

**Syllabus**  
**PT 156 Modern Psychoanalytic Theory of Technique**  
**R. Rothman      Spring 2018**

**Thu. 3:30-5:00**  
**CMPS: 30 Clock Hours**

**Course Description**

This course will enable students to obtain a clear grasp of modern theory of treatment, from the point of first contact between analyst and patient, through to the development and varying stages of transference, countertransference and resistance. The emphasis will be on affective communication, the therapeutic use of feelings, psychodynamic diagnosis, the attitude of the analyst, and analysis of the countertransference and induced feelings.

**Objectives:**

- Describe the concepts underlying the modern psychoanalytic approach to beginning treatment;
- Learn the pivotal role of the contact function in all phases of analysis: elaboration of the range of modern psychoanalytic techniques of ego insulation and reinforcement;
- Identification, management and resolution of resistances;
- How to analyze silently; assessment of patient's patterns of frustration tolerance and impulse control as a guide to diagnosis;
- Examine transference phenomenon and distinguish differences of levels along the continuum of narcissistic to object transferences; and
- Consider how verbal and nonverbal interventions can be derived from analysis of induced countertransference reactions and utilized to establish and work through narcissistic and object transference.

**Method of Evaluation**

Class participation, attendance, weekly logs covering readings and class process, and a final paper. Logs can be emailed to roryrothman@gmail.com

**Texts**

Meadow, P. W. (2003). *The new psychoanalysis*. Lanham, MD: Rowman & Littlefield.  
Spotnitz, H. (1976). *Psychotherapy of preoedipal conditions*. Northvale, NJ: Jason Aronson.  
Spotnitz, H. (1985). *Modern psychoanalysis of the schizophrenic patient* (2<sup>nd</sup> ed.). New York, NY: Human Sciences Press.

**Assigned Readings**

**Class 1**

Liegner, E. (1977). The first interview. *Modern Psychoanalysis*, 2, 55-66. (PEP)  
Meadow, P. W. (1990). Treatment beginnings. *Modern Psychoanalysis*, 15, 3-10. (PEP)  
Meadow, P. W., Bernstein, A., Clevans, E. L., Davis, H. L., & Sherman, M. H. (1976). The origins of modern psychoanalysis. *Modern Psychoanalysis*, 1, 3-16. (PEP)

## **Class 2**

- Margolis, B. D. (1983). The contact function of the ego: Its role in the therapy of the narcissistic patient. *Psychoanalytic Review*, 70, 69-81. (PEP)
- Spotnitz, H. (1985). Amplification of the basic theory of technique. In *Modern psychoanalysis of the schizophrenic patient* (2<sup>nd</sup> ed.) (pp. 70-77). New York, NY: Human Sciences Press.
- Spotnitz, H. (1985). A neurobiological approach to communication. In *Modern psychoanalysis of the schizophrenic patient* (2<sup>nd</sup> ed.) (pp. 78-111). New York, NY: Human Sciences Press.

## **Class 3**

- Meadow, P. W. (1981). Drive theory in diagnosis and treatment. *Modern Psychoanalysis*, 6, 141-170. (PEP)
- Meadow, P. W. (1996). How we aim to be with patients. *Modern Psychoanalysis*, 21, 137-154. (PEP)
- Spotnitz, H. (1976). Emotional induction. In *Psychotherapy of preoedipal conditions* (pp. 25-30). Northvale, NJ: Jason Aronson.

## **Class 4**

- Ogden, T. (1995). Analysing forms of aliveness and deadness of the transference - countertransference. *International Journal of Psychoanalysis*, 76, 695-709. (PEP)
- Phillips, A. (2013). Looking at obstacles. In *One way and another: New and selected essays* (pp. 29-42). London, England: Hamish Hamilton.
- Spotnitz, H. (1976). The need for insulation. In *Psychotherapy of the preoedipal conditions* (pp. 117-136). Northvale, NJ: Jason Aronson.

## **Class 5**

- Green, A. (1999). The death drive, negative narcissism and the disobjectalizing function. In *The work of the negative* (pp. 81-89). London, England: Free Association Books.
- Meadow, P. W. (2003). Messages from the it. In *The new psychoanalysis* (pp. 23-45). Lanham, MD: Rowman & Littlefield.

## **Class 6**

- Snyder, J. (2015). Modern psychoanalysis. *Modern Psychoanalysis*, 40, 119-154.
- Spotnitz, H. (1985). Management and mastery of resistance. In *Modern psychoanalysis of the schizophrenic patient* (2<sup>nd</sup> ed.) (pp. 163-185). New York, NY: Human Sciences Press.

## **Class 7**

- Ferro, A. (2006). Clinical implications of Bion's thought. *International Journal of Psychoanalysis*, 87, 989-1003. (PEP)
- Joseph, B. (1983). On understanding and not understanding: Some technical issues. *International Journal of Psychoanalysis*, 64, 291-298. (PEP)
- Spotnitz, H. (1989). Therapeutic countertransference: Interventions with the schizophrenic patient. *Modern Psychoanalysis*, 14, 3-20. (PEP)

## **Class 8**

- Ferro, A. (2009). Transformations in dreaming and characters in the psychoanalytic field. *International Journal of Psychoanalysis*, 90, 209-230. (PEP)
- Ogden, T. (2009). The analytic third: Working with intersubjective facts. In A. Ferro & R. Basile (Eds.), *The analytic field: A clinical concept* (pp. 159-188). London, England: Karnac.

### **Class 9**

- Meadow, P. W. (2003). The language of emotion. In *The new psychoanalysis* (pp. 47-66). Lanham, MD: Rowman & Littlefield.
- Meadow, P. W. (2003). Creating psychic change. In *The new psychoanalysis* (pp. 67-107). Lanham, MD: Rowman & Littlefield.

### **Class 10**

- Liegner, E. (1980). The hate that cures. *Modern Psychoanalysis*, 5, 5-95. (PEP)

### **Class 11**

- Meadow, P. W. (1996). Negative union. *Modern Psychoanalysis*, 21, 293-303. (PEP)
- Ogden, T. (1992). Issues of technique. In *Projective identification and therapeutic technique* (pp. 39-74). New York, NY: Jason Aronson.

### **Class 12**

- Bernstein, J. (1993). Using the countertransference resistance. *Modern Psychoanalysis*, 18, 71-80. (PEP)
- Liegner, E. J. (1995). The anaclitic countertransference in resistance resolution. *Modern Psychoanalysis*, 20, 153-164. (PEP)
- Meadow, P. W. (1999). The clinical practice of modern psychoanalysis: An interview with Hyman Spotnitz by Phyllis Meadow. *Modern Psychoanalysis*, 24, 3-20. (PEP)

### **Recommended Readings**

- Bernstein, A. (2010). *The emergence of the wonder child and other papers*. The Development of Modern Psychoanalysis Series. New York, NY: YBK Publishers.
- Freud, S. (1958). On beginning the treatment. (Further recommendations on the technique of psychoanalysis I). In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 12. pp. 121-144). London, England: Hogarth Press. (Original work published 1913)
- Freud, S. (1964). Analysis terminable and interminable. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 23. pp. 216-253). London, England: Hogarth Press. (Original work published 1937)
- Green, A. (1999). *The work of the negative*. London, England: Free Association Books.
- Liegner, E. (2003). Countertransference: Resistance and therapeutic leverage and other clinical papers. *Modern Psychoanalysis*, 28(1).
- Margolis, B. (1994). Selected papers on modern psychoanalysis. *Modern Psychoanalysis*, 19(2).
- Meadow, P. W. (1996). Collected theoretical and clinical papers. *Modern Psychoanalysis*, 21(2).
- Rosenthal, L. (1987). *Resolving resistance in group psychotherapy*. Northvale, NJ: Jason Aronson.
- Rosenthal, L. (2005). Theory and practice of modern group analytic group analysis: Selected papers of Leslie Rosenthal. *Modern Psychoanalysis*, 30(2).
- Rothman, R. (2011). When the body does the talking. *Modern Psychoanalysis*, 36, 4-28.
- Sandler, J. (Ed.) (1991). *On Freud's "Analysis Terminable and Interminable."* New Haven, CT: Yale University Press.
- Sheftel, S. (Ed.) (1991). *A festschrift in honor of Hyman Spotnitz: Just say everything*. New York, NY: Association for Modern Psychoanalysis.

- Spotnitz, H. (1961). *The couch and the circle: A story of group psychotherapy*. New York, NY: Alfred A. Knopf.
- Spotnitz, H. (1961). Adolescence and schizophrenia: problems in differentiation. In S. Lorand & H. Scheer (Eds.), *Adolescents: Psychoanalytic approach to problems and therapy* (pp. 217-237). New York, NY: Hoeber.
- Spotnitz, H. (1972). Constructive emotional interchange in adolescence. In C. J. Sager and H. Kaplan (Eds.), *Progress in group and family therapy* (pp. 737-746). New York, NY: Brunner/Mazel.
- Spotnitz, H. (1979). Narcissistic countertransference. *Contemporary Psychoanalysis*, 15, 545-559. (PEP).

### **Recommended videos:**

\*Center for Modern Psychoanalytic Studies (Producer). (2007). Spotnitz speaks [DVD]. Available from <http://www.cmps.edu/Spotnitz-DVD/>

\*Spotnitz speaks with Meadow: the Clinical Practice of Modern Psychoanalysis. Presented at the 1997 annual conference of the Center for Modern Psychoanalytic Studies.

\*available through CMPS library