

**Syllabus**  
**PT 158 Countertransference**  
**W. Hurst     Fall 2017**

**Thu. 1:30-3:30**  
**CMPS: 30 Clock Hours**  
**NYGSP: 2 Credits**

**Course Description**

This course will focus on an in-depth study of countertransference. Its historical and theoretical development and its application to clinical practice will be studied through assigned readings, discussion of case material, and class interaction.

**Objectives**

The student will be able to:

- gain understanding and knowledge of the evolution of the concept and its clinical application;
- learn to recognize and identify countertransference and countertransference resistance through the analyst's experience in relation to the patient's transference; and
- describe and explain how the experience of countertransference may be used as a source of information in understanding symbolic, verbal and non-verbal communications of patients at the narcissistic and genital levels, and also as an essential element in formulating interventions;
- evaluate critically some controversial features of the concept and its applications

**Method of Evaluation**

Class participation, attendance, weekly logs covering intellectual and emotional responses to the readings and class process, and a final paper. Logs can be emailed to [whurst@cmps.edu](mailto:whurst@cmps.edu).

**Please note – as the entire Stefana book is required reading (Classes 1-4), students will need to purchase it, or a copy will also be on reserve to read in the library. Only the first week's reading will be in the readings folder.**

**Assigned Readings**

**Class 1**

Stefana, A. (2017). Forward; Introduction; The origins of the notion of countertransference; Freud and the psychoanalytic movement between the foundation of the IPA, the Great War, and the turning point of 1920. In *History of countertransference: From Freud to the British object relations school* (pp. x-28). London, England: Routledge.

**Class 2**

Stefana, A. (2017). The contribution of the early pioneers; The Second War, the controversial discussions; The work of Melanie Klein and her influence on the development of the concept of countertransference. In *History of countertransference: From Freud to the British object relations school* (pp. 29-65). London, England: Routledge.

### **Class 3**

Stefana, A. (2017). 1947-1950: The “watershed” years; The contribution of the British school of object relations: First phase; The development of the concept of projective identification: A medium of communication. In *History of countertransference: From Freud to the British object relations school* (pp. 66-106). London, England: Routledge.

### **Class 4**

Stefana, A. (2017). The contribution of the British school of object relations: Second phase; Some non-conclusive considerations. In *History of countertransference: From Freud to the British object relations school* (pp. 107-140). London, England: Routledge.

### **Class 5**

Fink, B. (2007). Handling transference and countertransference. In *Fundamentals of psychoanalytic technique* (pp. 126-157). New York, NY: W.W. Norton.

### **Class 6**

Fink, B. (2007). Handling transference and countertransference. In *Fundamentals of psychoanalytic technique* (pp. 158-188). New York, NY: W.W. Norton.

### **Class 7**

Bollas, C. (1983). Expressive uses of the countertransference—Notes to the patient from oneself. *Contemporary Psychoanalysis, 19*, 1-33. (PEP)

Searles, H.F. (1959). Oedipal love in the countertransference. *International Journal of Psychoanalysis, 40*, 180-190. (PEP)

### **Class 8**

Liegner, E. (1984). Countertransference resistance and therapeutic leverage. *Modern Psychoanalysis, 12*, 179-186. (PEP)

Spotnitz, H. (1985). Countertransference resistance and therapeutic leverage. In *Modern psychoanalysis of schizophrenic patient* (2<sup>nd</sup> ed.), (pp 218-248). New York, NY: Human Sciences Press.

### **Class 9**

Meadow, P. W. (1989). How we aim to be with patients. *Modern Psychoanalysis, 14*, 145-162. (PEP)

Meadow, P. W. (1991). Resonating with the psychotic patient. *Modern Psychoanalysis, 16*, 87-103. (PEP)

### **Class 10**

Bouchard, M., Normandin, L., & Séguin, M. (1995). Countertransference as instrument and obstacle: A comprehensive and descriptive framework. *Psychoanalytic Quarterly, 64*, 717-745. (PEP)

Carpy, D.V. (1989). Tolerating the countertransference: A mutative process. *International Journal of Psychoanalysis, 70*, 287-294. (PEP)

### **Class 11**

Kite, J. V. (2008). Ideas of influence: The impact of the analyst’s character on the analysis. *Psychoanalytic Quarterly, 77*, 1075-1104. (PEP)

Margolis, B. (1978). Narcissistic countertransference: Emotional availability and case management. *Modern Psychoanalysis, 3*, 133-151. (PEP)

## Class 12

Ogden, T. H. (1995). Analysing forms of aliveness and deadness of the transference-countertransference. *International Journal of Psychoanalysis*, 76, 695-709. (PEP)

### Additional Readings and Resources

- Epstein, L. (1979). Countertransference with the borderline patients. In L. Epstein & A. H. Feiner (Eds.), *Countertransference: The therapist's contribution to the therapeutic situation* (pp. 375-403). New York, NY: Jason Aronson.
- Epstein, L. (1979). The therapeutic function of hate in countertransference. In L. Epstein & A. H. Feiner (Eds.), *Countertransference: The therapist's contribution to the therapeutic situation* (pp. 213-234). New York, NY: Jason Aronson.
- Freud, S. (1953). Dora's dream. Fragment of a case of hysteria. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 7, pp. 64-111). London, England: Hogarth Press. (Original work published 1905)
- Freud, S. (1953). Postscript (on Dora). In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 7, pp. 112-122). London, England: Hogarth Press. (Original work published 1905)
- Kernberg, O. (1965). Notes on countertransference. *Journal of American Psychoanalytic Association*, 13, 38-56.
- Kernberg, O. (1976). Transference and countertransference in the treatment of the borderline patients. In *Object relations theory and clinical psychoanalysis* (pp. 161-184). Northvale, NJ: Jason Aronson.
- Kernberg, O. (1984). Countertransference, transference, regression and the incapacity to defend. In H. C. Meyers (Ed.), *Between analyst and patient: New dimensions in countertransference*. Hillsdale, NJ: Analytic Press.
- King, P. (1980). Life cycle as indicated by the nature of transference in psychoanalysis of middle aged and elderly. *International Journal of Psychoanalysis*, 61, 153-160.
- Little, M. (1951). Countertransference and the patient's response to it. *International Journal of Psychoanalysis*, 32, 32-40.
- Marty, P. (2010). The narcissistic difficulties presented to the observer by the psychosomatic problem. *International Journal of Psychoanalysis*, 91, 347-360.
- McDougall, J. (1990). Premature communication and the use of countertransference. In *Plea for a measure of abnormality* (pp. 274-290). London, England: Free Association Books.
- McLaughlin, J. (1981). Transference, psychic reality and countertransference. *The Psychoanalytic Quarterly*, 50, 639-664.
- Marshall, R. J. (1983). On the history of the concept of resistance. In *Resistance interactions: Child, family and psychotherapy* (pp. 17-39). New York, NY: Human Science Press.
- Mitrani, J. (2001). Taking the transference: Technical implications in three papers by Bion. *International Journal of Psychoanalysis*, 82, 1085-1104.
- Racker, H. (1957). *The meanings and uses of countertransference* (pp. 127-132, 160-173). New York, NY: International Universities Press.
- Reich, A. (1960). Further remarks on countertransference. In *Annie Reich: Psychoanalytic contributions* (1973) ( pp. 271-287), or *International Journal of Psychoanalysis*, 41, 389-395.
- Searles, H. (1963). Transference psychosis in the psychotherapy of schizophrenic. In *Collected papers on schizophrenia and related subjects* (pp. 654-716). New York, NY: International Universities Press.
- Spotnitz, H. (1976). Trends in modern psychoanalytic supervision. *Modern Psychoanalysis*, 1, 201-217.
- Spotnitz, H. (1979). Narcissistic countertransference. *Contemporary Psychoanalysis*, 15, 545-559.
- Spotnitz, H. (1985). Recognition and understanding of resistance. In *Modern psychoanalysis of the schizophrenic patient* (2<sup>nd</sup> ed.) (pp. 143-162). New York, NY: Human Science.

- Spotnitz, H., & Meadow, P. W. (1976). The narcissistic transference. In *Treatment of the narcissistic neuroses* (pp. 64-74). New York, NY: Manhattan Center for Advanced Psychoanalytic Studies.
- Spotnitz, H. (1982). Supervision of psychoanalysts treating borderline patients. *Modern Psychoanalysis*, 7, 185-206.
- Spotnitz, H., & Meadow, P. W. (1976). The treatment partnership. In *Treatment of the narcissistic neuroses* (pp. 127-141). New York, NY: Center for Modern Psychoanalytic Studies.
- Winnicott, D. W. (1975). Clinical varieties of transference. In *Through paediatrics to psychoanalysis* (pp. 295-299). New York, NY: Basic Books. (Original work published 1955)