

The New Jersey Institute for Training in Psychoanalysis

#S106 - Case Seminar: Clinical and Ethical Considerations

Spring 2024

Via Zoom

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Course Description:

Clinical and ethical considerations will be given to the psychoanalytic process, how psychoanalysts ought to (and should not) approach the analyst/patient/client. Recognizing that when possible, the most optimal way to learn to do this kind of work is to present an actual case, students will be asked to draw material from their actual experience. When that is not possible, case material provided by the instructor or from reading material will be utilized. In all instances regarding the way people as well as the details of their personal history are treated, descriptions of proper (and improper ethical) conduct will be given serious consideration. A term paper will be used to allow students to describe and demonstrate what they have learned.

Learning Objectives: We will explore and examine the interrelatedness of ethics and the clinical techniques, and interventions in the current pluralistic psychoanalytic field.

- The candidates will be able to describe the ethical implications of setting fees, using modern technology, keeping the therapeutic frame, and managing self-disclosure.
- The candidates will be able to demonstrate their knowledge and application of Freud's psychoanalytic techniques, such as, free association, transference, counter-transference, resistance, abstinence, neutrality, working through, and termination.
- The candidates will be able to define confidentiality, and recognize non-sexual boundary crossing and boundary violations.
- The candidates will be able to analyze the ethical implications of clinical techniques and choice of intervention.
- The candidates will be able to list at least three of the theoretical concepts 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 ethics and clinical techniques. 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 Concepts of Analytic Frame. Psychoanalytic Process & Application: We will discuss how the frame provides a container function, offers an effective hold of security for both clinician and patients. Furthermore, we will examine how analysts make sense of what they observe, hear, see and feel in the consulting room.

Langs, R. (1979). Interventions in the bipersonal field. *Contemporary Psychoanalysis*, 15(1), 1–54. <https://doi.org/10.1080/00107530.1979.1074557>

Spezzano, C. (2001). How is the analyst supposed to know? Gathering evidence for interpretations. *Contemporary Psychoanalysis*, 37(4), 551–570. <https://doi.org/10.1080/00107530.2001.10746430>

Bromberg, P. M. (1991). Artist and analyst. *Contemporary Psychoanalysis*, 27(2), 289–300. <https://doi.org/10.1080/00107530.1991.10747166>

Pine, F. (2020). On observation, theory, and the mind of the working clinician. *Psychoanalytic Psychology*, 37(2), 89–97. <https://doi.org/10.1037/pap0000294>

Week 2 Classical & Contemporary Psychoanalysis: We will begin with an overview of Freud's technical recommendations for practicing psychoanalysis. We will also study the evolution of the Object Relations and other contemporary schools of thought.

Anderson, J. W. (2014). How D. W. Winnicott conducted psychoanalysis. *Psychoanalytic Psychology*, 31(3), 375–395. <https://doi.org/10.1037/a0035374>

- Freud, S. (1912). Recommendations to physicians practicing psycho-analysis, *Standard Edition*, XII, 109-120.
- Ogden, T. H. (2019). Ontological psychoanalysis or “What Do You Want to Be When You Grow Up?” *The Psychoanalytic Quarterly*, 88(4), 661–684. <https://doi.org/10.1080/00332828.2019.1656928>
- Ogden, T. H. (2020). Toward a revised form of analytic thinking and practice: The evolution of analytic theory of mind. *The Psychoanalytic Quarterly*, 89(2), 219–243. <https://doi.org/10.1080/00332828.2020.1715719>

Week 3 Impossible Ethics: We will explore the challenges of observing professional ethics, and the idea of lived ethic manifested by the choice of techniques and interventions. We will also learn how clinicians may navigate the slippery slope of tele-therapy and digital communication.

- Guntrip, H. (1975). My experience of analysis with Fairbairn and Winnicott (How complete a result does psycho-analytic therapy achieve?). *International Review of Psycho-Analysis*, 2, 145-156.
- Ackerman, S. (2020). Impossible ethics. *Journal of the American Psychoanalytic Association*, 68, 561-582.
- Frankfeldt, V. (2019). Digital communication in psychoanalysis: An oxymoron? *Psychoanalytic Social Work*, 27(1), 3-6. <https://doi.org/10.1080/15228878.2019.1625791>

Week 4 Resistance & Mourning: We will analyze the possible explanations, and defense mechanisms that create resistances via an ethical lens. We will also study how the analyst’s desire might contribute to the clinical impasse.

- Levy-Warren, M. H. (2020). Whose resistance is it anyway? *Psychoanalytic Dialogues*, 30(1), 84–89. <https://doi.org/10.1080/10481885.2019.1702385>
- Loiacono, A. M. (2021). The problems and contradictions inherent in analytic training and the ultimate requirement: Working with uncertainty. *The American Journal of Psychoanalysis*, 81(1), 51–59. <https://doi.org/10.1057/s11231-021-09284-0>
- Stark, M. (2002). *Working with resistance*. Chapters 6 & 10. Jason Aronson.

Week 5 Human Dignity in the Consulting Room: We will address ethical and clinical considerations while valuing our patients and ourselves, especially when we are facing challenges in the sessions. We will discuss the concept of intersectionality, and learn to practice culturally responsive analysis.

- Belkin, M. (2021). Intersectionality and psychoanalysis. *Contemporary Psychoanalysis*, 57(2), 163–164. <https://doi.org/10.1080/00107530.2021.1934808>
- Belkin, M. (2021). Toward an intersectional psychoanalysis of race, gender, and sexuality. *Contemporary Psychoanalysis*, 57, 206-227
- Drozek, R. P. (2015). The dialectics of dignity: Clinical applications: Reply to commentaries. *Psychoanalytic Dialogues*, 25(4), 472–480. <https://doi.org/10.1080/10481885.2015.1055173>
- Drozek, R. P. (2015). The dignity in multiplicity: Human value as a foundational concept in relational thought. *Psychoanalytic Dialogues*, 25(4), 431–451. <https://doi.org/10.1080/10481885.2015.1055170>
- Weisel-Barth, J. (2015). An ethical vision: Response to Drozek’s “The Dignity in Multiplicity.” *Psychoanalytic Dialogues*, 25(4), 463–471. <https://doi.org/10.1080/10481885.2015.1055172>

Week 6 The Analyst's Desire / Delinquency & Analytic Disclosure: We will explore and examine ethical issues resulting from the analyst's humanness and personal desires. We will also understand delinquencies as part of enactments, which can create complex dynamics and counter-transferential responses.

Ackerman, S. (2021) The analyst's desire: *The ethical foundation of clinical practice*. In Mitchell Wilson. New York: Bloomsbury Academic, 2020. 223 pp. *Psychoanalytic Quarterly*, 90, 173-187.

Celenza, A. (2020). Righting a wrong: A discussion of "The Poetics of Boundary Violation: Anne Sexton and her psychiatrist." *Psychoanalytic Dialogues*, 30(2), 222–229. <https://doi.org/10.1080/10481885.2020.1722565>

Davis, J. T. (2002). Countertransference temptation and the use of self-disclosure by psychotherapists in training: A discussion for beginning psychotherapists and their supervisors. *Psychoanalytic Psychology*, 19(3), 435–454. <https://doi.org/10.1037/0736-9735.19.3.435>

Slochower, J. (2003). The analyst's secret delinquencies. *Psychoanalytic Dialogues*, 13(4), 451–469. <https://doi.org/10.1080/10481881309348751>

Week 7 Intersubjectivity & Enactment: We will study dissociation and the holding environment with the premise of an intersubjective experience. We will also learn the value and impact of the clinician's self-disclosure on the process of psychoanalysis.

Bromberg, P. M. (1994). "Speak! that I may see you"; some reflections on dissociation, reality, and psychoanalytic listening. *Psychoanalytic Dialogues*, 4(4), 517–547. <https://doi.org/10.1080/10481889409539037>

McWilliams, N. (2013). The impact of my own psychotherapy on my work as a therapist. *Psychoanalytic Psychology*, 30(4), 621–626. <https://doi.org/10.1037/a0034582>

Modell, A. H. (1976). "The Holding Environment" and the therapeutic action of psychoanalysis. *Journal of the American Psychoanalytic Association*, 24(2), 285–307. <https://doi.org/10.1177/000306517602400202>

Pine, F. (2021). A personal odyssey through psychoanalytic process and presence. *Journal of the American Psychoanalytic Association*, 69(5), 941–963. <https://doi.org/10.1177/00030651211049701>

Week 8 Ethical Dilemma: Termination & Case Study: We will discuss the idea of an incomplete analysis. We will also analyze the ethical dilemma in the process of termination, writing about patients, and presenting our cases in supervision as well as in conferences.

Ackerman, S. (2018). (How) can we write about our patients? *Journal of the American Psychoanalytic Association*, 66, 59-81.

Freud, S. (1937). Analysis terminable and interminable, *Standard Edition*, XXIII, 209-254.

Gabbard, G. O. (2021). Glen O. Gabbard on 'What is a "Good Enough" termination?' *Journal of the American Psychoanalytic Association*, PEP/UCL Top Authors Project Video Collection 1:38

Gabbard, G. O. (2021). The "dragons of primeval days": Termination and the persistence of the infantile. *The International Journal of Psychoanalysis*, 102(3), 595–602. <https://doi.org/10.1080/00207578.2021.1893992>