

The New Jersey Institute for Training in Psychoanalysis
#F302 - Ego Psychology

Fall 2024
Via Zoom

Instructor: Sheldon Weiss, LCSW

Course description: This is a particular school of psychoanalytic thought. Students will be given material derived from some of the major Ego psychological thinkers, like Heinz Hartmann, Ernst Kris, David Rapaport, Rudolph Loewenstein, and others, who greatly influenced the course that psychoanalysis took for some time.

These are the learning objectives for this course:

1. The student will be able to identify a patient's basic defenses that they use in treatment.
2. The student will be able to explain the difference between an ego defect and deficit and how this difference can impact therapy.
3. The student will be able to describe and assess the patient's ego defects and /or deficits and show how this can impact their ability to utilize therapy and what modifications are necessary.
4. The student will be able to explain the basic differences between a topographic approach that focuses on uncovering unconscious content and the ego psychology approach that addresses the need to focus on a person's defenses and character structure.
5. The student will be able to explain and describe at least 2 critiques of classical ego psychology theory and how this can affect technique in clinical work with patients.

Course Requirements: There is a written paper of 4-6 pages due the last class. It should be a clinical case and applying at least two concepts that are relevant from this course.

Readings: Please note that reading material for this course will be assigned on a weekly basis from the attached reading list (see below).

Classes:

Week 1. Overview of the course and basic concepts of ego psychology. The readings will cover a brief history of the development of ego psychology as compared to other psychoanalytic theories. There will be readings discussing the basic concepts used in ego psychology.

Week 2- Freud and the Structural Theory. We will discuss Freud's tripartite model of the mind that he presented in 1923 in "The Ego and the Id". We will explore the differences between this model and the topographic earlier model and where the structural model can be viewed in a more current perspective.

Week 3- Early Development of Ego Psychology after Freud. We will discuss the next generation of ego psychology theorists such as Hartman, Kris and Lowenstein. The focus will be on their unique contributions such as primary and secondary autonomy and the conflict free sphere of the ego.

Week 4- Ego Defenses. We will read and discuss Anna Freud's classic contribution to the study of defenses. There will also be more current perspectives on the concept of defense in ego psychology and character structure.

Week 5- Ego Functions. We will read and discuss the study of the various ego functions and its usefulness in assessing a patient's capacity for psychoanalytic treatment. This will also be useful in assessing various types of developmental issues that need to be addressed in treatment.

Week 6-Ego Defects and Deficits. We will discuss these 2 concepts and how they differ as well as implications for clinical work. We will also focus on parameters and modifications in working with patients from an ego psychology perspective who present these issues.

Week 7- Ego Psychology and Technique. We will read and discuss the techniques that is informed by an ego psychological perspective. We will look at this from both a more classical and modern ego psychology perspectives.

Week 8- Contemporary views. We will read and discuss modern ego psychology and critiques of the more traditional school. We will address some issues related to intersectionality.

Readings that will be used for this Course

Allison, Elizabeth (2023). "The Ego and the Id" How and why Freud transformed his model of the mind. *The International Journal of Psychoanalysis* Vol. 104 No. 6 1063-1076.

Balint, M. (1968). *The basic fault*. Brunner/Mazel. Chapters 1-6. The three areas of the mind (pp. 3-31). Part 5. The regressed patient and his analyst. (pp.159-181).

Bellak, L. and Myers, B. (1974). Ego function and analyzability. *International Review of Psychoanalysis*, 2, 200-218.

Bergmann, M. (1990). *Psychoanalysis at 100*. Gerd Fenchel, (Ed.). Chapter 1 The Evolution and transformation of psychoanalytic models: An historical perspective. University Press. (pp. 11-30).

Blank, G. & Blank R. (1974). *Ego psychology*. Chapter 1-2. Columbia University Press. (pp. 19-39).

Blank, G. & Blank R. (1986). *Beyond ego psychology*. Columbia University Press. Chapter 1 (pp. 1-36).

Boesky, D. (1995). *Psychoanalysis: The major concepts*. Burness Moore and Bernard Fine (Eds.). Structural theory. Yale University Press. (pp. 494-507)

Busch, F. (2023). The significance of the ego in "The Ego and the Id" and its unfulfilled promise. *The International Journal of Psychoanalysis*. Vol. 104, No 6, 177-190.

Busch, F. (2022). The clinical significance of Hartmann's concept of adaptation. *Psychoanalytic Inquiry* Vol. 42, No.3, 163-172

Conci, M. (2023). Psychoanalytic ego psychology: A European perspective. *International Forum for Psychanalytic*. Vol. 32, No.1 4-22.

Eagle, M. (2022). *Towards a unified psychoanalytic theory*. Foundation in a revised and expanded ego psychology. Chapter 3 Critiques of ego psychology. Routledge. (pp. 34-58).

Eagle, M. (2022). *Towards a unified psychoanalytic theory*. *Foundation in a revised ego and expanded ego psychology*. Chapter 10 Ego psychology and psychopathology. Routledge. (pp. 218-233).

Eagle, M. (2022). *Towards a unified psychoanalytic theory*. *Foundation in a revised and expanded ego psychology*. Chapter 2 Psychoanalytic ego psychology: Basic tenets. Routledge. (pp. 23-33).

- Eagle, M. (2022). *Towards a unified psychoanalytic theory. Foundation in a revised and expanded ego psychology*. Chapter 5 An expansion of ego psychology: Interpersonal reality testing. Routledge. (pp. 93-110).
- Eagle, M. (2022). *Towards a unified psychoanalytic theory. Foundation in a revised and expanded ego psychology*. Chapter 7 Ego function, aims and motives. Routledge. (pp. 144-166).
- Eagle, M. (2022). *Towards a unified psychoanalytic theory. Foundation in a revised ego psychology*. Chapter 10 Ego psychology and psychoanalytic treatment. Routledge. (pp. 234-272).
- Filippachi, E. (2021). Forms of freedom: Towards a psychoanalytic conception of autonomy. *International Forum of Psychoanalysis*, 30(2), 87-9
- Freud, A (1946). *The ego and the mechanisms of defense*. Chapters 3, 4, & 5. International Universities Press. (pp. 28-65).
- Jacobs, T. (1990). The corrective emotional experience: It's current technique. *Psychoanalytic Inquiry*, 10(3), 433-455.
- Levine, H. (2023). On looking into The Ego and the Id 110 years after its publication. *The International Journal of Psychoanalysis*. Vol. 104, No. 6. 1054-1062.
- Lothstein, L. M. (2019). The rending of the skin-ego and second skin: The formation of paraphilias as attempts to contain, repair and transform the damaged self. *Psychoanalytic Perspectives*, 16 (1), 48-69.
- Lowenstein, R. M. (1982). *Selected papers of Rudolph Lowenstein*. Chapters 2 & 3. Yale University Press. (pp. 30-51).
- Marcus, E. (2022). The adaptation function of dreams and the waking work: A modern ego psychology view. *Psychoanalytic Inquiry*. Vol. 42, No. 3 194-203.
- Marcus, E. (2023). *Modern Ego Psychology and Human Sexual Experience The Meaning of Treatment*. Routledge, Chapter 1. Meaning. pp. 3-13. Chapter 3 Fetish pp. 35-45. Chapter 4. Fetish Enactments pp. 46-55.
- Modell, A. (1975). The ego and the id: Fifty years later. *International Journal of Psychoanalysis*, 56, 57-68.
- Modell, A. (1986). A narcissistic defense against affects and the illusion of self-sufficiency. *International Journal of Psychoanalysis*, 56, 275-282.
- Pine, F. (1980). *Drive, ego, object and self*. Chapter 10 The concept of ego defect. Basic Books. (pp. 198-232).
- Willick, M. (1995). *Psychoanalysis: The major concepts*. Burness Moore and Bernard Fine (Eds.). Chapter 37 Defense. Yale University Press. (pp. 485-493).