This course explores some of the ways people cope with the challenges of being a person. It will be suggested that there are some fundamental human dilemmas, and some frequently recurring attempts at solutions. Diagnosis names and describes some of the ways people try to deal with life.

Our goal is to make these ideas vivid enough that you will think of them during your own therapeutic exchanges, and test their value to you.


Lecture 1  Dr. Buechler
Conceptions of Health and Psychopathology.

1. How would we define emotional health?
2. How does our understanding of health and psychopathology affect our focus in treatment sessions, and our conception of the goals of analysis?

No readings for this lecture.

Lecture 2  Dr. Buechler
Paranoid anxiety
Please read
1. I.B. Singer, “The Key.”

Lecture 3  Dr. Buechler
What happens to curiosity in a paranoid frame of mind?
Please read

Lectures 4  Dr. Kanwal-
Lecture 5  Dr. Kanwal-
Lecture 6  Dr. Kanwal

Lecture 7  Dr. Buechler
Schizoid strategies
Please read

Lecture 8  Dr. Buechler
Becoming schizoid in response to schizoid treatment dilemmas.

Please read
2. Buechler, “More simply human than otherwise.”

Suggested reading
Guntrip, H. Chapter 11, “The schizoid compromise and therapeutic stalemate.”

Lecture 9  Dr. Buechler
Interpersonal views of hysteria, dissociation, and intense emotionality.

Lecture 10  Dr. Buechler
Treating hysteria, intense emotionality, and dissociation.

Please read

Lecture 11  Dr. Buechler
What is an obsessive style? What makes it adaptive or dysfunctional?

Please read

Lecture 12  Dr. Buechler
Dealing with ritual and our own obsessive needs for clarity.

Please read
Lecture 13  Dr. Buechler  
Depression and grief: bearing loss.  
Please read  
1. *Buechler, 2015, Understanding and Treating Patients in Clinical Psychoanalysis,  
   Chapter 7, “Anguished Grieving.”  

Lecture 14  Dr. Buechler  
Interpersonal analytic treatment of depression and related disorders.  
Please read* Buechler, 2015, Understanding and Treating Patients in Clinical  
Psychoanalysis Chapter 8, “Depressive Self Harming.”  

Lecture 15  Dr. Buechler  
The hopes of the analyst and patient: a summing up.  
Please read  