Syllabus
PT 151a: Basic Psychoanalytic Theory (Part I)
L. Holmes Spring 2013
Thu. 5:30-7:20
30 Clock Hours

Course Description
Readings and class process will focus on basic tenets of psychoanalytic theory and follow the course of theoretical concepts from a historical and evolving basis. An examination of the revision of thought and theory will be fundamental to the process with explicit attention given to the definitions of terms and concepts necessary to understand psychoanalytic processes.

Objectives
The student will be able to:

• present a systematic and unified overview of the basic principles central to psychoanalytic theory; and
• define terms and demonstrate an understanding of the lexicon of psychoanalytic concepts.

Basis of Evaluation
Class logs, class participation, attendance, and final project.

INSTRUCTIONS FOR CLASS LOGS
Logs are to be emailed to the instructor at: drlucyholmes@gmail.com and submitted via internet prior to the next class. Logs should essentially cover two major elements: a reaction to the reading for the upcoming class and a discussion of the process of the former class. The logs are a confidential communication to the instructor that convey the emotional and intellectual experiences that the student experiences. **Logs should not exceed 400 words.** Response by the instructor to logs will be provided on request. **Student’s name, PT 151a, Date of class for which log is written, Instructors name, and Log # should be on each email.**

The final paper will be assigned after the class meets for several classes and discusses what kind of project will be most beneficial to the course expectations and objectives. Submission of the final requirement will be at the end of the semester.

Texts

**Dictionaries & Reference Books**


**Assigned Readings**

**Class 1**


**Class 2**


**Class 3**


**Class 4**

Class 5

Class 6

Class 7

Class 8

Class 9

Class 10

Class 11
Class 12
Additional Selected Readings:
AN OUTLINE OF BASIC CONCEPTS:
THE THREE DOMAINS OF PSYCHOANALYSIS

I. Psychoanalysis as a theory of personality and development
   1. The dynamic (qualitative) view
      a. conscious
      b. reflective conscious
      c. unconscious
         1. preconscious
         2. dynamic unconscious (repressed)
         3. primary process
   2. The structural (topographical) view
      a. id
      b. ego
      c. superego
         1. Oedipus complex
         2. internalization of parental imagoes
            a. toxic introjects
            b. castration anxiety
         3. incest prohibition
         4. split between sensual and affectionate components of love
   3. The economic (quantitative) view (Eros and Thanatos)
      a. Repetition compulsion
         1. pleasure principle
         2. reality principle
            a. principle of self preservation
         3. death drive
   4. Libido theory
      a. cathexis
      b. counter-cathexis
      c. hypercathexis
      d. fixation
   5. The stages of psychosexual development and character formation
      a. primary narcissism
      b. polymorphous perverse
      c. oral erotic (sucking)
      d. oral sadistic (biting)
      e. anal erotic (expulsive)
      f. anal sadistic (retentive)
      g. phallic
      h. latency period
      i. genital phase
   6. Drives and instincts
      a. Aggression (motor action) and anger (emotion)
         1. hostile vs loving (emotion) (motive)
         2. active vs passive (behavior) (means)
      3. destructive vs constructive (outcome)
7. Trauma and anxiety
   a. Objective anxiety (fear)
   b. Neurotic anxiety
   c. Moral anxiety (guilt)

8. Narcissism
   a. Absolute (in utero)
   b. Primary (infancy)
   c. Secondary (autoerotism)
   d. Egoistic (self regard)

II. Psychoanalysis as a method of research and understanding
1. The principle of psychological determinism
   a. Free association

2. The ahistorical view

3. Truth and reality
4. Psychoanalyzing is a method of inference
   a. To render the unconscious, conscious
   b. To render the subjective, objective

5. Interpretation and the search for meaning
   a. Dreams
   b. Symbolism and metaphor
   c. Psychopathology of everyday life

6. Psychodynamics
   a. projection
   b. introjection
   c. identification
   d. projective identification
   e. regression
   f. substitution
   g. undoing
   h. sublimation
   i. rationalization
   j. fusion
   k. repression
   l. reaction formation
   m. inhibition and symptom formation
   n. frustration
   o. conflict
   p. denial

III. Psychoanalysis as a method and theory of treatment
1. Catharsis (speaking one’s mind)
2. Abreaction (reliving a traumatic experience)
3. Transference
   a. narcissistic
   b. object
4. Repetition, recollection and acting out
5. Counter-transference
   a. subjective
   b. objective

6. Resistances and counter-resistances (sources)
   a. ego
   b. id
   c. superego
   d. unconscious
   e. repetition (status quo)
   f. character
   g. narcissism
   h. reality
   i. treatment destructive

7. Joining, mirroring, reflecting

8. Emotional communication

9. Corrective emotional experience
   a. narcissistic wound (rejection)
   b. narcissistic supply (affirmation)
   c. unconditional acceptance
   d. Toxoid inoculation

10. Progressive communication

11. Working through

12. Anaclitic counter-transference
   a. empathic understanding

13. Basic rules
   a. say everything
   b. be truthful

14. Abstinence rules
   a. no action, just words
   b. postpone gratification
   c. no acting out

15. Evenly hovering attention

16. Uncathected intervention

17. The use of the couch