

**PT 151a: Basic Psychoanalytic Theory (Part I)**  
**S. Poser Spring 2010**

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

**Course Description**

Core psychoanalytic concepts are defined, as are the central issues on which psychoanalysts have found a common base. Changes in structure from preverbal to verbal periods of life are studied; the expression of drives, their role in character development, and the implications of the pleasure principle and the repetition compulsion for behavior are considered.

**Objectives**

Students will be able to:

- present a systematic and unified overview of the basic principles central to psychoanalytic theory.
- define psychoanalytic terms and concepts that are widely accepted and to consider and discuss major controversies in psychoanalysis.

**Basis of Evaluation**

Class logs, class participation, and a final written summary.

**INSTRUCTIONS FOR CLASS LOGS**

A *typewritten* log on 8 1/2 x 11 paper should be composed within twenty-four hours of each class (while the class experience is still fresh in mind) and submitted to the instructor at the beginning of the next meeting of the class. The student's name and the number and date of the class meeting are placed at the top of each log. Better yet, logs can also be submitted by email to [stevenposer@earthlink.net](mailto:stevenposer@earthlink.net) as soon as they are composed so they can be read and commented upon before the next meeting of the class.

A log is a confidential communication from each student to the instructor and is used by the instructor as a guide to get to know students better and to keep informed about the class's progress.

The log should consist of a written account of the student's emotional and intellectual experience of what transpires during each class meeting. This should include an analysis of one's own feelings as well as observations of class process and interpersonal interactions that occur between oneself and the instructor, between other class members and the instructor, and those that occur among other class members. Especially try to take note of examples of resistances and transferences in class interactions.

The logs provide students with an opportunity to express their own views, to raise questions and doubts about issues raised in class and in their readings, and to make suggestions to the instructor for further study. Their questions and suggestions often provide the basis for further elaboration and discussion in class.

The final log, which is to be handed in after the last meeting of the class, should consist of a summary and evaluation of the semester's experience.

## REPORTS ON READINGS

Students should also submit a commentary on each of the assigned readings as they are completed. These may consist of a summary or theoretical discussion of the material read, comments, critiques and questions raised by the material, and an assessment of their usefulness or emotional impact.

### **Text**

Freud, S., *The Standard Edition of the Complete Psychological Works of Sigmund Freud*. London: Hogarth Press, 1959. Volumes 15, 20 and 22.

### **Dictionaries & Reference Books**

Fenichel, O. (1945), *The Psychoanalytic Theory of Neurosis*. New York: W.W. Norton.

LaPlanche, J. & J.B. Pontalis (1973), *The Language of Psychoanalysis*. New York: W.W. Norton.

Moore, B. & B. Fine (1990), *Psychoanalytic Terms & Concepts*. New Haven, CT: Yale University Press.

### **Syllabus**

#### **Week 1**

Freud, S. (1916-17), Introductory lectures on psychoanalysis. *Standard Edition*. London: Hogarth Press, 15:15-24.

Freud, S. (1925), Psychoanalysis. *Standard Edition*. London: Hogarth Press, 20:263-270.

#### **Week 2**

Breuer, J. (1895), Fraulein Anna O, studies in hysteria. *Standard Edition*. London: Hogarth Press, 2:21-47.

Freud, S. (1910), First lecture, five lectures on psycho-analysis. *Standard Edition*. London: Hogarth Press, 11:9-20.

#### **Week 3**

Freud, S. (1926), The question of lay analysis. *Standard Edition*. London: Hogarth Press, 20:183-258.

#### **Week 4**

Freud, S. (1917), Transference. *Standard Edition*. London: Hogarth Press, 16:431-447.

#### **Week 5**

Freud, S. (1926), Inhibitions, symptoms and anxiety. *Standard Edition*. London: Hogarth Press, 20:77-86, 157-172.

#### **Week 6**

Freud, S. (1933), Anxiety and instinctual life. *Standard Edition*. London: Hogarth Press, 22:81-111.

#### **Week 7**

Freud, S. (1917), Mourning and melancholia. *Standard Edition*. London: Hogarth Press, 14:239-258.

#### **Week 8**

Freud, A. (1949), Notes on aggression. *The Writings of Anna Freud*. Vol. IV. New York: International Universities Press. pp. 60-74.

#### **Week 9**

Freud, S. (1932), Two classes of instincts. *Standard Edition*. London: Hogarth Press, 19:40-47.

**Week 10**

Sternbach, O. (1975), Aggression, the death drive and the problem of sadomasochism. A reinterpretation of Freud's second drive theory. *International Journal of Psychoanalysis*, 56:321-333.

**Week 11**

Rosenfeld, H.A. (1971), A clinical approach to the psychoanalytic theory of the life & death instincts: an investigation into the aggressive aspects of narcissism. *International Journal of Psychoanalysis*, 52:169-178.

**Week 12**

Brenner, C. (1990), On pleasurable affects. *Pleasure Beyond the Pleasure Principle*. R. Glick. & S. Bone, eds. New Haven, CT: Yale University Press. pp. 189-197.

# **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. Uncatheted intervention**
- 17. The use of the couch**