

# PSYA- 330 Ego Psychology and Psychoanalytic Technique

**Instructor:** Dr. Steven T Levy M.D. and Kendle Jenkins, LPC  
Bernard C Holland Professor of Psychiatry and Behavioral Science

**Class Start:** September 25, 2018 – October 30, 2018

**Class Time:** Tuesday evening: 6:30am-7:45pm

**Place:** Tufts House, Emory University

## Reading/Text:

❖ The Ego and Analysis of Defense. Citation. Gray, P. (1994). New Jersey: Jason Aronson. (PLEASE PURCHASE THIS BOOK. It is available on Amazon for about \$20 if you buy a used copy.)

Optional

❖ Brenner, C. (1976). Psychoanalytic Technique and Psychic Conflict. New York: International Universities Press.

❖ Goldberger, M., editor. Danger and Defense: The Technique of Close Process Attention. New Jersey: Aronson, 1996, 386.

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## Session 1: September 25, 2018

1. From mind as discharge apparatus to mind as conflict resolving
2. From hidden impulses, fantasies and traumas to hidden ego activities
3. The relationship of theory to technique
4. The analytic surface and analytic listening
  - a. A. Freud and equidistance
  - b. S. Freud's 2<sup>nd</sup> theory of anxiety. See Freud 1926. Inhibitions, Symptoms and Anxiety
  - c. See Levy, S.T. and Inderbitzin, L.B. The Analytic Surface and the Theory of Technique. JAPA. 38:371-391, 1990.

## Session 2: October 2, 2018

1. Resistance to defense analysis- (Gray's chapter 2)- "Developmental Lag" in the evolution of technique
  - a. Fascination with the id
  - b. An authoritative stance
  - c. Preoccupation with external reality
  - d. The "Past"
  - e. Counterresistance to affects and impulses
2. Adaptation, conformity and normality
3. Ego Psychology and orthodoxy

**Session 3: October 9, 2018**

1. Enhancing self-observation (Gray chapters 1 and 3)
2. Mentation as activity. Suggest Schafer, R. Action Language
3. Establishing a context for conceptualizing mind- the wording of interpretations

**Session 4: October 16, 2018**

1. Analysis of the ego's super ego functions (Gray chapter 5 and 6)
2. Transferences of defense- see A. Freud
3. The Inhibiting superego
4. The Permissive ("loving") superego (see R. Schafer)
5. Enhancing "ego strength"

**Session 5: October 23, 2018**

1. Therapeutic action and defense analysis (Gray- chapter 4)
2. The analysis of aggression
  - a) Safety, danger, and the analyst's authority (Levy, S.T. and Inderbitzin, L.B. (1997). Safety, danger, and the analyst's authority. JAPA, 45, 377-394.)

**Session 6: October 30, 2018**

1. Contemporary ego psychology (R. Marcus, Eric. (1999). Modern Ego Psychology. Journal of the American Psychoanalytic Association. 47. 843-71.).
2. Sandler, J (1976) Countertransference and Role Responsiveness. Int.R. Psycho-Analysis, 3:43-47