

Institute of Contemporary Psychoanalysis

Class: Structural theory, Ego Psychology, and Contemporary Structural Theory

Weekend psychoanalytic training program 2020-2021

Instructors: Estelle Shane and Martha Slagerman

COURSE DESCRIPTION

In this class we will trace the development of Freud's structural theory into and past Ego Psychology, drawing from readings that scrutinize, criticize, and modify its evolution, with both theoretical and clinical implications. We begin with the Freud texts that pertain both to structural theory and his two theories of anxiety, along with Anna Freud's contributions on the mechanisms of defense. We then move into commentaries and criticisms of Freud's theories and his listening techniques, as well as discussions of Anna Freud's psychoanalytic theory. Next we move into Brenner's ego psychology and commentaries and criticisms of that theory. Two sessions are then devoted to contemporary structural theory, and the final session focuses on the contributions of Loewald.

COURSE OBJECTIVE:

The purpose of this class is to provide candidates with knowledge of the history and development of structural theory, ego psychology, and contemporary structural theory. This will be done using texts written by Freud and Anna Freud, next moving into the 50's and 60's, Brenner, Hartmann, Kris, and Lowenstein, and then into more contemporary writings. Our hope is that candidates will see the arc of theory development, and how it evolves into modern structural theory and ego psychology in the present.

At the completion of this class candidates will be able to:

1. Explain Freud's structural theory
2. Identify Freud's two theories of anxiety
3. Explain Anna Freud's mechanisms of defense and their connection to Freud's Ego and the I'd

4. Identify differences in listening perspectives as they evolve from Freud to Gray
5. Formulate the ideas behind Brenner's Mind in Conflict
6. Explain and provide examples of how Freud's meta psychology evolved through the efforts of more contemporary authors
7. Describe and provide examples of Mentalization
8. Discuss Loewald's theory of therapeutic action

### Session I

#### Goals and Objectives:

1. Describe how change is understood in Sigmund Freud's later works on the concept of the ego, and how it refines our understanding of the mind.
2. Describe the two theories of anxiety as they are understood by S. Freud.
3. Describe how Anna Freud defines psychoanalytic theory, the development of the ego's function, and the mechanisms of defense.
4. Describe the evolution of psychoanalytic theory as explicated by S.Freud.

#### Readings

Freud,S (1923) *The Ego and the Id*, Vol.XIX pp 48-62

Freud, S. (1926) "Inhibitions, Symptoms and Anxiety," *The Standard Edition of the Complete Psychological Works of Sigmund Freud*, Volume XX, pgs 82, 136, 138, 143. (or ANXIETY., Lecture 25)

Freud, Anna (1966)— *The Ego and the Mechanisms of Defense* Chs 1—5, International Universities Press

Fenichel, O (1940—1954) "The Study of Defense Mechanisms and Its Importance for Psychoanalytic Technique" in *The Collected Papers of Otto Fenichel*, Vol. 11, pp 182—197, New York/Norton

## Session II

### Goals and Objectives

1. Describe Gray's alterations of listening techniques that differed from Freud's listening techniques. Give examples.
2. Describe Boesky's (1995) revisions of Structural Theory.
3. Explain "defense mechanisms" vs. "defensive operations" according to Blackman.
4. Summarize Hartman and Lowenstein's accounting of the formation of psychic structure.

### Readings

Boesky, D (1995) "Structural Theory," pp.494—507 in Moore, B & B (Eds.), *Psychoanalysis: The Major Concepts* New Haven: Yale University Press

Blackman, Jerome, *101 Defenses: How the Mind Shields Itself*, Chapters 1 and 5.

Eagle, Morris (2018 ) *Core Concepts in Classical Psychoanalysis*. Chapter 5 pp216—227.

Levenson, L—Paul Gray "Innovations in Psychanalytic Technique" *Psa Q.* 76:257--273

Hartman, H, E. Kris and RM Lowenstein (1946) "Comments on the Formation of Psychic Structure" *PSC2*:11--38

## Session III

### Goals and Objectives

1. Explain changes suggested by Boesky to Brenner's Mind in Conflict.
2. Describe your understanding of the Kanzer analysis and explain your thinking about this case from your own perspective.
3. Define Brenner's notion of Conflict and know how it differs from Freud's notion of conflict.

### Readings

Brenner C (1994) "The Mind as Conflict and Compromise Formation, *J Clin Psa* 3:473--488

Shane discussion of Brenner

Boesky, D (1994) "Dialogue on the Brenner Paper", *Journal of Clinical Psychoanalysis* (from the Brill website of the New York Psychoanalytic Institute.)

Brenner, C (1998) "Beyond the Ego and the Id Revisited." *J Clin Psa* 7: 165—180.

Apfelbaum, B and MG Gill (1989) "Ego Analysis and the Relativity of Defense: Technical Implications of the Structural Theory." *JAPA* 37:1071—1096

#### Session IV and V.

#### Goals and Objectives

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1. Site the distinctions in the evolution of Sigmund Freud's metapsychological formulations developed by Merton Gill, Paul Gray Betty Joseph and Edgar Levenson in their respective visions on analytic process.
2. Describe the mentalizing function advanced by Allan Sugarman noting why it is useful to psychoanalytic thinking.
3. Name areas of function that are improved with the use of mentalizing within the analyst/patient dyad.

#### Readings

Busch, F (2003) "Back to the Future", *PsaQ* 72:201—215

Busch, F (2011) "The Workable Here and How and Why of There and Then" *IJP* 92:1159--1181

Levy Strauss, LB Inderbitzen (1997) "Safety Danger and the Analyst's Authority," *JAPA* 45:377-394

Sugarman, A. (2006) "Mentalization, Insightfulness, and Therapeutic Action: The Importance of Mental Organization," *IJP* 87 965--987

## Session VI

### Goals and Objectives

1. To what does Loewald attribute to psychoanalysis that expedites therapeutic action. Please give example.
2. Describe in what ways Nancy Chodorow distinguishes herself from Loewald's view of therapeutic action.
3. What is meant by Loewaldian style?

### Readings

Loewald (1960) "On the Therapeutic Action of Psycho-Analysis" in *Papers of Psychoanalysis*, Yale University Press (1980) pp221—256.

Loewald (1962A) "Internalization, Separation, Mourning and the Superego", *Psa Quarterly* 31: pp483—504.

Chodorow, Nancy J. (2007) Reflection on Loewalds 'Internalization, Separation, Mourning and the Superego', *PsaQ* 76 (4) pgs 11 35--1151