

## Psychoanalysis 100 AKA “Core Concepts in Psychoanalysis.”

### Introduction:

The focus in this class will be on core concepts in psychoanalysis. The goal of the course is to help you understand these basic concepts. Perhaps you have encountered at least some of these concepts already. If so please be open to new ways of thinking about these terms and ideas. Our orientation will be oriented towards the concepts, rather than to seminal papers in psychoanalysis. At other points in your curriculum you will focus on the major psychoanalytic thinkers, such as Freud, Klein, Bion (and many other equally important theorists).

Psychoanalytic thinking is both emotional and cognitive. As such, in the best of scenario's your understanding of these core concepts will continually evolve and deepen, facilitated both by your emotional growth as well as your intellectual growth. With all of this in mind, please consider this to be an introduction to psychoanalytic ideas rather than an exhaustive study of the ideas. My hope is for you is that your understanding of these ideas will deepen as well as expand over time.

Here are some of the topics that we will discuss, not necessarily in this order:

- 1) The “Unconscious,” or more accurately, “Unconscious Processes.”
- 2) Defenses and Resistance
- 3) Transference and Countertransference
- 4) Enactments
- 5) Object Relations
- 6) “Fantasy” and “Phantasy.”
- 7) Psychoanalytic Theory (really theories)
- 8) Ambivalence and Psychological Conflict
- 9) Psychoanalytic Process
- 10) Psychoanalytic Interpretation

I am hopeful that you find this class engaging and interesting rather than treacherous. As noted above, our goals are to help you to begin to understand these terms. I would also like to point out that the terms and concepts, at times, may be understood differently, and deployed differently, by different theorists and schools of psychoanalysis. This can be confusing. In my view the best approach in your development (not necessarily in this class) is to be able to say something along the lines of “this is how Dr. XXX thought about transference, and this is how Dr. YYZ thought about transference,” rather than this is the reified concept of transference and this is what it really means.

A second, and derivative goal of the class, is to help you with other classes. In case conference you will need this working knowledge in order to understand the material. I also hope that you have a basic understanding of the concepts in order to apply them to your praxis,

whether it be clinical work, including psychotherapy, prescribing medications, or your work in the humanities.

We will use a combination of readings and case material in the class, and perhaps a video or two. Prior to class please do the readings. You do not need to understand all of the readings, but please bring your questions to class. Prior to each class I will post the readings as well as a list of study questions to help you along.

#### Class 1 September 8, 2020 - The "Unconscious" and Unconscious Processes

1. Weinberger, Joel, and Stoycheva, Valentina. "The Unconscious - Theory, Research and Clinical Implications." First Edition, The Guilford Press, pages 32-43, pages 135-140, and pages 226 - 229.
2. Freud, Sigmund. "Jokes and Their Relation to The Unconscious." The Standard Edition of the Complete Psychological Works of Sigmund Freud. Volume 8, pages 168 - 173.

#### Class 2 September 15, 2020 - Object Relations and Internalization

1. Person E, Cooper A, and Gabbard G. "Textbook of Psychoanalysis." First Edition, American Psychiatric Publishing, 2005. Akhtar, S, Chapter 3, pages 39-56, "Early Relationships and Their Internalization."

#### Class 3 September 22, 2020 - Transference and Countertransference

1. Person E, Cooper A, and Gabbard G. "Textbook of Psychoanalysis." First Edition, American Psychiatric Publishing, 2005. Harris, A, Chapter 13, pages 201 - 216, "Transference, Countertransference, and The Real Relationship."

#### Class 4 September 29, 2020 - Psychoanalytic Process, Resistance, and Defense

1. Person E, Cooper A, and Gabbard G. "Textbook of Psychoanalysis." First Edition, American Psychiatric Publishing, 2005. Samberg, E, and Marcus, E. Chapter 15 pages 201-216, "Process, Resistance, and Interpretation."