

**Syllabus**  
**PT 151a: Basic Psychoanalytic Theory (Part I)**  
**F. Newsome                      Spring 2020**

**Tue. 7:10-9:10**  
**NYGSP: 2 Credits**

**Course Description**

Readings and class process will focus on the basic tenets of psychoanalytic theory. Core psychoanalytic concepts are defined and major developments and divergences in psychoanalysis are examined. The relationship between theory and clinical practice will be investigated.

**Objectives**

The student will be able to:

- present a systematic and unified overview of the basic principles central to psychoanalytic theory; and
- define terms and demonstrate an understanding of the lexicon of psychoanalytic concepts.

**Methods of Evaluation**

Class logs, class participation, and a final paper.

**INSTRUCTIONS FOR CLASS LOGS**

Twelve written logs (approximately 250 words) are to be emailed to Newsome65@aol.com at least one day prior to the next class. As private communications to the instructor, the logs may address anything of concern to the student, with respect to the intellectual and emotional experience of the class and/or of the material.

They are to enumerate:

1. thoughts, feelings, and reactions from class regarding course content and class interactions/class dynamics.
2. a short critique of/reaction to the assigned reading for that class
3. for the final log, a self-evaluation of how you met the course requirements.

These responses make clear that you have read and engaged with the readings and are able to relate them to class process. Questions and comments from the logs may serve as a springboard for class discussion. **Student's name, PT 151a, date of class for which log is written, instructor's name, and log # should be at the top of each email.**

**The term paper** should consist of a discussion of three fundamental psychoanalytic concepts. A paper that is well developed in all of the following areas will receive a Pass. A paper that is incompletely developed in some of the following areas, and/or has poorly integrated relevant developmental theories will receive a Low Pass. A paper that is incompletely developed in most areas and/or does not meet basic graduate level standards for written work will be returned to the student for improvement in order to receive credit.

1. The discussion should begin with a definition of each concept.
2. Describe the theoretical underpinnings of each concept, using at least four of the assigned readings.
3. Describe how modern psychoanalysts have either maintained or modified their understanding of the original concept; include citations.
4. Appropriately use subject-specific vocabulary.
5. Use APA format and appropriate academic language.
6. Paper should be five to eight double-spaced pages long, followed by a short bibliography.

### **Grading:**

Students may receive a Pass (P), Low Pass (LP), Incomplete (I), No Credit (NC). Students are evaluated on the basis of attendance, class participation and the ability to understand, integrate and communicate material from the readings and class discussions. This understanding is demonstrated in classroom discussion and by the quality of writing in the logs and in the term paper.

### **To earn a grade of “Pass,” the student**

- Misses no more than two class meetings.
- Demonstrates understanding of the course subject matter in class.
- Submits 12 logs.
- Demonstrates understanding of the course subject matter in the logs.
- Submits assignments on time.
- Submits a well-developed term paper that meets all criteria requested.

### **To receive a grade of “Low Pass,” the student**

- Misses no more than two class meetings.
- Submits 12 logs.
- Demonstrates one or more of the following:
  - Minimal participation in class
  - Problematic/disruptive participation in class
  - Minimal understanding of the course subject matter in class discussion
  - All assignments are completed but some are submitted late
  - Term paper is incompletely developed, some but not all of criteria are met, and/or relevant psychoanalytic theories are poorly integrated
  - Logs do not regularly address the two stated criteria

### **To receive a grade of “Incomplete,” the student**

- Does not submit acceptable written work by the last class meeting of the semester [or date specified by the instructor].

### **To receive “No Credit,” the student**

- Does not submit acceptable written work within 30 days after the end of the semester *or*
- Regularly exhibits disruptive behavior that interferes with the functioning of the class *or*
- Misses more than two classes.

### *Academic Honesty:*

All students are expected to respect the highest standards of academic integrity. The Graduate School considers it a violation of the requirements of intellectual responsibility to submit work that is not one's own or otherwise to subvert the conditions under which academic work is performed by oneself or by others. Violation may lead to failing a course, academic probation, or in repeated cases, suspension or expulsion.

**Please note: By Class 5, you'll need to purchase the text *Freud* (2<sup>nd</sup> ed.) by Jonathan Lear, as most of the book is assigned reading. Readings from this book will be included in the readings folder for Classes 1 & 2 only. A copy will also be on the Library Reserve shelf.**

### **Texts**

Freud, S. (various dates). J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vols. 5, 7, 12, 14, 15, 20, 22). London, England: Hogarth Press.

Lear, J. (2015). *Freud* (2<sup>nd</sup> ed.). New York, NY: Routledge.

### **Dictionaries & Reference Books**

Eidelberg, L. (Ed.). (1968). *Encyclopedia of psychoanalysis*. New York, NY: The Free Press.

Erwin, E. (Ed.). (2002). *The Freud encyclopedia: Theory, therapy, and culture*. New York, NY: Routledge.

Fenichel, O. (1945). *The psychoanalytic theory of neurosis*. New York, NY: W. W. Norton.

LaPlanche, J., & Pontalis, J. B. (1973). *The language of psychoanalysis*. New York, NY: W. W. Norton.

Moore, B., & Fine, B. (1990). *Psychoanalytic terms & concepts*. New Haven, CT: Yale University Press.

Nersession, E., & Kopff, R. (Eds.). (1996). *Textbook of psychoanalysis*. Washington, DC: American Psychiatric Association Press.

Skelton, R. M. (Ed.). (2006). *The Edinburgh international encyclopedia of psychoanalysis*. New York, NY: Columbia University Press.

**To access full text documents from the PEP links, you'll need to first log into your PEP account.**

### **Assigned Readings**

#### **Class 1**

Freud, S. (1963). Introductory lectures on psychoanalysis. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 15, pp. 15-24). London, England: Hogarth Press. (Original work published 1916-17)

<http://www.pep-web.org/document.php?id=se.015.0000a>

Lear, J. (2015). The peculiar conversation. In *Freud* (2<sup>nd</sup> ed.) (pp. 1-28). New York, NY: Routledge.

#### **Class 2**

Freud, S. (1959). Psychoanalysis. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 20, pp. 263-270). London, England: Hogarth Press. (Original work published 1925)

<http://www.pep-web.org/document.php?id=se.020.0000a>

Lear, J. (2015). Interpreting the unconscious. In *Freud* (2<sup>nd</sup> ed.) (pp. 29-60). New York, NY: Routledge.

### **Class 3**

Mitrani, J. L. (1995). Toward an understanding of unmentalized experience. *Psychoanalytic Quarterly*, 64, 68-112.  
<http://www.pep-web.org/document.php?id=paq.064.0068a>

### **Class 4**

Freud, S. (1953). Three essays on the theory of sexuality: Infantile sexuality. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 7, pp. 173-206). London, England: Hogarth Press. (Original work published 1905)  
<http://www.pep-web.org/document.php?id=se.007.0000a>

### **Class 5**

Lear, J. (2015). Sex, Eros and life. In *Freud* (2<sup>nd</sup> ed.) (pp. 61-93). New York, NY: Routledge.

### **Class 6**

Lear, J. (2015). The structure of the psyche and the birth of 'object' relations. In *Freud* (2<sup>nd</sup> ed.) (pp. 167-189). New York, NY: Routledge.

### **Class 7**

Freud, S. (1957). Mourning and melancholia. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 14, pp. 239-258). London, England: Hogarth Press. (Original work published 1917)  
<http://www.pep-web.org/document.php?id=se.014.0000a>

### **Class 8**

Freud, S. (1964). Anxiety and instinctual life. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 22, pp. 81-111). London, England: Hogarth Press. (Original work published 1933)  
<http://www.pep-web.org/document.php?id=se.022.0000a>

### **Class 9**

Freud, S. (1958). The psychology of the dream-processes. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 5, pp. 509-532). London, England: Hogarth Press. (Original work published 1900)  
<http://www.pep-web.org/document.php?id=se.005.0000a>

### **Class 10**

Freud, S. (1958). Formulations on the two principles of mental functioning. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 12, pp. 218-226). London, England: Hogarth Press. (Original work published 1911)  
<http://www.pep-web.org/document.php?id=se.012.0000a>  
Lear, J. (2015). Principles of mental functioning. In *Freud* (2<sup>nd</sup> ed.) (pp. 148-166). New York, NY: Routledge.

## Class 11

- Freud, S. (1958). Remembering, repeating, and working through. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 12, pp. 145-156). (Original work published 1911)  
<http://www.pep-web.org/document.php?id=se.012.0000a>
- Lear, J. (2015). Transference. In *Freud* (2<sup>nd</sup> ed.) (pp. 122-147). New York, NY: Routledge.

## Class 12

- Meadow, P. (1987). The myth of the impersonal analyst. *Modern Psychoanalysis*, 12, 131-150.  
<http://www.pep-web.org/document.php?id=mpsa.012.0131a>
- Spotnitz, H. (1985). Introduction. In *Modern psychoanalysis of the schizophrenic patient* (2<sup>nd</sup> ed.) (pp. 15-39). New York, NY: Human Sciences Press.

## Additional Selected Readings:

- Abraham, K. (1951). *Selected papers*. London, England: Hogarth Press. (Original work published 1919)
- Bettelheim, B. (1982). *Freud and man's soul*. New York, NY: Vintage Books.
- Bollas, C. (1992). *Being a character: Psychoanalysis and self experience*. New York, NY: Hill & Wang.
- Edelman, G. (1992). *Bright air, brilliant fire: On the matter of the mind*. New York, NY: Basic Books.
- Forrester, J. (1997). *Truth games: Lies, money, and psychoanalysis*. Cambridge, MA: Harvard University Press.
- Frattaroli, E. (2001). *Healing the soul in the age of the brain*. New York, NY: Viking.
- Freud, S. (1955). Beyond the pleasure principle. In J. Strachey (Ed. And Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 18, pp. 24-64). London, England: Hogarth Press. (Original work published 1920)
- Freud, S. (1959). Inhibitions, symptoms & anxiety. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 20, pp. 87-156). London, England: Hogarth Press. (Original work published 1926)
- Freud, S. (1961). Civilization and its discontents. In J. Strachey (Ed. and Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 21, pp. 117-145). London, England: Hogarth Press. (Original work published 1930)
- McDougall, J. (1985). *Theaters of the mind: Illusion and truth on the psychoanalytic stage*. New York, NY: Brunner/Mazel.
- Ogden, T. (1983). The concept of internal object relations. *International Journal of Psychoanalysis*, 64, 227-241.
- Sandler, J. (1987). The concept of projective identification. In J. Sandler (Ed.), *Projection, identification, projective identification* (pp. 13-26). Madison, CT: International Universities Press.
- Sandler, J. (1991). *On Freud's "Analysis terminable and interminable."* New Haven, CT: Yale University Press.
- Spotnitz, H., & Meadow, P. W. (1995). *Treatment of the narcissistic neuroses*. Northvale, NJ: Jason Aronson.

# **AN OUTLINE OF BASIC CONCEPTS: THE THREE DOMAINS OF PSYCHOANALYSIS**

## **I. Psychoanalysis as a theory of personality and development**

### **1. The dynamic (qualitative) view**

- a. conscious
- b. reflective conscious
- c. unconscious
  - 1. preconscious
  - 2. dynamic unconscious (repressed)
  - 3. primary process

### **2. The structural (topographical) view**

- a. id
- b. ego
- c. superego
  - 1. Oedipus complex
  - 2. internalization of parental imagoes
    - a. toxic introjects
    - b. castration anxiety
  - 3. incest prohibition
  - 4. split between sensual and affectionate components of love

### **3. The economic (quantitative) view (Eros and Thanatos)**

- a. Repetition compulsion
  - 1. pleasure principle
  - 2. reality principle
    - a. principle of self preservation
  - 3. death drive

### **4. Libido theory**

- a. cathexis
- b. countercaathexis
- c. hypercathexis
- d. fixation

### **5. The stages of psychosexual development and character formation**

- a. primary narcissism
- b. polymorphous perverse
- c. oral erotic (sucking)
- d. oral sadistic (biting)
- e. anal erotic (expulsive)
- f. anal sadistic (retentive)
- g. phallic
- h. latency period
- i. genital phase

### **6. Drives and instincts**

- a. Aggression (motor action) and anger (emotion)
  - 1. hostile vs loving (emotion) (motive)
  - 2. active vs passive (behavior) (means)
- 3. destructive vs constructive (outcome)

### **7. Trauma and anxiety**

- a. Objective anxiety (fear)
- b. Neurotic anxiety
- c. Moral anxiety (guilt)

## **8. Narcissism**

- a. Absolute (in utero)
- b. Primary (infancy)
- c. Secondary (autoerotism)
- d. Egoistic (self regard)

## **II. Psychoanalysis as a method of research and understanding**

### **1. The principle of psychological determinism**

- a. Free association

### **2. The ahistorical view**

### **3. Truth and reality**

### **4. Psychoanalyzing is a method of inference**

- a. To render the unconscious, conscious
- b. To render the subjective, objective

### **5. Interpretation and the search for meaning**

- a. Dreams
- b. Symbolism and metaphor
- c. Psychopathology of everyday life

### **6. Psychodynamics**

- a. projection
- b. introjection
- c. identification
- d. projective identification
- e. regression
- f. substitution
- g. undoing
- h. sublimation
- i. rationalization
- j. fusion
- k. repression
- l. reaction formation
- m. inhibition and symptom formation
- n. frustration
- o. conflict
- p. denial

## **III. Psychoanalysis as a method and theory of treatment**

### **1. Catharsis (speaking one's mind)**

### **2. Abreaction (reliving a traumatic experience)**

### **3. Transference**

- a. narcissistic
- b. object

### **4. Repetition, recollection and acting out**

### **5. Counter-transference**

- a. subjective
- b. objective

**6. Resistances and counter-resistances (sources)**

- a. ego
- b. id
- c. superego
- d. unconscious
- e. repetition (status quo)
- f. character
- g. narcissism
- h. reality
- i. treatment destructive

**7. Joining, mirroring, reflecting**

**8. Emotional communication**

**9. Corrective emotional experience**

- a. narcissistic wound (rejection)
- b. narcissistic supply (affirmation)
- c. unconditional acceptance
- d. Toxoid inoculation

**10. Progressive communication**

**11. Working through**

**12. Anaclitic counter-transference**

- a. empathic understanding

**13. Basic rules**

- a. say everything
- b. be truthful

**14. Abstinence rules**

- a. no action, just words
- b. postpone gratification
- c. no acting out

**15. Evenly hovering attention**

**16. Uncathected intervention**

**17. The use of the couch**