CT: International Universities Press. pp. 117-140.  
Blos, P. (1985), The role of the early father in male adolescent development. *The Course of Life*. Vol. IV. pp. 1-16.  
Stierlin, H. (1975), The adolescent as delegate of his parents. *Adolescent Psychiatry*. Vol. IV. London & New York: Tavistock Publications. pp. 72-83.

### **Class 7**

Jacobson, E. (1961), Adolescent moods and the remodeling of psychic structures in adolescence. *The Psychoanalytic Study of the Child*, 16:164-183.

### **Class 8**

- Spotnitz, H. (1975), Object-oriented approaches to severely disturbed adolescents. *The Adolescent in Group and Family Therapy*. Max Sugar, ed. New York: Brunner/Mazel. pp. 216-230.
- Wieder, H. and E. Kaplan (1969), Drug use in adolescents: psychodynamic meaning and pharmacogenic effect. *The Psychoanalytic Study of the Child*, 24:399-431.

### **ISS #2**

**Independent Study:** Film, tv, or media report on adolescent issue or theme.  
Watch *The Breakfast Club*.

### **Class 9**

- Ben-Amos, B. (1992), Depression and conduct disorders in children and adolescents: a review of the literature. *Bulletin of the Menninger Clinic*, 56:188-208.
- Black, M. and L. Rosenthal (2005), Modifications in therapeutic technique in the group treatment of delinquent boys. *Modern Psychoanalysis*, 30(2):104-119.
- Smaller, M.D. (2003), Working with adolescents: a time for "Reconsideration." *Progress in Self Psychology*, 19:155-169.

### **Class 10**

- Spotnitz, H. (1972), Constructive emotional interchange in adolescence. *Progress in Group and Family Therapy*. C. Sager, C. & H. Kaplan. New York: Brunner/Mazel. pp. 737-746.
- Spotnitz, H. (1976), Problems in differentiation. *Psychotherapy of Preoedipal Conditions*. Northvale, NJ: J. Aronson. pp. 205-222.

### **Class 11**

- Sobel, R. (1968), Special problems of late adolescence and the college years. *Modern Psychoanalysis: New Directions and Perspectives*. J. Marmor, ed. New York: Basic Books. pp. 476-491.
- Spotnitz, H. (1961), Adolescence and schizophrenia; problems in differentiation. *Adolescents: A Psychoanalytic Approach to Problems & Therapy*. S. Lorand & H.I. Scheer, eds. New York: Harper & Row. pp. 217-237.

### **Class 12**

- Blos, P. (1962), When and how does adolescence end? *The Adolescent Passage*. New York: International Universities Press. pp. 404-420.
- Hoffer, W. (1949), Deceiving the deceiver. *Searchlights on Delinquency*. K.R. Eissler, ed. Madison, CT: International Universities Press. pp. 150-155.
- Laqueria, T. (1977), An experiment in a high school. *Modern Psychoanalysis*, 2:103-112.

### **ISS #3**

Final Paper

**Additional Recommended Readings:**

- Aichhorn, A. (1948), *Wayward Youth*. New York: Viking Press.
- Deutsch, H. (1967), *Selected Problems of Adolescence: Monograph Series of Psychoanalytic Study of the Child*. #3. New York: International Universities Press.
- Erikson, E. (1968), The life cycle: epigenesis of identity. *Identity, Youth, and Crisis*. New York: W.W. Norton. pp. 91-141.
- Feinstein, S. C. & P. Giovacchini, eds. (1975), *Adolescent Psychiatry*. New York: Jason Aronson.
- Freud, A. (1965), *The Writings of Anna Freud*, Vol. VI. New York: International Universities Press.
- Freud, S. (1960), The Ego & the Id. *Standard Edition*. London: Hogarth Press.
- Kiell, N. (1964), *The Universal Experience of Adolescence*. New York: International Universities Press.
- Salinger, J. D. (1951), *The Catcher in the Rye*. New York: Bantam Books.