

**PT 156 Psychoanalytic Theory of Technique**  
**E. Barz**                      **Spring 2010**

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

**Course Description**

The beginning stages of treatment are extremely important to the process of analysis and both analyst and patient are in a condition of significant unknowns. From the very first contact the potential patient makes and through the early sessions significant issues and elements of how the treatment will unfold are present and will offer opportunity for examination and understanding. Recognition of early patterns of resistance and the inductions that they engender is important to understand and deal with. Verbal and non-verbal cues and interventions that arise during this period will be studied in order to discover and uncover ways to work effectively in establishing treatment objectives and treatment strategies. Students will be expected to do the readings weekly and write up a short reaction report and personal log that will be sent via email prior to the next class meeting.

**Objectives**

Students will be able to:

- Describe the concepts underlying the modern psychoanalytic approach to beginning treatment;
- Recognize and identify resistive processes;
- Examine techniques of resistance resolution;
- Examine transference phenomenon and distinguish differences of levels along the continuum of narcissistic to object transferences;
- Examine feeling states in the analyst with respect to induction and countertransference; and
- Identify techniques for dealing with resistance patterns.

**Method of Evaluation**

Class participation, attendance, logs, and completion of written assignments.

**Texts**

Green, A. (1999), *The Work of the Negative*. London: Free Association Books.

Meadow, P.W. (2003), *The New Psychoanalysis*. Lanham, MD: Rowman & Littlefield Publishers.

Spotnitz, H. (1976), *Psychotherapy of Preoedipal Conditions*. Northvale, NJ: Jason Aronson.

**Syllabus**

**Class 1**

Freud, S. (1913), On beginning the treatment. *Standard Edition*. London: Hogarth Press, 12:121-144.

Meadow, P. W. (1990), Treatment beginnings. *Modern Psychoanalysis*, 15(1):3-10.

**Class 2**

Liegner, E. (1977), The first interview. *Modern Psychoanalysis*, 2:55-66.

Menninger, K.A. and P.S. Holzman (1973), *Theory of Psychoanalytic Technique*, Second Edition. New York: Basic Books. pp. 60-76.

### **Class 3**

- Green, A. (1999), The death drive, negative narcissism and the disobjectalizing function. *The Work of the Negative*. London: Free Association Books. pp. 81-89.
- Meadow, P.W. (2003), Messages from the it. *The New Psychoanalysis*. Lanham, MD: Rowman & Littlefield. pp. 23-46.
- Spotnitz, H. (1985), Amplification of the basic theory of technique. *Modern Psychoanalysis of the Schizophrenic Patient*. Second Edition. New York: Human Sciences Press. pp. 70-77.

### **Class 4**

- Meadow, P.W. (2003), Creating psychic change. *The New Psychoanalysis*. Lanham, MD: Rowman & Littlefield. pp. 67-108.
- Spotnitz, H. (1976), Emotional induction. *Psychotherapy of Preoedipal Conditions*. Northvale, NJ: Jason Aronson. pp. 25-30.

### **Class 5**

- Spotnitz, H. (1985), Recognition and understanding of resistances. *Modern Psychoanalysis of the Schizophrenic Patient*. pp. 143-162.
- Spotnitz, H. (1985), Management and mastery of resistance. *Modern Psychoanalysis of the Schizophrenic Patient*. pp. 163-185.

### **Class 6**

- Meadow, P.W. (1987), The myth of the impersonal analyst. *Modern Psychoanalysis*, 12:131-150.
- Meadow, P.W. (2003), The language of emotion. *The New Psychoanalysis*. Lanham, MD: Rowman & Littlefield. pp. 47-66.

### **Class 7**

- Joseph, B. (1971), A clinical contribution to the analysis of a perversion. *International Journal of Psychoanalysis*, 52:441-449.
- Spotnitz, H. (1976), The need for insulation. *Psychotherapy of the Preoedipal Conditions*. Northvale, NJ: Jason Aronson. pp. 117-136.

### **Class 8**

- Joseph, B. (1983), On understanding and not understanding: some technical issues. *International Journal of Psychoanalysis*, 64:291-298.
- Spotnitz, H. (1989), Therapeutic countertransference: interventions with the schizophrenic patient. *Modern Psychoanalysis*, 14:3-20.

### **Class 9**

- Boesky, D. (1988), Comments on the structural theory of technique. *International Journal of Psychoanalysis*, 69:303-316.
- Meadow, P.W. (1991), Resonating with the psychotic patient. *Modern Psychoanalysis*, 16:87-103.

### **Class 10**

- Ogden, T. (1992), Issues of technique. *Projective Identification and Therapeutic Technique*. New York: Jason Aronson. pp. 39-74.

### **Class 11**

Bernstein, J. (1993), Using the countertransference resistance. *Modern Psychoanalysis*, 18:71-80.  
Laquercia, T. (2005), Listening with the intuitive ear. *Modern Psychoanalysis*, 30:60-72.

**Class 12**

Ogden, T. H. (1996), Reconsidering three aspects of psychoanalytic technique. *International Journal of Psychoanalysis*, 77:883-899.