

WILLIAM ALANSON WHITE INSTITUTE

Landmarks in Interpersonal Psychoanalysis

Syllabus: Course #111, Division I Certificate Program in Psychoanalysis

Fall Trimester 2018

Instructors: Robert Langan, Ph.D. (212) 888-5412 <r.langan@wawhite.org>
Lori Bohm, Ph.D. (212) 348-0808 <l.bohm@wawhite.org>

Meeting: Tuesdays in Room 3C. From 7:15-8:30 p.m.: September 11, 25;
October 2, 9, 16, 23, 30; November 6, 13, 27 (10 sessions).

Précis: What is psychoanalysis? Different theories answer differently. This course provides a preliminary contextualization of what distinguishes interpersonal psychoanalytic theory and practice. Readings establish landmark points of view occupied by seminal theorists. This overview should enable candidates all the better to develop their own points of view orienting psychoanalytic change in regard to theory and to clinical praxis. As well, this overview should spark curiosity as to who and how you are, alone and with others, as analyst and as the analyst you will grow into.

Presentation: Candidates are encouraged to present case material relevant to concerns raised in the readings.

September 11, 2018

1. Finding Sense in Nonsense: Sigmund Freud's Definitive Unconscious

Freud's "discovery" of the unconscious was central to his theory of dreams, in turn central to the edifice of psychoanalysis. Dreams are messages from the unconscious, susceptible to interpretation via free association. Saying whatever comes to mind can reveal to the ear of the analyst hidden secrets and deeper truths. Yet, of what was Freud still unconscious? Does psychoanalysis converge on truths, or open divergent possibilities?

Required Reading:

Freud, S. (1900), *The Interpretation of Dreams*. Chapter 2, "The Method of Interpreting Dreams: An Analysis of a Specimen Dream" in *The Standard Edition of the Complete Psychological Works of Sigmund Freud*, IV:96-121. London: Hogarth Press, 1954.

Erikson, E.H. (1968), Freud's dream of Irma. Pp. 197-204 in *Identity: Youth and Crisis*. New York: W.W. Norton.

Souvenirs:

1. The Freudian unconscious poses a threat: "You're not who you think you are."
2. Freudian "free association" provides clues to deeper truths free from illusion. Dreams are the "royal road" to the unconscious.
3. Interpersonal/relational models challenge the idea that the analyst "knows" what is in the patient's unconscious, as postulated by classical and developmental arrest models. Contents of the unconscious inherently interactive and ambiguous, co-constructed by analyst and patient.

Relevant Reading:

Blechner, M.J. (2001), *The Dream Frontier*. Hillsdale NJ: Analytic Press.

Bosnak, R. (2003), Embodied imagination. *Contemporary Psychoanalysis* 39#4:683-696.

Bromberg, P.M. (2003), On being one's dream: Some reflections on Robert Bosnak's 'Embodied Imagination.' *Contemporary Psychoanalysis* 39#4:697-710.

Ellenberger, H.F. (1970), *The Discovery of the Unconscious: The History and Evolution of Dynamic Psychiatry*. New York: Basic Books.

- Erikson, E.H. (1954), The dream specimen of psychoanalysis. *Journal of the American Psychoanalytic Society*, **2**:5-56.
- Freud, S. (1916), On transience. *S.E.* **XIV**:303-310.
- Freud, A. (1936), *The Ego and the Mechanisms of Defense*. New York: International Univ. Press, 1974.
- Fromm, E. (1951), *The Forgotten Language: An Introduction to the Understanding of Dreams*. New York: Rinehart.
- Greenberg, J.R. (1991), *Oedipus and Beyond: A Clinical Theory*. Cambridge, Mass.: Harvard University Press.
- Hirsch, I. & Roth, J. (1995), Changing conceptions of the unconscious. *Contemporary Psychoanalysis* **31**#2:263-276.
- Jung, C.J. (1964), *Man and his Symbols*. Garden City, New York: Doubleday.
- Lippman, P., (2000), *Nocturnes: On Listening to Dreams*. Hillsdale NJ: Analytic Press.
- Strachey, J. (1934), The nature of the therapeutic action of psychoanalysis. *International Journal of Psychoanalysis*, **15**:127-159.

September 25, 2018

2. Sándor Ferenczi's Elasticity: A Fork in the River

Who owns reality? For Freud, transference—the patient's jamming present and future experience into unconscious templates from the past—distorts reality. Psychoanalysis undistorts. Freud vouchsafed the orthodoxy of his own deeper understanding, which would lead by mid-century to its consolidation in positivist ego psychology. Ferenczi's recognition of an interactive mutuality between analyst and analysand (though long suppressed in the mainstream literature) would lead to the countervailing constructivist currents of interpersonal and object relational theory. His analysand, Clara Thompson, was the founding Director of the Wm.A. White Institute.

Required Reading:

- Thompson, C. (1934/1944), Sándor Ferenczi, 1873-1933. Reprinted in *Contemporary Psychoanalysis*, (1988) **24**:182-195.
- Ferenczi, S. (1928), The elasticity of psychoanalytic technique. Pp.87-101, in S. Ferenczi, *Final Contributions to the Problems and Methods of Psycho-Analysis*. London: Hogarth Press, 1955.

Souvenirs:

1. Freudian transference: A patient's neurotic distortion of reality replicates past relationships. Analysis cures neurotic illusion revealing the truth.
2. Ferenczian transference: Elasticity between two points of view defines the interpersonal analytic dyad. Analysis stretches their overlap, revealing further possibilities.
3. The analyst's countertransference: for Freud is to be minimized; for Ferenczi is to be utilized.

Relevant Reading:

- Berman, E. (1996), Review essay: The Ferenczi renaissance. *Psychoanalytic Dialogues*, **6**(3):391-411.
- Ferenczi, S. (1932), Confusion of tongues between adults and the child. *Contemporary Psychoanalysis*, (1988) **24**:196-206. (Where "between" gains central salience.)
- Ferenczi, S. (1988), *The Clinical Diary of Sándor Ferenczi*. Edited by J. Dupont. Cambridge Mass.: Harvard University Press.
- Freud, S. (1937), Analysis terminable and interminable. *Standard Edition*, **23**:216-253. London: Hogarth Press. (Wherein Ferenczi is the disaffected analysand.)
- Langan, R.P. (2010), Ferenczi's lucubrations. *Psychoanalytic Perspectives*, **7**#1:161-164.
- Levenson, E.A. (1983), *The Ambiguity of Change: An Inquiry into the Nature of Psychoanalytic Reality*. New York: Basic Books.
- Mohacsy, I., Zaslow, S.L., Katz, C., Ludmer, R.I. (1988), Discussions of Ferenczi's "Confusion of Tongues..." *Contemporary Psychoanalysis*, **24**:207-239.
- Pizer, S. (1998), *Building Bridges: The Negotiation of Paradox in Psychoanalysis*. Hillsdale NJ: Analytic Press.
- Rudnytsky, P.L., Bókay, A., Giampieri-Deutsch, P. (eds.) (1996), *Ferenczi's Turn in Psychoanalysis*. New York and London: New York University Press.

Winnicott, D.W. (1971), *Playing and Reality*. London: Tavistock, 1986.
Wolstein, B. (1989), Ferenczi, Freud, and the origins of American interpersonal relations.
Contemporary Psychoanalysis, **25**#4:672-685.

October 2, 2018

3. Harry Stack Sullivan Assessing What's What: Participant Observation

Sullivan's active detailed inquiry and posture of participant observation in the flux of an interpersonal matrix betrays the stereotype of the aloof and silent analyst. He places in theoretical centrality anxiety rather than drive, and the negotiation of security vs. satisfaction, stasis vs. change. Edgar Levenson subsequently recognizes detailed inquiry's undermining as well as determining of definitive truth. Reality is not what it's cracked up to be.

Required Reading:

Sullivan, H.S. (1954), The detailed inquiry: The theoretical setting. Ch. 5, pp.94-112 in *The Psychiatric Interview*. New York: W.W. Norton.

Levenson, E.A. (1989), Whatever happened to the cat? Interpersonal perspectives on the self.
Contemporary Psychoanalysis, **25**:537-553.

Souvenirs:

1. Sullivan: "...the detailed part of the psychiatric interview has to be exceedingly far from a conversation made up of simple, correct answers to clear questions." (p.92)
2. Sullivan: "...anxiety is the general explanatory concept for the interviewee's trying to create a favorable impression." (p.94) To avoid anxiety the patient ever strives to save face.
3. Levenson: "The intrapsychic perspective presumes that the patient distorts reality out of... fantasy. The interpersonal perspective presumes that the patient distorts experience in an attempt to grasp reality." (p.538)

Relevant Reading:

Aron, L. (1996), *A Meeting of Minds: Mutuality in Psychoanalysis*. Hillsdale, New Jersey: Analytic Press.

Blechner, M. (2005), The gay Harry Stack Sullivan: Interactions between his life, clinical work, and theory. *Contemporary Psychoanalysis*, **41**#1:1-20.

Buechler, S. (2004), *Clinical Values: Emotions That Guide Psychoanalytic Treatment*. Hillsdale NJ: Analytic Press.

Ehrenberg, D.B. (1992), *The Intimate Edge: Extending the Reach of Psychoanalytic Interaction*. New York: W.W. Norton.

Fiscalini, J. (2004), *Coparticipant Psychoanalysis: Toward a New Theory of Clinical Inquiry*. New York: Columbia University Press.

Hirsch, I. (1996), Observing-participation, mutual enactment, and the new classical models.
Contemporary Psychoanalysis, **32**:359-384.

Levenson, E.A. (1972), *The Fallacy of Understanding: An Inquiry into the Changing Structure of Psychoanalysis*. New York: Basic Books.

Levenson, E.A. (1988), The pursuit of the particular: On the psychoanalytic inquiry.
Contemporary Psychoanalysis, **24**:1-16.

Schafer, R. (1992), *Retelling a Life: Narration and Dialogue in Psychoanalysis*. New York: Basic Books.

Spence, D. (1982), *Narrative Truth and Historical Truth: Meaning and Interpretation in Psychoanalysis*. New York: W.W. Norton.

Sullivan, H.S. (1940), *Conceptions of Modern Psychiatry*. New York: W.W. Norton.

Sullivan, H.S. (1953), *The Interpersonal Theory of Psychiatry*. New York: Norton.

October 9, 2018

4. Hans Loewald: Shifting Boundaries

While Sullivan and Levenson were rejected as theoretical outcasts by the dominant orthodoxy of their times, Loewald pushed the limits of ego psychology from within: "I hope to have made the point... that there is neither such a thing as reality nor a real relationship, without transference."(p.254) He espied a tension between intrapsychic and interpsychic 'structures', an

interpenetration.

Required Reading

Loewald, H.W. (1960), On the therapeutic action of psychoanalysis. Pp.221-256 in *Papers on Psychoanalysis*. New Haven: Yale University Press, 1980. Reprinted from *International Journal of Psycho-Analysis*, Vol.41, 1960.

Souvenirs:

1. "The patient can dare to take the plunge into the regressive crisis of the transference neurosis... if he can hold on to the potentiality of a new object-relationship, represented by the analyst." (p.224)
2. "I believe it to be necessary and timely to question the assumption... that the scientific approach... represents a higher and more mature evolutionary stage of man than the religious way of life." (p.228)
3. "Language... in analysis, as interpretation, is thus a creative act similar to that in poetry... reorganization of material according to hitherto unknown principles, contexts, and connections." (p.242)

Relevant Reading

Greenberg, J. & Mitchell, S.A. (1983), *Object Relations in Psychoanalytic Theory*. Cambridge, Massachusetts: Harvard University Press.

Kris, E. (1952), *Psychoanalytic Explorations in Art*. New York: International Universities Press.

Loewald, H.W. (1978), Primary process, secondary process, and language. In J.H. Smith (ed.), Vol. 3 of *Psychiatry and the Humanities: Psychoanalysis and Language*. New Haven: Yale University Press. Also pp.178-206 in *Papers on Psychoanalysis*. New Haven: Yale University Press, 1980.

Mitchell, S.A. (1998), From ghosts to ancestors: The psychoanalytic vision of Hans Loewald. *Psychoanalytic Dialogues*, 8(6):825-855.

October 16, 2018

5. Stephen Mitchell: Interweaving Transference and Countertransference

Implications of psychoanalytic models of change: classical drive-conflict, object relational developmental-arrest, and interpersonal relational-conflict. Is transference distortion or fleeting truth? Countertransference likewise? Is conscious reality unconscious construction?

Required Reading:

Mitchell, S.A. (1988), Penelope's loom: Psychopathology and the analytic process. Chapter 10, pp.271-306, in *Relational Concepts in Psychoanalysis: An Integration*. Cambridge, Massachusetts: Harvard University Press.

Souvenirs:

1. "...the analytic process is not so much a treatment for psychopathology, but, more broadly, a uniquely structured experience which allows the possibility of loosening the inevitable restraints generated by the residues of early experience."(p.278)
2. Does psychoanalysis "flush out the beast" (drive-conflict model), allow rebirth of the "true self" of the baby (developmental-arrest model), or enrich the range of experiencing both self and other (relational-conflict/interpersonal model)?
3. Is the relationship with the analyst therapeutic via interpretations that convert transference experience to memory (drive-conflict model) or by returning the patient to an infantile state and offering a second chance (developmental arrest model) or by altering the basic structure of the patient's relational world (relational-conflict model)?

Relevant Reading:

Aron, L. (1991), The patient's experience of the analyst's subjectivity. *Psychoanalytic Dialogues*, 1:29-51.

Bromberg, P.M. (1998), "Help! I'm going out of your mind." Chapter 19, pp.309-328, in *Standing in the Spaces. Essays on Clinical Process, Trauma and Dissociation*. Hillsdale NJ: Analytic Press.

Fiscalini, J. (1995), Transference and countertransference as interpersonal phenomena: An

- Introduction. Chapter 26, pp.603-616, in Lionells, M., Fiscalini, J., Mann, C.H., and Stern, D.B. (eds.), *Handbook of Interpersonal Psychoanalysis*. Hillsdale NJ: Analytic Press.
- Freud, S. (1912), Papers on technique. The dynamics of transference. *S.E.*, **12**:97-108.
- Freud, S. (1915), Papers on technique. Observations on transference-love. *S.E.*, **12**:157-174.
- Greenberg, J. & Mitchell, S.A. (1983), *Object Relations in Psychoanalytic Theory*. Cambridge, Massachusetts: Harvard University Press.
- Greenberg, J. (2001), Stephen A. Mitchell: 1946-2000. *Contemporary Psychoanalysis*, **37**#2:189-191.
- Hirsch, I. (2008), *Coasting in the Countertransference: Conflicts of Self Interest between Analyst and Patient*. New York: Analytic Press.
- Hoffman, I. (1998), The patient as interpreter of the analyst's experience. Pp. 97-132 in *Ritual and Spontaneity in the Psychoanalytic Process. A Dialectical-Constructivist View*. Hillsdale NJ: Analytic Press.
- Levenson, E.A. (1991), Character, personality and the politics of change. Pp.239-253 in *The Purloined Self*. New York: Contemporary Psychoanalysis Books.
- Mitchell, S.A. (1993), *Hope and Dread in Psychoanalysis*. New York: Basic Books.
- Mitchell, S.A. (1997), *Influence and Autonomy in Psychoanalysis*. Hillsdale NJ: Analytic Press.
- Mitchell, S.A. (2000), *Relationality: From Attachment to Intersubjectivity*. Hillsdale NJ: Analytic Press.
- Racker, H. (1968), *Transference and Countertransference*. New York: International Universities Press.

October 23, 2018

6. Playing with Reality: Squiggles of Mind

When I was very young, my ratty doll Winnie-the-Pooh did speak to me. Inside out, outside in, what's the difference? Where the boundary? True self, false self? Do I forget that I make up the world, the very world that makes up me? We tell each other who we are. Whose stories to trust?

Required Reading:

- Winnicott, D.W. (1951), Transitional objects and transitional phenomena. Pp.1-25 in *Playing and Reality*. New York: Tavistock, 1982; London: Tavistock, 1971. Also in D.W. Winnicott (1958), *Collected Papers: Through Paediatrics to Psycho-Analysis*, London: Tavistock, 1958. Also in the *International Journal of Psycho-Analysis*, Vol.**34**#2(1953).

Souvenirs:

1. "From birth... the human being is concerned with the problem of the relationship between what is objectively perceived and what is subjectively conceived of..."(p.11)
2. Can sameness and difference, belonging and loneliness, safety and terror, be reconciled in transitional space?
3. How much is any adult's subjective reality an illusion, no less so if it happens to be shared by others? Is self-in-the-world a transitional object, not to be too closely questioned?

Relevant Reading:

- Erikson, E.H. (1956), The problem of ego identity. *Journal of the American Psychoanalytic Association*, **4**.
- Fairbairn, W.R.D. (1941). A revised psychopathology of the psychoses and psychoneuroses. *International Journal of Psycho-Analysis*, **22**.
- Winnicott, D.W. (1965), *The Maturational Processes and the Facilitating Environment*. New York: International Universities Press.

October 30, 2018

7. Emmanuel Ghent: The Psychoanalytic Victory of Surrender

"...there is, however deeply buried or frozen, a longing for... surrender, in the sense of yielding, of false self."(p.109) This surrender is not a defeat, but an opening, a transcendence, a liberation. Do we each have within us a force towards growth, a yearning towards freedom?

Required Reading:

- Ghent, E. (1990), Masochism, submission, surrender: Masochism as a perversion of surrender. *Contemporary Psychoanalysis* **26**#1:108-136.

Souvenirs:

1. Winnicott's developmentally early "object-relating" treats the other person as a projective object, a thing to be manipulated. Tyrant baby rules from the high chair.
2. Winnicott's later transition to "object usage" recognizes the other person as a subjective partner in a shared reality. Pleased to meet you, to share who we are, person to person.
3. Sadomasochism is a retreat to object-relating, while "surrender" risks opening to object-usage, to knowing and being known. Does psychoanalysis require surrender?

Relevant Reading:

Benjamin, J. (1988), *The Bonds of Love: Psychoanalysis, Feminism, and the Problem of Domination*. New York: Pantheon Books.

Fromm, E. (1941), *Escape from Freedom*. New York: Farrar & Rinehart.

Schechter, D.E. (1978) Attachment, Detachment, and Psychoanalytic Therapy. Ch. 11, pp.169-195, in Stern, D.B., Mann, C.H., Kantor, S., & Schlesinger, G. (eds.) (1995), *Pioneers of Interpersonal Psychoanalysis*. New Jersey: Analytic Press.

Winnicott, D.W. (1975), *Through Paediatrics to Psycho-Analysis*. New York: Basic Books.

November 6, 2018

8. Thomas Ogden: Powers of Indeterminacy Afloat in the Between

Central to the analytic work is not just what one pays attention to, but as well how one pays attention—or not—both to the focal and the peripheral. Reverie becomes not a lapse of properly knit-browed attention, but rather an elusive guide to intersubjective influence.

Required Reading:

Ogden, T.H. (1994), On becoming a subject (Ch. 1 pp.1-4); The analytic third: Working with intersubjective clinical facts (Ch. 5, pp.61-96), in *Subjects of Analysis*. Northvale NJ: Jason Aronson.

Souvenirs:

1. Interpersonal encounter: "...you must allow yourself to think my thoughts while I must allow myself to become your thoughts and in that moment neither of us will be able to lay claim to the thought as our own exclusive creation." (p.1) : the delineation of intersubjectivity.
2. "...one can no longer simply speak of the analyst and the analysand as separate subjects who take one another as objects."(p.62)
3. "Mrs. B's behavior in the analysis seemed to reflect an immense effort to behave 'like an adult'...[As that lessened] I felt for the first time that there were two people in the room talking to one another."(pp.91-92)

Relevant Reading:

Buechler, S. (1998), The analyst's experience of loneliness. *Contemporary Psychoanalysis*, **34**:91-114.

Langan, R.P. (1995), I thou other: Fluid being in triadic context. *Contemporary Psychoanalysis*, **31**: 327-339.

Ogden, T.H. (1979), On projective identification. *International Journal of Psycho-Analysis*, **60**:357-373.

Ogden, T.H. (1989), The initial analytic meeting. Chapter 7, pp.169-194, in *The Primitive Edge of Experience*. Northvale NJ: Jason Aronson.

Ogden, T.H. (1999), *Reverie and Interpretation: Sensing Something Human*. London: Karnac Books.

Renik, O. (1995) The ideal of the anonymous analyst and the problem of self-disclosure. *Psychoanalytic Quarterly*, **64**:466-495.

November 13, 2018

9. Stern Wiggles in the "Grip of the Field"

Is psychoanalytic treatment an interpersonal experiment in applied phenomenology undertaken both by analyst and patient? Enactment is inevitable, revealed by attention to the play of attention itself?

Required Reading:

Stern, D.B. (1997), *Unformulated Experience: From Dissociation to Imagination in Psychoanalysis*. Hillsdale NJ: Analytic Press.

Read Chapter 8, pp.147-160, “The problem of the private self: Unformulated experience, the interpersonal field, and multiplicity”. And Chapter 10, pp.185-201, “The analyst’s unformulated experience of the patient”.

Souvenirs:

1. “...the spontaneous, unconsidered reactions of analyst and patient to one another may be the sole evidence... of the very influences which cannot be articulated by either participant, but which most need to be known.”(p.185)
2. Asserts that the natural tendency is for experience to remain outside awareness (dissociated), such that effort is required to bring experience into awareness, not to keep it out of awareness (repression).
3. Role of the analyst is to help the patient formulate what has previously been unformulated.

Relevant Reading:

Renik, O. (1995) The ideal of the anonymous analyst and the problem of self-disclosure. *Psychoanalytic Quarterly*, **64**:466-495.

Schachtel, E. (1959), *Metamorphosis: On the Development of Affect, Perception, Attention, and Memory*. New York: Basic Books.

Slavin, M.O., and Kriegman, D. (1998), Why the analyst needs to change: Toward a theory of conflict, negotiation and mutual influence in the therapeutic process. *Psychoanalytic Dialogues*, **8**:247-284.

Stern, D.B. (1997), *Unformulated Experience: From Dissociation to Imagination in Psychoanalysis*. Hillsdale, New Jersey: Analytic Press.

Stern, D.B. (2010), *Partners in Thought: Working with Unformulated Experience, Dissociation and Enactment*. New York: Routledge.

Tauber, E.S. (1954) Exploring the Therapeutic Use of Countertransference Data. Ch. 7, pp. 111-122, in Stern, D.B., Mann, C.H., Kantor, S., & Schlesinger, G. (eds.) (1995), *Pioneers of Interpersonal Psychoanalysis*. NJ: Analytic Press.

Tauber, E.S. & Green, M.R. (1959), *Prelogical Experience: An Inquiry into Dreams and Other Creative Processes*. New York: Basic Books.

November 27, 2018

10. A Dare to Walk in Boundless Space

Multiple self states and glissando dissociations require the sleight of mind to presume one self while being many. Clinical implications. Watching my mind, how far in must I go to get out? How can the eye see itself?

Required Reading:

Bromberg, P.M. (1996), Standing in the spaces: The multiplicity of self and the psychoanalytic relationship. *Contemporary Psychoanalysis*, **32**:509-535. Also pp.267-290 in *Standing in the Spaces: Essays on Clinical Process, Trauma, and Dissociation*. Hillsdale NJ: Analytic Press (1998).

Langan, R.P. (1993), The depth of the field. *Contemporary Psychoanalysis* **29**#4: 628-644.

Souvenirs:

1. “‘Standing in the spaces’ is... a person’s relative capacity to make room... for subjective reality that is not... ‘me’ at that moment.”(p.274)
2. “The analytic situation is an ever shifting context of reality that is constructed by the input of two people.”(p.280), “an enacted collision of realities between patient and therapist.”(p.288)

3. The depth of the field: “Classical psychoanalytic theory attributes change to a more complete understanding of what *is*... not to a fleeting awareness that what *is*, is illusory, a contextual convenience, a passing albeit necessary construction.”(p.634)

Relevant Reading:

- Bromberg, P.M. (2006), *Awakening the Dreamer: Clinical Journeys*. Mahwah NJ: Analytic Press.
- Harris, A. (1996), The conceptual power of multiplicity. *Contemporary Psychoanalysis*, **32**:537-552.
- Langan, R.P. (1995) I thou other: Fluid being in triadic context. *Contemporary Psychoanalysis*, **31**:327-339.
- Langan, R.P. (1997) On free-floating attention. *Psychoanalytic Dialogues*, **7**(6):819-839.
- Schechter, D.E. (1973), On the emergence of human relatedness. Pp.17-39 in E.G.Witenberg (ed.), *Interpersonal Explorations in Psychoanalysis*. New York: Basic Books.