

INSTITUTE OF CONTEMPORARY PSYCHOANALYSIS

The Analytic Theories and Clinical Approaches of

Melanie Klein and Wilfred Bion

Weekend Psychoanalytic Training Program 2020-2021

Instructor: Michael Pariser, Psy.D. michael@drpariser.com

Time: Fridays 11:30 a.m. – 2:00 p.m.

Dates:

September 10, 2020, October 23, 2020, December 4, 2020, January 29, 2021, March 29, 2021, April 30, 2021

Total Hours: 2.5 hours x 6 meetings = 15 hours

Course Description

Along with Freudian Ego Psychology and the British Independent School, Kleinian Theory is one of the three fundamental formulations of early psychoanalytic thinking. Far from disappearing over the years, however, Klein's ideas have been expanded and enriched, primarily by Wilfred Bion, but also by later Kleinian and Kleinian-influenced thinkers (e.g. Hannah Segal, Herbert Rosenfeld, Thomas Ogden, Betty Joseph, James Grotstein, and others.) At this point, Kleinian theories are still active, influencing Relational thinkers such as Jody Davies and Jessica Benjamin.

At the same time, however, Klein's ideas have come under considerable fire from several quarters, mostly for Cartesian thinking/feeling bifurcation and for implausible formulations of infant psychology.

This course will attempt to take an even-handed approach to the thinking of Klein, Bion, and those who came after them, with an eye not only to their theoretical soundness, but

also to their clinical utility. The goal is neither to deify or demonize Kleinian thinking, but to experience it as a living construct, one that is continuing to evolve and is influencing clinicians to this day.

Course Objectives

The overall objective of this course is for candidates to gain a deeper understanding of Klein's metapsychology, its later transformations by Bion and other theoreticians, its similarities and contrasts with other theories, and its continuing utility in the clinical setting. The focus will be on a critical and historical examination of Klein's unique ideas on infant psychological development, the paranoid/schizoid and depressive positions, projective identification (and Bion's modification of it,) alpha function, and reverie, along with the ways in which those ideas are continuing to be incorporated into clinical practice by contemporary analytic schools of thought. At the completion of the course candidates will be able to:

Session #1:

- Analyze the influences of Freud, Ferenczi and Abraham on Klein's early thinking.
- Define and describe Klein's approach to child psychoanalysis.
- Describe and critique Klein's developmental model, including her ideas about introjection and projection, the development of the paranoid/schizoid and depressive positions, and her modification and use of the concept of the death instinct.
- Identify aspects of the paranoid-schizoid and depressive positions as they manifest in the clinical setting.

Session #2:

- Recognize and define the elements of Klein's later theories, including manic defenses.

- Demonstrate the interrelation of love, guilt, envy, and gratitude as they play out between mother and child and between analyst and analysand.
- Describe Klein's overall concept of the transference as a total experience, in contrast to Freud's narrower approach.

Session #3:

- Define and explain the importance of Bion's modifications of Kleinian thinking, especially the move from intrapsychic to interpersonal.
- Understand and be able to apply Bion's technique of group psychotherapy.
- Describe and critique Bion's theories of thinking, along with his notions on attacks on linking.
- Analyze and apply Bion's theory of memory and desire.

Session #4:

- Critique the concept of projective identification, along with Bion's theory of Alpha Function as a model of non-conscious affective communication.
- Evaluate Bion's concept of Transformations in O in terms of its analytic orthodoxy and its clinical relevance.

Session #5:

- Identify and describe the later development of Kleinian/Bionian theory as it emerged in both England, the United States, and South America. In particular, describe the ongoing development of the central notion of Object Relations from Klein's original formulations to later ideas.
- Compare and contrast Ogden's (Winnicottian influenced) and Grotstein's (direct Bionian) elaborations of Bion's ideas.

Session #6:

- Assess the continued relevance of Klein's thinking in the present day.
- Analyze the use of Kleinian and Bionian concepts by contemporary Relational authors, such as Jody Messler Davies and Jessica Benjamin and distinguish them from early Kleinian formulations.
- Compare and contrast Klein's paranoid-schizoid positions, Benjamin's omnipotence and intersubjectivity, and Stolorow and Atwood's dimensions of the transference.

TOPICS and READINGS:

Two notes about the reading:

1. It is expected that you will arrive for class having read the assigned readings, prepared to engage in discussions and to share clinical material where appropriate. Candidates will be evaluated on class participation and, when applicable, the presentation of specific assigned readings.
2. All readings can be found on Pep-web, with the exception of Bion's "Memory and Desire," which is findable in PDF online.

Session #1:

Topics: Klein's early life and theories, including her formulations on infant analysis and infant psychological development, as well as her embrace of the death drive, originally developed by Spielrein and elaborated by Freud.

Readings:

Bion, W.R., Rosenfeld, H., and Segal, H. (1978). Melanie Klein. *International Journal of Psycho-Analysis*, 42:4-8

Spielrein, S. (1912/1994). Destruction as the Cause of Coming into Being. *Journal of Analytic Psychology*, 39(2):155-186

Klein, M. (1927) The Psychological Principles of Infant Analysis. *International Journal of Psycho-Analysis*, 8:25-37

Klein (1935). A Contribution to the Psychogenesis of Manic Depressive States. *International Journal of Psycho-Analysis*, 16:145-174

Segal, H. (1985). *Models of the Mind: Their Relationship to Clinical Work*, Ch. 3: The Klein-Bion Model, p35-47. Classic Books.

Session #2

Topics: Klein's later work, especially the development of her early models and their application to clinical practice.

Readings:

Klein, M. (1946). Notes on Some Schizoid Mechanisms. *International Journal of Psycho-Analysis*, 27:99-110.

Klein, M. (1948). A Contribution to the Theory of Anxiety and Guilt. *International Journal of Psycho-Analysis*, 29:114-123

Klein, M. (1951). The Origins of Transference. *International Journal of Psycho-Analysis*, 33:433-438

Greenson, R. (1974). Transference: Freud or Klein. *International Journal of Psycho-Analysis*, 55:37-48

Ogden, T.H. (1984). Instinct, Phantasy, and Deep Psychological Structure: A Reinterpretation of Aspects of the Work of Melanie Klein. *Contemporary Psychoanalysis*, 20:500-525

Session #3

Topics: Bion's early theories, derived from his work with groups and psychotic patients, along with his formulations on thinking. His analytic technique will be examined through an interview with one of his analysands.

Reading:

Ogden, T.H. (2004). An Introduction to the Reading of Bion. *International Journal of Psycho-Analysis*, 85(2):285-300

Bion, W.R. (1952). Group Dynamics: A Re-View. *International Journal of Psycho-Analysis*, 33:235-237

Bion, W.R. (1957). Differentiation of the Psychotic from the Non-Psychotic Personalities. *International Journal of Psycho-Analysis*, 38:266-275

Bion, W.R. (1959). Attacks on Linking. *International Journal of Psycho-Analysis*, 40:308-315

Bion, W.R. (1962). The Psycho-Analytic Study of Thinking. *International Journal of Psycho-Analysis*, 43:306-310

Ferro, A. & Foresti, G. (2013). Bion and Thinking. *Psychoanalytic Quarterly*, 82(2):361-391

Culbert-Koehn, J. (2011). An Analysis with Bion: Interview with James Gooch. *Journal of Analytic Psychology*, 56(1):76-91

Session #4

Topic: The later work of Bion, including alpha function, projective identification, memory and desire, and Transformations in O.

Reading:

Grotstein, J. (1981). Wilfred R. Bion – The Man, The Psychoanalyst, The Mystic: A Perspective on His Life and Work. *Contemporary Psychoanalysis*, 17:501-536

Bion, W.R. (1962). *Learning from Experience*. London: Tavistock Books

Ogden, T.H. (1979). On Projective Identification. *International Journal of Psycho-Analysis*, 60:357-373.

Bion, W.R. (1967). Notes on Memory and Desire. *Psychoanalytic Forum*, 2:272-273

Pariser, M. (2013). Brief Notes on Memory and Desire. *International Journal of Psychoanalytic Self Psychology*, 8(1):129-132

Session #5

Topics: The modifications of Kleinian thought and their clinical applications by later Kleinians throughout the world, focusing especially on transference-countertransference dynamics, the use of reverie, and the evolving concept of object relations.

Reading:

Rosenfeld, H. (1983) Primitive Object Relations and Mechanisms. *International Journal of Psycho-Analysis*, 64:261-267

Joseph, B. (1988). Object Relations in Clinical Practice. *Psychoanalytic Quarterly*, 57:626-642

Ogden, T. (2004). On Holding and Containing, Being and Dreaming. *International Journal of Psycho-Analysis*, 85(6)1349-1364.

Grotstein, J. (2004). “The Light Militia of the Lower Sky”: The Deeper Nature of Dreaming and Phantasying. *Psychoanalytic Dialogues*, 14(1):99-118

Racker (1957). The Meanings and Uses of Countertransference. *Psychoanalytic Quarterly*, 26: 303-357

Session #6

Topic: This section looks at contemporary analysts whose work has been influenced by Klein and Bion. Foremost are two New York Relationalists, Jody Messler Davies and Jessica Benjamin, along with San Francisco analyst Thomas Ogden. A contrasting formulation, Intersubjective Systems Theory, is presented by way of comparison.

Reading:

Davies, J. (2004). Whose Bad Objects Are We Anyway? *Psychoanalytic Dialogues*, 14(6):711-732

Benjamin, J. (2002). Beyond Doer and Done-To: An Intersubjective View of Thirdness. *Psychoanalytic Quarterly*, 73(1):5-46

Ogden, T.H. (1994). The Analytic Third: Working with Intersubjective Clinical Facts. *International Journal of Psycho-Analysis*, 75:3-19

Stolorow and Atwood (1996) The Intersubjective Perspective. *Psychoanalytic Review*, 83(2):181-194