

School of Human Studies
Ambedkar University Delhi
Course Outline

Time Slot-_____

Course Code:

Title: Psychoanalytic Psychotherapy

Type of Course: Elective

Cohort for which it is compulsory:

Cohort for which it is elective: MA Psychology

No of Credits: 4

Semester and Year Offered: 4th Semester (Winter Semester 2018)

Course Coordinator and Team: Neetu Sarin & Ashis Roy

Email of course coordinator: ashis@aud.ac.in

Pre-requisites: All MA psychology courses of Semester 1,2,&3 and completion of the fieldwork component.

Aim: The course is a culmination of the psychodynamic journey across the four semesters. Participation in this course will provide the student with an introduction to the processes involved in clinical work and psychodynamic psychotherapy. In effect the course will initiate the participants into their future professional life, dispelling some myths about psychoanalytic work and enabling a sense of skill while staying close to the phenomena of psychic work. Effectively, the course sensitizes the future.

Here, the student would go in-depth into what constitutes psychoanalytic clinical work, deliberating on the experiences of transference, counter-transference and reveries. The course acquaints the student with the theoretical and clinical nuances of analytic work, traversing the distance from Freudian psychoanalysis to a more contemporary psychoanalysis as propagated by the likes of Ogden, Green and Bion. Beginning with debate around the sanctity of the psychoanalytic setting, the course will encourage the student to engage with pathologies traditionally not seen treatable by psychoanalysis like Autism. The course further regresses to primitive states/childhood disorders especially as studied by Melanie Klein. The student will be acquainted with the challenges likely to be encountered

while working with difficult patient groups such as psychotics as well as traumatized individuals and communities. An effort would also be made to relativize psychoanalytic therapy to hospitals and community work.

Brief description of modules/ Main modules:

Course objectives: Each unit in the course will attempt at drawing a historical lineage from Freud's classical psychoanalysis to the contemporary understanding of psychoanalytic work. The course attempts to skill the student to the specialized forces of psychoanalytically inclined psychotherapeutic work. A revisit to classical methods along with asserting the primacy of self work in therapy will be the concluding elements of the course.

The pedagogy would be an amalgamation of lectures, class discussions, case presentations by the course faculty and the students, looking for linkages across the units and similar work in clinical courses in previous semesters and reflections on published case work by established clinicians and psychoanalysts.

Unit-1

An Introduction to psychoanalytic psychotherapy: The Setting of psychoanalytic psychotherapy and its process. This constitutes an introduction to working alliance, setting, free association, resistance, dreams interpretation, transference and counter transference. Introduction to different schools of Psychoanalysis.

Unit-II

Psychodynamic understandings of psychoneurosis and treatment process- Obsessions, Phobias, Anxiety disorders etc. (During any given semester two symptom categories will be discussed in detail).

Unit-III

The emerging concern with self related pathologies and their healing: Narcissistic, depressive and schizoid states.

Narcissitic states to be taken up in detail a) clinical picture of narcissistic disorders. B) What is narcissism? C) Two major understandings on narcissism- The Kohutian and Kernbergian perspectives D) diagnosis of narcissistic states through the triad of i. symptoms ii. Defense Structures and iii. Use of countertransferential reactions and reveries. E) Drawing up a continuum of suffering in Borderline, Narcissistic, Anti-social and Hysterical states.

A variety of case presentations, peer supervisions and clinical vignettes are used to indicate the complexity of psychoanalytic work with narcissistic patients.

Unit-IV

Psychodynamic understandings of Psychotic states.

Unit: V

The place and method of psychodynamic work with children: An engaged look at the contributions of Melanie Klein, with special reference to paranoid schizoid positions and depressive states, the relationship between envy and gratitude and their role in human relationships.

Unit: VI

Issues of special consideration with traumatized individuals and communities: working with historical survivors and refugee populations/ conversing with Uncertainty: practicing psychoanalytic psychotherapy in a Hospital setting.

Reading list and References

Akhtar, S. *Comprehensive dictionary of psychoanalysis*. London: Karnac Publications, 2009.

Anderson, R. *Clinical lectures on Klein and Bion*. New Library of psychoanalysis. Routledge. 1991.

Bach, S. *Narcissistic states and the therapeutic process*. Routledge, 2006

Blatt, S. J. *Levels of object representation in analitic and Introjective depression*.

Freud, S. (1913) *On Beginning the treatment*. Standard Edition 12:121-144.

Freud, S. The Dynamics of Transference. The Standard Edition of the Complete Psychological Works of Sigmund Freud, Volume XII (1911-1913

Kernberg, O. *Object Relations Theory and Clinical Psychoanalysis*. New York: Jason Aronson.

Kohut, H. *The Analysis of the Self. A systematic approach to the psychoanalytic treatment of narcissistic personality disorders*. New York: International Universities Press, 1971.

Pine F. *The Four Psychologies of Psychoanalysis*. New York: International Universities Press, 1987.

McWilliams, N. *Psychoanalytic psychotherapy*. New York: Guilford Press, 2004

Renik, O. *Practical psychoanalysis for therapists and patients*. 2006

Levenson. *The Fallacy of understanding: An inquiry into the changing structure of psychoanalysis*. 1972.

Greenson, R.R. *Explorations in Psychoanalysis*. 1974.

Eigen, M. *Coming through the whirlwind-case studies in psychotherapy*. Illinois.Chiron Publications, 1992.

Bach,S. *Narcissistic states and the therapeutic process*. NJ:Jason Aronson Inc.1985.

Bateman, A & Holmes, J. *An Introduction to psychoanalysis*. NY: Routledge,2001

Craib, I. *A Critical introduction to psychoanalysis*.

Green,A. *Psychoanalysis: A paradigm for Clinical Thinking*.Michigan: Free association books, 2005

Green, A. *Key ideas for a Contemporary Psychoanalysis*. Routledge. 2005

Giovacchini, P. *Counter transferences: Triumphs and Catastrophes*. Jason and Aronson.1993

Klein,M. *Envy and Gratitude*. Free Press. 2002

Mitchell,J. *The selected Melanie Klein*. London: Hogarth press.1986

Assessment Methodology: A variety of assessments can be used which include viva voce examinations, written home assessments, term papers and clinical case studies.

- A) Class Examination based on the topics covered 40% (Beginning of Semester)
- B) Term paper using a clinical case study 40% (End Semester)
- C) Attendance and Class participation **20%**
(Ongoing)