Introduction and Formulation
Anna Schwartz and Holly Schneier
09/21/15
Psychodynamic formulation
09/28/15
New candidates dinner- no class
10/05/15
Psychodynamic formulation

10/12/15
Columbus Day- no class

Beginning the Treatment
Sonia Kulchucky and Judit Lendvay
10/19/15
Beginning the treatment-practical considerations
10/26/15
Beginning the treatment-psychodynamic aspects

Models of the Mind
Rebecca Chaplan
11/02/15
Modern ego psychology
11/09/15
Object relations theory
11/16/15
Self psychology

Relational Perspectives
Susan Vaughan and Alison Brown
11/23/15
Relational perspectives
11/30/15
Relational perspectives
Transference and Countertransference
David Lindy and Dionne Powell
12/07/15
Transference
12/14/15
Transference II
12/21/15 Winter break, no class
12/28/15 Winter break, no class
01/04/16
Countertransference I: Diagnostic use of the self
01/11/16
Countertransference II: Restraint and self-disclosure
01/18/16
MLK Day- no class

The supportive-expressive continuum
Andreas Kraebber
01/25/16 Supportive interventions: what, why and when
02/01/16 Support vs. interpretation

Short-term Dynamic Psychotherapy
Alan Barasch
02/08/16 SDTP 1
02/15/16 Presidents Day- no class
02/22/16 SDTP 2
02/29/16 (Leap Year!) SDTP 3
03/07/16 SDTP 4

TFP Transference-focused psychotherapy (TFP)
Peter Bookstein and Sonia Kulchycky
03/14/16 TFP
03/21/16
Deepening the process I
Chris Allegra and David Gutman
04/04/16
   Unconscious fantasy
04/11/16
   Enactments
04/18/16
   Dreams
04/25/16
   Spring break-no class

Deepening the process II
Aneil Shirke
05/02/16
   Resistance
05/09/16
   Working through
05/16/16
   Stalemates and impasses
05/23/16
   Termination planned and unplanned

Schwartz and Schneier
06/06/16
   Wrap-up
Introduction and Formulation -
Anna Schwartz and Holly Schneier
09/21/15
   Psychodynamic formulation
09/28/15
   New candidates dinner- no class
10/05/15
   Psychodynamic formulation

Class I: 9/21

Class II: 10/5
Cabaniss et al, Introductions to Parts 2, 3 and 4, and "Putting It Together- A Psychodynamic Formulation" -- pp. 17-21, 75-79, 135-141, 201-206.

Beginning the Treatment
Sonia Kulchucky and Judit Lendvay

10/19/15
   Beginning the treatment-practical considerations

Gabbard, Long Term Psychodynamic Psychotherapy: A Basic Text, chapter 3: The Nuts and Bolts of Psychotherapy: Getting Started

Optional:
Schlesinger, H. Chapter 8, “From listening to interpretation” in The Texture of Treatment

Schafer: The Analytic Attitude Chapter 1 and Chapter 2 (only until page 28)
10/26/15
Beginning the treatment-psychodynamic aspects

Cabaniss et al, “Developing a therapeutic alliance”, chapter 9 (pp. 84-90-98) in Handbook of dynamic therapy for higher level personality pathology.

Models of the Mind –

11/2, 11/9 and 11/16

Readings for this segment are taken from: Mitchell, Stephen A. and Black, Margaret J., Freud and Beyond, A History of Modern Psychoanalytic Thought, Basic Books
I recommend that you buy the book—(it costs about $12 new on Amazon). I think you will enjoy it and will also want to read other chapters I haven’t assigned. I’ve also given you short excerpts from Auchincloss and Samberg, Psychoanalytic Terms and Concepts, Yale University Press. The optional readings for the second two classes are good examples of how the different models are put to use clinically. The Pine paper is not optional, but something to think about over the course of all three classes—I listed it for the 21st but we will probably discuss it on the 4th.

11/2/15 Modern ego psychology

Mitchell and Black, Freud and Beyond, A History of Modern Psychoanalytic Thought, Basic Books, chapter 2

Auchincloss and Samberg, Psychoanalytic Terms and Concepts, Yale University Press, “Ego” pp. 69-72


11/9/15 Object relations theory

Mitchell and Black, Freud and Beyond, A History of Modern Psychoanalytic Thought, Basic Books, chapter 4


Optional:

11/16/15 Self psychology

Mitchell and Black,  *Freud and Beyond, A History of Modern Psychoanalytic Thought*, Basic Books, chapter 6


Optional:


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11/23/15

Relational Perspectives

Susan Vaughan and Alison Brown

11/23/15

Required:
Introduction, Chapter's 1 and 2 from Stephen Mitchell's *Hope and Dread in Psychoanalysis*...

Suggested:

11/30/15:

Required:

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11/30/15

Transference and Countertransference

David Lindy and Dionne Powell

For the next four classes we will view a brief segment from the HBO series *In Treatment*. This 30 minute documentary from 2009, only briefly available to the public, provides segments from season 2, along with interviews of real therapists and patients. If not familiar with the series you may want to review season 2 although not necessary or a requirement. In addition we have
assigned the Stephen Grosz book that we'll excerpt throughout the course. This book should be a part of every therapist’s library as Grosz with intimacy and vulnerability (and minimal psychobabble) places the reader within the therapist’s mind for all our benefit. Our task as psychodynamic psychotherapist’s Grosz describes:

At one time or another, most of us have felt trapped by things we find ourselves thinking or doing, caught by our own impulses or foolish choices; ensnared in some unhappiness or fear; imprisoned by our own history. We feel unable to go forward and yet we believe that there must be a way. ‘I want to change, but not if it means changing,’ a patient once said to me in complete innocence. Because my work is about helping people to change, this book is about change. And because change and loss are deeply connected - there cannot be change without loss - loss haunts this book. (Preface)

The transference-countertransference exchange leads to change within our patients and frequently within our selves.

12/7/15 Transference
Freud, S: Remembering, Repeating and Working-Through. SE XII: 146-156 (1914)


12/14/15 Transference II

Cooper, A. Changes in Psychoanalytic Ideas: Transference Interpretation, JAPA, 35:77-98 (1987)


01/04/16 Countertransference I


01/11/16  Countertransference II


The supportive-expressive continuum

Andreas Kraebber

01/25/16

Supportive interventions: what, why and when


Chapter 5: Goals, Strategies, Techniques, p. 77 - 99

Chapter 6: Transference, p. 100 - 112

Chapter 7: Countertransference, p. 113-125
Support vs. interpretation

Chapter 11: Supportive Therapy in Practice: Narcissistic Personality with Paranoid Trends, p. 183-192 (only)

Chapter 13: Mechanisms of Therapeutic Action, p. 237-252

Chapter 14: Choosing the Appropriate Supportive-Exploratory Mix, p. 253-273

Short-term Dynamic Psychotherapy
Alan Barasch

02/08/16
SDTP 1
02/15/16
Presidents Day- no class
02/22/16
STDP 2
02/29/16 (Leap Year!)
STDP 3
03/07/16
STDP 4

Please read BOTH of the first two papers before the first seminar. (Thank you.) We will discuss the Lombardo case in detail

February 8 and 22nd

An Outline of Brief Psychodynamic Therapy

A Case Example of BDP

History of contributors to brief dynamic therapy
Goals of the treatment
Opening phase: selection, focus, the offer
Middle phase: deepening of focus, handling of transference
End phase: focus and transference in the context of the time limit
Case Example: We will begin a detailed discussion of the Lombardo case example beginning in the first seminar and continuing in the second seminar.

Reading:


February 29

The concept of Corrective Emotional Experience
BDP from the Relational Point of View

Franz Alexander and the corrective emotional experience; the therapist’s role in actively disconfirming the patient’s pathological relationship expectations and providing a new experience

Hans Strupp’s “cyclic maladaptive pattern”: the patient’s active role in causing a repetitive interpersonal pattern

We will discuss Alexander’s “Case A” and Strupp’s case example, which I call “Just a very ordinary life”

Reading:


March  7

Time and Termination in brief psychotherapy

BDP from the Existential Point of View

James Mann’s time limited therapy, the existential approach in psychiatry, the importance of limits, loss, and finiteness. The centrality of self image and separation themes in the focus, time and termination in brief therapy.

We will discuss the Case of Rose pages 185-204.

Reading:

Messer, S and Warren, CS: Chapter 4, An integrative model: Mann, Models of Brief Psychodynamic Therapy (Guilford Press, 1995) 175-213.


TFP Transference-focused psychotherapy (TFP)
Peter Bookstein and Sonia Kulchycky

3/14/16
Clarkin, et al. Psychotherapy for the borderline personality: focusing on object relations 2006. Chapters 1 & 2

3/21/16

3/28//16

Deepening the process I
Chris Allegra and David Gutman

04/04/16: Dreams
The readings for the class are all excerpts from The Interpretation of Dreams:
S.E. Vol. IV: pp 96 - 121, pp. 134 - 146, pp. 255 - 264
S.E. Vol. V: pp 509 - 511
04/11/16 Unconscious fantasy

2) Cabaniss: Unconscious Conflict and Defense Chapter 23

Note for the class: Please read through the Cabaniss chapter first - it lays out the basic principles of unconscious fantasy in a straightforward way. Also, please note that the Arlow paper, a real classic, was written in 1969 from an ego psychological perspective. Things have changed a great deal since 1969, so keep that historic perspective in mind. It's still a great read.

04/18/16 Enactments


04/25/16

Spring break - no class

Deepening the process II
Aneil Shirke

05/2/16 Working through


05/9/16 Resistance

Schlesinger, H., (2003). The Texture of Treatment, pp. 81-101. (Note: if you were in the course last year, please skim this article to refresh yourself and concentrate on the other readings)


05/16/16   Stalemates and Impasses


05/23/16   Termination, planned and unplanned


Schwartz and Schneier (may be revised)
06/06/16
   Wrap-up