

**Emory University Psychoanalytic Institute**  
**PSYA-220**

**Introduction to Ego Psychology – Theory and Technique**  
**Spring 2020**

**Location: Tufts House Large Conference Room**

We look forward to meeting with you all very soon! This course will introduce you to some of the most important theoretical concepts, authors, and technical considerations associated with ego psychology. We hope you will gain an understanding of why these developments are crucial to both the history of psychoanalysis and current clinical practice. Readings are designated “review,” “read,” or “of further interest.” “Read” is to designate readings we would like you to read for the first time. “Review” is to indicate readings we know have been assigned in the past, but that we would like you to review again. “Of further interest” designates readings we do not expect you to read. These will not be discussed in class but may be mentioned. You may wish to have these references for later reading.

Tuesday, February 25, 2020 (6:30pm-7:45pm)

Session One – Introduction: How Ego Psychology Emerged

- The Ego and the Id-Structural Model
- Normality, A General Psychology, and Psychopathology
- Secrets, Traumas vs. Deformation of Ego Functions

Review from prior assigned reading: Black, M., Mitchell, S. (1995) *Freud and Beyond: A History of Modern Psychoanalytic Thought*, Chapter 2: pp 23-59.

Review: Freud, S. Ego and Id (1923)

Tuesday, March 3, 2020

Session Two – Psychic Structure

- Psychic structure
- Contributions of Heinz Hartmann
- Adaptation
- Conflict Free Sphere of the Ego
- Dual Instinct Theory
- Neutralization
- Sublimation
- Autonomy Concepts
- Reality Principle

Read: Hartmann, H., Kris, E. and Loewenstein, R. (1946). Comments on the Formation of the Psychic Structure. *Psychoanal. St. Child*, 2, 11-38.

Read: Schafer, R. (1995). In the Wake of Heinz Hartmann. *IJP*, 76, 223-235.

Tuesday, March 10, 2020

Session Three – Wishes, Needs, Drives: Dual Instinct Theory and Motivational Systems

Read: Akhtar, S. (1999). The Distinction between Needs and Wishes: Implications for Psychoanalytic Theory and Technique. *JAPA* 47, 113-151.

Read: Brenner, C. (1971). The Psychoanalytic Concept of Aggression. *IJP*, 52, 127-144.

Of further interest: Interview with Mark Solms, “The Feeling Brain: Selected Papers in Neuropsychanalysis” (Karnac, 2015) from New Books in Psychoanalysis in Podcasts. [Mark Solms Podcast](#)

Tuesday, March 17, 2020

Session Four: Defense

- Contributions of Anna Freud
- Resistance and Defense
- Mechanism vs. Process
- Neutrality and Resistance
- The Analytic Attitude, an affirmative perspective

Read: Freud, A. (1936) *The Ego and the Mechanisms of Defense* New York: IUP, pp 3-65.

Read: Schafer, R. (1968) The Mechanism of Defense *IJP*, 49, 49-63.

Tuesday, March 24, 2020

Session Five: Ego Functions an Introduction

- Multiple Function
- Synthetic Function
- Reality Testing
- Psychic Reality
- Perception
- Internalization

Read: Waelder, R. (1936). The Principle of Multiple Functions. **PQ** 5: 45-62

Read: Schafer, R. (1985). The Interpretation of Psychic Reality, Developmental Influences and Unconscious Communication. *JAPA*, 33, 537-554.

Of further interest:

Sandler, J. and Rosenblatt, B. (1962). The Concept of the Representational World. *Psychoanal. St. Child*, 17, 128-145.

Schafer, R. (1968). *Aspects of Internalization*. New York: IUP, Chapters 1 and 2, pp 7-41.

Tuesday, March 31, 2020

Session Six: Defense Analysis – Intro to the Work of Paul Gray

- Observing intrapsychic activity and close process attention
- “Developmental Lag” in Psychoanalytic Technique Analysis
- Fascination with the Id
- Authoritative Technical Stance
- External Reality and the Past as defense
- Countertransference and Resistance

Read: Gray, P. (1994) *The Ego and Analysis of Defense* New Jersey: Jason Aronson, Chapter 2, pp 29-61.

Read: Levy, S.T. and Inderbitzin, L. (1994) On Grist for the Mill: External Reality as Defense *JAPA*, 42, 763-788.

Tuesday, April 7, 2020 – NO CLASS (Spring Break)

Tuesday, April 14, 2020

Session Seven: The Analysis of Character

- Ego Syntonycity and technique
- Normality and Pathology
- The Analytic Attitude

Read: Schafer, R. (1979). Character, Ego Syntonycity, and Character Change *JAPA* (27:867-891).

Read: Michels, R. (1984) Psychoanalytic Perspectives on Normality. Chapter 8. In *Normality and The Life Cycle* (Offer, D. and Sabshin, M., eds) New York: Basic Books, pp 289-301.

Of further interest: Boesky (1983) Resistance and Character Theory: a Reconsideration of the Concept or Character Resistance *JAPA* (31S: 227-246)

Tuesday, April 21, 2020

Session Eight: Structural Change

- Psychoanalytic Process
- Structural Change
- Autonomy

Review: EUPI Graduation Criteria pp 4-6 on Phases of Treatment

Read: Rangell, L (1992) The Psychoanalytic Theory of Change *IJP* (73: 415-428)

Read: Rangell, L. (1987) A Core Process in Psychoanalytic Treatment *PQ* (56:222-249)