



The New Jersey Institute for Training in Psychoanalysis

#F303 - Case Seminar: WorkingThrough
Fall 2023
Via Zoom

Instructor: Wilda Mesias, PhD

Course Description:

Described by Freud in 1914 and in 1926, working through is the fundamental process that denotes the work of the patient in psychoanalysis. It can be described as the labor of the patient, a labor that involves recognizing and overcoming resistances, making insight more effective, and bringing about significant changes. The course will address the different schools of thought on working through and how each school might approach this process. With the use of case presentations and relevant readings candidates will become familiar with the theory and the clinical application of this process.

Course Objectives:

- 1) To appraise the origin and development of the process of working through from Freud to contemporary practices.
- 2) To examine the concept in relation to psychoanalytic technique, particularly in reference to confrontation, clarification and interpretation.
- 3) To analyze the role of resistances and their relationship to the working through process.
- 4) To apply the process of working through in clinical work.

Course etiquette and confidentiality: Given that we will be having our class discussions on Zoom, it is critical that we all be respectful and mindful of one another's time and space. As such, please keep your cameras on and mute yourselves while others are presenting their thoughts. Additionally, because our case discussions and other discussions may feature confidential clinical information (or other sensitive information not to be disclosed outside of the learning environment), *it is imperative that you (1) find a place in which to log in to the class that is private and in which you and others cannot be overheard and (2) refrain from discussion of the above-mentioned confidential or sensitive information outside of our class time.*

Reading Material:

You will need the following book (available on Amazon):

Busch, F. (2021). *A fresh look at psychoanalytic technique: Selected papers on psychoanalysis*. Routledge. **{hereinafter Busch, F. (2021)}**.

The rest of the readings will be found on a Dropbox folder I will make available to all of you.

Writing Requirement:

A three to five page paper that demonstrates an understanding of the concepts analyzed in class and their application. We will discuss this requirement in our first meeting. **Paper is due on the last day of class (no exceptions).**

Class and Readings:

Class I: Freud's introduction of the process of working through.

- Freud, S. (1914). Remembering, repeating, and working through. *Standard Edition*, 12, 145-156.
- Busch, F. (2021). Chapter 1: Our vital profession and Chapter 9: A shadow concept: preconscious thinking.

Optional:

- Barratt, B. (2020). Reconsidering regression in psychoanalysis: Notes on a central yet controversial concept and its relation to free association. *Psychoanalytic Review*, 107, 99-122.

Class II: Klein's psychoanalytic technique.

- Steiner, J. (2017). Melanie Klein's Technique then and now. Institute of Psychoanalysis UK Audio Video Project 1:15 -available on PepWeb .OPTIONAL DUE TO AVAILABILITY
- Klein, M. (1975). On the criteria for the termination of a psycho-analysis (1950). *Envy and Gratitude and Other Works 1946–1963*, 104, 43-47.
- Busch, F. (2021). Chapter 2: The search for psychic truths.

Class III: Ego and structural theory. Resistances from the three structures.

- Bornstein, M. (2022). Psychoanalysis, Heinz Hartmann and me: Pursuit of the love of life. *Psychoanalytic Inquiry*, 42, 217-224.
- Akhtar, S. (2014). Psychoanalytic treatment of trauma and the analyst's personality. *Psychoanalytic Inquiry*, 34, 204-213.
- Hora, T. (1954). Ego-oriented resistance-analysis. *Psychoanalytic Review*, 41, 263-266.
- Busch, F. (2021). Chapter 3: In the neighborhood and Chapter 4: Thoughts on unconscious resistances.

Class IV: Object relations, trauma, regression and working through.

- Abram, J. (2021). On Winnicott's concept of trauma. *International Journal of Psychoanalysis*, 102, 778-793.
- Cassorla, R. (2021). The analyst's reveries: Explorations in Bion's enigmatic concept. *The Psychoanalytic Quarterly*, 90, 627-634.
- Eshel, O. (2021). Winnicott's clinical theory of regression: A radical new opportunity through the fundamentals. *Journal of the American Psychoanalytic Association*, 69, 167-179.
- Bush, F. (2021). Chapter 6: What is a deep interpretation?

Class V: Self, ruptures, repairs and working through.

- Brier, R. & Ornstein, A. (2021). Tracking changes in the disruption/repair sequences: Important aspects of clinical work. *Psychoanalysis, Self, and Context*, 16, 371-379.
- Kaufmann, P. (2012). On transforming the reparative quest. *International Journal of Psychoanalytic Self Psychology*, 7, 414-435.

Optional

- Bacal, H. (2017). Credo: My psychoanalytic adventure—A quest to conceptualize therapeutic efficacy. *Psychoanalytic Dialogues*, 27, 1-19.

Class VI: Other views on the concept. Views on psychoanalytic technique from across the ocean.

- Aisenstein, M. (2020). Repetition and the compulsion to repeat, a French perspective. *International Journal of Psychoanalysis*, 101, 1203-1214.
- Roussillon, R. (2023). Working-through and its various models. *The Deconstruction of Narcissism and the function of the object: Explorations in Psychoanalysis*. Chapter 1, pp. 1-14. Routledge.
- Busch, F. (2021). Chapter 7: Are we losing our minds? and Chapter 12: Can you push a camel through the eye of a needle?

Optional

- Cidade, N. & Zornig, S. (2019). Polyphonies in analysis: The primary symbolization processes. *Psicologia, USP*, 30, 1-9.

Class VII: The "relational tilt". The role of narrative and self observation.

- Kris, A. O. (2018). "Love's not time's fool": Some continuities, discontinuities, and alterations in psychoanalysis during my lifetime. *Psychoanalytic Study of the Child*, 71, 123-129.

- Pantone, P. J. (2022). Considering the intersubjective perspective of therapeutic action. *Contemporary Psychoanalysis*, 58, 26-45.
- Busch, F. (2021). Chapter 8: Conflict theory/trauma theory and Chapter 13: Searching for the analyst's reverie.
- Busch, F. (2021). Chapter 14: Telling stories and Chapter 15: I love you that's why I ignore you.
- Picard, S. (2022). The end of the hour: A therapist's reflections on closing a practice. *Psychoanalytic Dialogues*, 32, 419-430.

Class VIII: Virtual space- Intersectionality-Psychoanalytic frame. Conclusion of the course.

- Corpt, E., & Richard, A. (2022). Racism and other traumatic inequalities: Editors' introduction. *Psychoanalysis, Self, and Context*, 17, 137-140.
- Sedlacek, S. (2022). Avatar of desire?: Virtual space of possibility in video and telephone analysis. *International Journal of Psychoanalysis*, 103, 285-306.
- Abdel-Malek, H. S. (2022). Working through apocalyptic times: When the psychoanalytic frame is blown up. *British Journal of Psychotherapy*, 38, 457-469.