

Syllabus
PT 151a: Basic Psychoanalytic Theory (Part I)
M. Buenzle Spring 2019

Mon. 5:30-7:30
CMPS: 30 Clock Hours
NYGSP: 2 Credits

Course Description

Readings and class process will focus on the basic tenets of psychoanalytic theory. Core psychoanalytic concepts are defined and major developments and divergences in psychoanalysis are examined. The relationship between theory and clinical practice will be investigated.

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, student presentations and a final paper.

INSTRUCTIONS FOR CLASS LOGS

Logs should be emailed to the instructor at: markbuenzle@gmail.com and submitted at least one day prior to the next class. Logs should address two major areas: a reaction to the reading and a discussion of class process. As confidential communications to the instructor, the logs may address anything of concern to the student, with respect to the intellectual and emotional experience of the class and/or of the material. **Student's name, PT 151a, date of class for which log is written, instructor's name, and log # should be at the top of each email.**

The final paper should consist of a discussion of two or three fundamental psychoanalytic concepts. The discussion should begin with a definition of each concept and proceed to a discussion in which some questions are raised and addressed.

Texts

Freud, S. (various dates). J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vols. 5, 7, 12, 14, 15, 20, 22). London, England: Hogarth Press.

Lear, J. (2015). *Freud* (2nd ed.). New York, NY: Routledge.

Please note: By Class 5, you'll need to purchase the text *Freud* (2nd ed.) by Jonathan Lear, as most of the book is assigned reading. Readings from this book will be included in the readings folder for Classes 1 & 2 only. A copy will also be on the Library Reserve shelf.

Dictionaries & Reference Books

- Eidelberg, L. (Ed.). (1968). *Encyclopedia of psychoanalysis*. New York, NY: The Free Press.
- Erwin, E. (Ed.). (2002). *The Freud encyclopedia: Theory, therapy, and culture*. New York, NY: Routledge.
- Fenichel, O. (1945). *The psychoanalytic theory of neurosis*. New York, NY: W. W. Norton.
- LaPlanche, J., & Pontalis, J. B. (1973). *The language of psychoanalysis*. New York, NY: W. W. Norton.
- Moore, B., & Fine, B. (1990). *Psychoanalytic terms & concepts*. New Haven, CT: Yale University Press.
- Nersessian, E., & Kopff, R. (Eds.). (1996). *Textbook of psychoanalysis*. Washington, DC: American Psychiatric Association Press.
- Skelton, R. M. (Ed.). (2006). *The Edinburgh international encyclopedia of psychoanalysis*. New York, NY: Columbia University Press.

To access full text documents from the PEP links, you'll need to first log into your PEP account.

Assigned Readings

Class 1

- Freud, S. (1963). Introductory lectures on psychoanalysis. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 15, pp. 15-24). London, England: Hogarth Press. (Original work published 1916-17)
<http://www.pep-web.org/document.php?id=se.015.0000a>
- Lear, J. (2015). The peculiar conversation. In *Freud* (2nd ed.) (pp. 1-28). New York, NY: Routledge.

Class 2

- Freud, S. (1959). Psychoanalysis. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 20, pp. 263-270). London, England: Hogarth Press. (Original work published 1925)
<http://www.pep-web.org/document.php?id=se.020.0000a>
- Lear, J. (2015). Interpreting the unconscious. In *Freud* (2nd ed.) (pp. 29-60). New York, NY: Routledge.

Class 3

- Mitrani, J. L. (1995). Toward an understanding of unmentalized experience. *Psychoanalytic Quarterly*, 64, 68-112.
<http://www.pep-web.org/document.php?id=paq.064.0068a>

Class 4

- Freud, S. (1953). Three essays on the theory of sexuality: Infantile sexuality. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 7, pp. 173-206). London, England: Hogarth Press. (Original work published 1905)
<http://www.pep-web.org/document.php?id=se.007.0000a>

Class 5

- Lear, J. (2015). Sex, Eros and life. In *Freud* (2nd ed.) (pp. 61-93). New York, NY: Routledge.

Class 6

- Lear, J. (2015). The structure of the psyche and the birth of 'object' relations. In *Freud* (2nd ed.) (pp. 167-189). New York, NY: Routledge.

Class 7

Freud, S. (1957). Mourning and melancholia. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 14, pp. 239-258). London, England: Hogarth Press. (Original work published 1917)
<http://www.pep-web.org/document.php?id=se.014.0000a>

Class 8

Freud, S. (1964). Anxiety and instinctual life. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 22, pp. 81-111). London, England: Hogarth Press. (Original work published 1933)
<http://www.pep-web.org/document.php?id=se.022.0000a>

Class 9

Freud, S. (1958). The psychology of the dream-processes. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 5, pp. 509-532). London, England: Hogarth Press. (Original work published 1900)
<http://www.pep-web.org/document.php?id=se.005.0000a>

Class 10

Freud, S. (1958). Formulations on the two principles of mental functioning. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 12, pp. 218-226). London, England: Hogarth Press. (Original work published 1911)
<http://www.pep-web.org/document.php?id=se.012.0000a>

Lear, J. (2015). Principles of mental functioning. In *Freud* (2nd ed.) (pp. 148-166). New York, NY: Routledge.

Class 11

Freud, S. (1958). Remembering, repeating, and working through. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 12, pp. 145-156). (Original work published 1911)
<http://www.pep-web.org/document.php?id=se.012.0000a>

Lear, J. (2015). Transference. In *Freud* (2nd ed.) (pp. 122-147). New York, NY: Routledge.

Class 12

Meadow, P. (1987). The myth of the impersonal analyst. *Modern Psychoanalysis*, 12, 131-150.
<http://www.pep-web.org/document.php?id=mpsa.012.0131a>

Spotnitz, H. (1985). Introduction. In *Modern psychoanalysis of the schizophrenic patient* (2nd ed.) (pp. 15-39). New York, NY: Human Sciences Press.

Additional Selected Readings:

- Abraham, K. (1951). *Selected papers*. London, England: Hogarth Press. (Original work published 1919)
- Bettelheim, B. (1982). *Freud and man's soul*. New York, NY: Vintage Books.
- Bollas, C. (1992). *Being a character: Psychoanalysis and self experience*. New York, NY: Hill & Wang.
- Edelman, G. (1992). *Bright air, brilliant fire: On the matter of the mind*. New York, NY: Basic Books.
- Forrester, J. (1997). *Truth games: Lies, money, and psychoanalysis*. Cambridge, MA: Harvard University Press.
- Frattaroli, E. (2001). *Healing the soul in the age of the brain*. New York, NY: Viking.
- Freud, S. (1955). Beyond the pleasure principle. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 18, pp. 24-64). London, England: Hogarth Press. (Original work published 1920)
- Freud, S. (1959). Inhibitions, symptoms & anxiety. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 20, pp. 87-156). London, England: Hogarth Press. (Original work published 1926)
- Freud, S. (1961). Civilization and its discontents. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 21, pp. 117-145). London, England: Hogarth Press. (Original work published 1930)
- McDougall, J. (1985). *Theaters of the mind: Illusion and truth on the psychoanalytic stage*. New York, NY: Brunner/Mazel.
- Ogden, T. (1983). The concept of internal object relations. *International Journal of Psychoanalysis*, 64, 227-241.
- Sandler, J. (1987). The concept of projective identification. In *Projection, identification, projective identification* J. Sandler, ed. Madison, CT: International Universities Press. (pp. 13-26).
- Sandler, J. (1991). *On Freud's "Analysis terminable and interminable."* New Haven, CT: Yale University Press.
- Spotnitz, H., & Meadow, P. W. (1995). *Treatment of the narcissistic neuroses*. Northvale, NJ: Jason Aronson.

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. countercahexis
- 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. **Uncathcted intervention**
17. **The use of the couch**