

Introduction to the Object Relations Clinical Theory & Technique of Psychotherapy

(**Trimester 1** of the 1st Year of All Training Programs at the ORI.

This **10-week course** can be taken as a separate non-credit course)

Date and Time: **Thursdays, October 6 - December 15, 2011, 8:30-9:45pm**

Professor: **Susan Kavalier-Adler, PhD, ABPP, NPsyA, D.Litt**

Location: 115 East 9th Street; 12P, NYC, 10003

Class 1: Introduction of the course and its readings. Clinical role-play will be offered, to illustrate the Object Relations clinical technique.

Required reading: “*The Matrix of the Mind*,” by Thomas H. Ogden (Jason Aronson, 1986; available online).

Class 2: Discussion of Chapters 1 and 2, *Matrix of the Mind*.

Chapter 1: The Psychoanalytic Dialogue.

Chapter 2: Instinct, Phantasy, and Psychological Deep Structure in the Work of Melanie Klein.

Topics: The concept of *phantasy*; Psychological deep structure; The preconception and the realization; Freud’s conception of “Inheritance of Knowledge;” The symbolic form of early *phantasy* activity; The role of the environment.

Class 3: Discussion on Chapters 3 and 4.

Chapter 3: The Paranoid-Schizoid Position: Self as Object.

Topics: Splitting, Early stages of integration; Splitting as discontinuity of history.

Chapter 4: The Depressive Position and the Birth of the Historical Subject.

Topics: The Transition into the Depressive Position; The development of subjectivity; The management of danger in the depressive position; The creation of history; The manic defense; The achievement of ambivalence; The depressive position and the Oedipus complex.

Class 4: Discussion on Chapter 5 and a role-play experience in class.

Chapter 5: Between the Paranoid-Schizoid and the Depressive Position.

Topics: Acute regression to the paranoid-schizoid position; A foray into the depressive position; The creation of psychic reality; Oedipal-level transference and countertransference.

Class 5: Discussion on Chapter 6.

Chapter 6: Internal object Relations.

Topics: An Object Relations theory of internal objects; Transference, countertransference, and projective identification.

Class 6: Discussion on Chapter 7.

Chapter 7: The Mother, the Infant, and the Matrix in the Work of Donald Winnicott.

Topics: The period of the *subjective objects*; the period of transitional phenomena, the period of whole-object relatedness.

Class 7: Discussion on Chapters 8 and 9.

Chapter 8: Potential Space.

Topics: Winnicott's Language; The Phenomenon of Playing; Potential Space and the Dialectical Process; Psychopathology of Potential Space; The Symbol, the Symbolized, and Subjectivity; Empathy and Projective Identification.

Chapter 9: Dream Space and Analytic Space.

Topics: Dream Space; Analytic Space.

Class 8: Discussion about the article by Thomas Ogden, "Reading Susan Isaacs: Toward a radically revised theory of thinking," in *International Journal of Psychoanalysis*, 2011, Vol. 92, pp. 925-942.

Required reading: Article will be distributed by Dr. Kavalier-Adler.

Class 9: Discussion about the issues of symbolism and erotic transference.

Required reading: Articles by Dr. Kavalier-Adler (to be distributed by Dr. Kavalier-Adler):

- "Mourning and Erotic Transference" (*International Journal of Psychoanalysis*, 1992, Vol. 73:3).
- "Lesbian Homoerotic Transference in Dialectic With Developmental Mourning: On the Way to Symbolism from the Protosymbolic" (*Psychoanalytic Psychology*, 2003).

Suggested reading: "Case of Laura," in Susan Kavalier-Adler's book, "*Mourning, Spirituality and Psychic Change: A New Object Relations View of Psychoanalysis*" (Routledge, 2003; winner of National Gradiva Award in 2004).

Class 10: Role-play demonstration intertwined with discussion of course readings.