

The New Jersey Institute for Training in Psychoanalysis

#F203 - Case Seminar: Initial Resistances

Fall 2023

Via Zoom

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Course Description:

Discussions of the concept of resistance are predicated on understanding that almost all instances of resistance are based upon real, imagined, or anticipated pain, which the patient (wisely) wishes to avoid. Our mission is to help students understand that this process is to be expected, therefore, we are not to judge our patients, and help students to understand the concept sufficiently so that they can help their patients learn to recognize, respect, and eventually overcome their resistance and thus, be able to analyze it, with us acting as their co-pilot in this

Course Outline:

We will study the concepts of ego defense in relation to the therapeutic resistance, and examine the manifestations of resistance in and out of the consulting room. The course will begin with Freud's conceptualizations of repression, transference, topographical theory, ego defense analysis, and character analysis. We will also explore the clinical techniques, and interventions in the current pluralistic psychoanalytic field.

Learning Objectives:

- To define the concept of resistance from a classical perspective as well as a contemporary/intersubjective perspective.
- To describe character analysis, defense analysis and demonstrate their clinical implication in the analysis of resistances.
- To distinguish the clinical appearance of resistance.
- To identify the ego defense, transference, and countertransference in the analytic dyad.
- To explain the significance of resistance analysis and the interventions/techniques in their clinical cases.

Course Requirements:

A four-to-six-page final paper is due one week before the last class.

Final Paper Instructions:

- List three concepts you learned during the semester in relation to concept of resistance, defense mechanism, acting out/enactment, and working through. Describe your understanding of how transference can be used as a form of resistance for both analyst and analysand.
Elaborate on how you know you have learned these concepts.
- Describe two areas of personal interests for further study or exploration. Explain how they incite your interests/curiosity.
- Identify one point of understanding/concept/technique that you will actively apply in your clinical work upon the completion of the course.

Course Etiquette and Confidentiality:

Please: 1) Make sure your chosen space is quiet and private before logging in to the class.
2) Keep your cameras on and mute yourselves while others are sharing their thoughts. It is imperative that you refrain from discussing confidential or sensitive clinical cases/class discourses outside of our class time.

Class and Readings

Week 1 Classical Concept of Resistance: We will review Freud's original of resistance and its current applications.

Freud, S. (1913). On beginning the treatment (Further Recommendations on the Technique of Psycho-Analysis I). *Standard Edition*, 12, 121-144.

Freud, S. (1915). Repression. *Standard Edition*, 14, 141-158.

Jaffe, L. (2021). Freud and therapeutic action reconsidered: Current applications. *Journal of the American Psychoanalytic Association*, 69, 72-593.

Week 2 Resistance as Ego Defense: We will explore the idea that resistance is an adaptation to protect oneself from undesirable emotions and thoughts.

Freud, A. (1936). *The ego and the mechanisms of defense*. Chapters 3, 4& 5. Karnac

Lowental, U. (2000). Defense and resistance in the psychoanalytic process. *Psychoanalytic Review*, 87, 121-135.

Week 3 Clinical Appearance of Resistance: We will review the manifestations of resistance in treatment process, analyze the source of resistance, and identify the type of defense.

Greenson, R. (1967). *The technique and practice of psychoanalysis*. Chapter 2. International Universities Press.

Murdin, L. (2021). Is anyone there? Use of the telephone and use of the couch. *British Journal of Psychotherapy*, 37, 234-243

Acheson, R. & Avdi, E. (2023). Exploring silence in psychoanalytic theory and clinical work. *British Journal of Psychotherapy*, 39, 142-157.

Akhtar, S. (2007). Diversity without fanfare: Some reflections on contemporary psychoanalytic technique. *Psychoanalytic Inquiry*, 27, 690-704.

Week 4 Character Analysis & the Defense Against Insight: We will explore working with resistance via character analysis and the ego defense mechanism.

Reich, W. (1949). *Character analysis*. Chapter 3 & 4. Farrar, Straus & Giroux.

Anthi, P. R. (2020). Wilhelm Reich's character analysis revisited. *Scandinavian Psychoanalytic Review* 43, 40-49.

Bromberg, P. M. (1996). Standing in the spaces: The multiplicity of self and the psychoanalytic relationship. *Contemporary Psychoanalysis*, 32, 509-535.

Malin, A. (1993). A self-psychological approach to the analysis of resistance: A case report. *International Journal of Psychoanalysis*, 74, 505-518.

Week 5: Resistance, Repression & Working Through: We will review Freud's rudiments of psychoanalysis and explore its clinical implications.

Freud, S. (1914) Remembering, repeating and working-through. *Standard Edition*, 12, 145-156.

Stark, M. (2002). *Working with resistance*. Chapters 6 & 10. Jason Aronson.

Shabad, P. (2020). The forward edge of resistance: Toward the dignity of human agency. *Psychoanalytic Dialogues*, 30, 51-63.

Wylie, H. W. & Wylie, M. L. (1995). Resistances and obstructions: Their distinction in psychoanalytic treatment. *Journal of Clinical Psychoanalysis*, 4, 185-207.

Belkin, M. (2021). Intersectionality and psychoanalysis. *Contemporary Psychoanalysis*, 57(2), 163-164.

Belkin, M. (2021). Toward an intersectional psychoanalysis of race, gender, and sexuality. *Contemporary Psychoanalysis*, 57, 206-227.

Week 6 Transference, Countertransference & the Two-Person Perspective: We will examine the dynamic interaction of transference and countertransference, and its resultant in treatment resistance.

McLaughlin, J. T. (1988). The analyst's insights. *Psychoanalytic Quarterly* 57, 370-389.

Aron, L. (1992). Interpretation as expression of the analyst's subjectivity. *Psychoanalytic Dialogues*, 2, 475-507

Levy-Warren, M. H. (2020). Whose resistance is it anyway? *Psychoanalytic Dialogues*, 30, 1, 84-89.

Friedman, H. J. (2020). The need for and resistance to realness in the analyst: Making psychoanalysis a truly two-person experience. *Psychoanalytic Inquiry*, 40, 262-270.

Wheeler Vega, J. A. (2022). Resistance and revolution: Authority and the analytic situation during COVID-19. *Psychoanalytic Quarterly*, 91, 239-271.

Ahlström, K., von Below, C., Forsström, D. & Werbart, A. (2022). Therapeutic encounters at the onset of the COVID-19 pandemic: Psychodynamic therapists' experiences of transition to remote psychotherapy. *Psychoanalytic Psychotherapy*, 36, 256-274.

Week 7 Intersubjectivity & Enactment: We will recognize the therapeutic values of enactment, a process of remembering and working through. Enactment is ubiquitous and expectable in treatment; it carries transformative impact for the dyad.

Modell, A. H. (1976). "The Holding Environment" and the therapeutic action of psychoanalysis. *Journal of the American Psychoanalytic Association*, 24, 2, 285–307.

Pine, F. (2021). A personal odyssey through psychoanalytic process and presence. *Journal of the American Psychoanalytic Association*, 69, 5, 941–963.

Summers, F. (2020). From resistance to analytic truth. *Psychoanalytic Dialogues*, 30, 73-83

Slochower, J. (2020). Resist this. *Psychoanalytic Dialogues*, 30, 64-72.

Black, M. J. (2003) Enactment: Analytic musings on energy, language, and personal growth. *Psychoanalytic Dialogues* 13, 633-655.

Week 8 Abandonment Depression, Triad & Developmental Deficit: We will discuss Masterson concept of "the disorders of the self triad", which is "self-activation leads to separation anxiety and abandonment depression, which leads to defense."

Spotnitz, H. (2020). The goals of modern psychoanalysis: The therapeutic resolution of verbal and preverbal resistances for patient and analyst. *Modern Psychoanalysis*, 44, 148-164.

Orcutt, C. (2021). The unanswered self: The Masterson approach to the healing of personality disorders. Chapters 5&7. Karnac.