



The New Jersey Institute for Training in Psychoanalysis
#F101 - Basic Concepts of Psychoanalysis
Via Zoom

Instructor: Peter J. LaBarbera, LP, LCSW, NCPsyA

Course Description:

This course serves as an introductory survey of fundamental psychoanalytic concepts, which will include, but not limited to an emphasis on and appreciation of anxiety, the definitions and importance of the structural theory, the unconscious, transference, countertransference and resistance.

Course Purpose:

To gain an introductory level of understanding of the psychoanalytic terms and concepts that will be discussed and studied. An important emphasis will be placed on the unconscious, starting with the principal of psychic determinism, and including an in-depth look at the structural theory. The concept of re-enactment in the analytic setting will be demonstrated through 4 vignettes from the readings, and one provided by the instructor. The defense mechanisms of the ego will be surveyed along with the various processes of internalization. A close examination of early attachment with a crucial significance given to the description and object relations of the oedipal phase. A complete session will be devoted to the formation and workings of the superego, its relation to the Oedipus complex, and implications for clinicians. The importance of dreams will be reviewed through the presentation and analysis of a dream, along with related theoretical material on dream analysis. A survey of Freud's basic work on psychopathology, along with another dream presented by the instructor that will illustrate an example of how castration anxiety and its direct specificity to the phallic phase plays the central role in perversion.

Course Objectives:

- Define the basic concept of transference through the examination of a series of 4 clinical re-enactments through the assigned readings, as well as a clinical vignette presented by the instructor.
- List some of the basic psychoanalytic terms and concepts that will be discussed and studied.
- Describe the concept of the unconscious, starting with the principle of psychic determinism, and including an in-depth look at the structural theory.
- Recognize and explain the concept of re-enactment in the analytic setting.
- Integrate the concepts and functions of the id, ego and superego through the assigned readings, personal outlines, and clinical vignettes presented by the instructor.

Course Requirements:

Students will be required to write a 5-page paper with a bibliography, demonstrating an integration and understanding of any three concepts that will be discussed in class through their clinical casework. If a student does not have a clinical case, they may choose a character from history, a movie, or even utilize a song or poem to demonstrate their understanding and references to the 3 concepts.

Course Etiquette and Confidentiality:

It is important that clinical discussions on Zoom, maintain a strict level of confidentiality and privacy **at all times**. At no time is recording permitted, and at no time should any of the clinical materials be discussed outside of class. Zoom cameras should be kept on, and audio be muted while others are speaking. Students who join after the class has officially started should confirm their attendance with the instructor.

Reading Materials:

1. Brenner, C. (1980). *An elementary textbook of psychoanalysis*. (Revised and Expanded Edition). International Universities Press.
2. Greenson, R. R. (1967). *The technique and practice of psychoanalysis*. Hogarth Press and The Institute of PsychoAnalysis.
3. Moore, B. E. (1990). *Psychoanalytic terms and concepts*. Yale University Press.

Suggested Readings:

1. Sugarman, S. (2024). *Sigmund Freud: A contemporary introduction*. Routledge.
2. Altman, N. (2021). *White privilege: psychoanalytic perspectives*. Routledge.
3. Busch, F. (2021). *A fresh look at psychoanalytic technique* (1st ed.). Routledge.

Required reading materials can be obtained from Amazon or eBay in book form, and journal articles from Pep Web. Supplemental readings for classes 3 and 8 will be supplied by the instructor.

Class and Reading List:

Class 1: Two Fundamental Hypothesis/The Drives

Class will begin with Freud's principal of psychic determinism including its definition, significance, and examples of related unconscious mental processes. We will include an examination of the development of the psychoanalytic method, and a survey of sources of evidence of the existence of unconscious mental processes. We will also classify the drives, look at the development of both the erotic and aggressive drives, and discuss drive discharge and pleasure. The concepts of psychic energy, cathexis, libidinal progression, fixation and regression, and the oral, anal, and phallic phases of psychosexual development will also be reviewed. The instructor will discuss and explain through clinical vignettes, the concepts of transference, and countertransference. We will also review issues related to race and ethnicity through a psychoanalytic perspective.

Required Readings:

Brenner, C. (1980). *An elementary textbook of psychoanalysis*. Revised and Expanded Edition. International Universities Press, *Two Fundamental Hypotheses & The Drives*, pp. 1 – 33.

Suggested Readings:

Altman, N. (2021). *White privilege: psychoanalytic perspectives*. Routledge, *Whiteness*, pp.17 – 27.

Busch, F. (2021). *A fresh look at psychoanalytic technique* (1st ed.). Chapter 1. Routledge.

Sugarman, S. (2024). *Sigmund Freud: A Contemporary introduction*. Chapter 1. Routledge.

Class 2: The Psychic Apparatus

The psychic apparatus viewed through a historical development of the structural theory will be examined. The effect of physical growth and experiential factors on the development of the ego's functions, identifications, and issues related to object loss, along with the ego as the executant of the drives, differentiation of ego and id, management of psychic energy, and concepts of primary and secondary process thinking will be explained. The concepts of displacement and condensation, and the neutralization of drive energy will be discussed. The concept of acting out in the analytic setting will be explored through a clinical vignette, and the potential effects on analytic practice of an analyst's reluctance to begin a new analysis will be considered.

Required Readings:

Brenner, C. (1980). *An elementary textbook of psychoanalysis*. Revised and Expanded Edition. International Universities Press, *The Psychic Apparatus*, pp. 34 – 61.

Greenson, R. R. (1967). *The technique and practice of psychoanalysis*. Hogarth Press and The Institute of PsychoAnalysis, *Section 3.841 Acting Out Within the Analytic Setting*, pp. 263 – 266.

Suggested Readings:

Busch, F. (2021). *A fresh look at psychoanalytic technique* (1st ed.). Chapter 2. Routledge.

Sugarman, S. (2024). *Sigmund Freud: A Contemporary introduction*. Chapter 2. Routledge.

Class 3: The Psychic Apparatus (Continued)

Three interrelated ego functions: *sensory perceptions, memory/thinking, motor controls/skills* along with reality testing, and the infant's relationship to its environment will be examined. The pleasure principle, and the relation of primary process to the pleasure principle will be discussed. Anxiety, its relation to traumatic situations, inhibitions symptoms and anxiety concepts, signal anxiety, and in relation to the pleasure principle, 4 situations of danger, the second part of the new theory of anxiety, will be explained.

Required Readings:

Brenner, C. (1980). *An elementary textbook of psychoanalysis*. Revised and Expanded Edition. International Universities Press, *The Psychic Apparatus (Continued)*, pp. 62 – 86.

Greenson, R. R. (1967). *The technique and practice of psychoanalysis*. Hogarth Press and The Institute of PsychoAnalysis, *Section 3.931: When do we Analyze the Transference*, pp. 281 – 284.

Suggested Readings:

Sugarman, S. (2024). *Sigmund Freud: A Contemporary introduction*. Chapter 3. Routledge.

Altman, N. (2021). White privilege: psychoanalytic perspectives, Routledge, *Power*, pp. 38 – 41, *The Perils of Political Liberalism*, pp. 42 – 48.

Busch, F. (2021). *A fresh look at psychoanalytic technique* (1st ed.). Chapters 3 and 4. Routledge.

Class 4: Defense Mechanisms of the Ego and Processes of Internalization

The traditional defense mechanisms of the ego along with processes of internalization including incorporation, introjection, and primary identification. A clinical vignette demonstrating the pursuit of the transfer trigger in clinical practice.

Required Readings:

Brenner, C. (1980). *An elementary textbook of psychoanalysis*. Revised and Expanded Edition. International Universities Press, *The Psychic Apparatus (Continued)*, pp. 87 – 105.

Moore, B. E. (1990). *Psychoanalytic terms and concepts*. Yale Univ Press. *Internalization*, pp. 102 – 103.

Greenson, R. R. (1967). The technique and practice of psychoanalysis. Hogarth Press and The Institute of PsychoAnalysis, *Section 3.9422: Pursuit of the Transference Trigger*, pp. 305 – 308.

Suggested Readings:

Sugarman, S. (2024). *Sigmund Freud: A Contemporary introduction*. Chapter 4. Routledge.

Altman, N. (2021). *White privilege: psychoanalytic perspectives*. Routledge, *The Perils of Political Conservatism*, pp. 49 – 53.

Busch, F. (2021). *A fresh look at psychoanalytic technique* (1st ed.). Chapter 5. Routledge.

Class 5: The Psychic Apparatus (Concluded), Early Attachment and the Oedipus Complex

A summary of the Oedipus complex for the boy and the girl. The object relations derived from the Oedipus complex are of crucial significance in both normal and pathological development to nearly everyone.

Required Readings:

Brenner, C. (1980). *An elementary textbook of psychoanalysis*. Revised and Expanded Edition. International Universities Press, *The Psychic Apparatus (Concluded)*, pp. 106 – 121.

Greenson, R. R. (1967). *The technique and practice of psychoanalysis*. Hogarth Press and The Institute of PsychoAnalysis, *Section 3.10. Acute Emotional Storms and Dangerous Re-enactments*, pp. 327 – 330.

Suggested Readings:

Sugarman, S. (2024). *Sigmund Freud: A Contemporary introduction*. Chapter 4. Routledge.

Busch, F. (2021). *A fresh look at psychoanalytic technique* (1st ed.). Chapter 8. Routledge.

Class 6: The Superego

The influence of the Oedipus complex is of great importance in relation to the formation of the superego, which corresponds in a general way to what we call conscience. We will examine the effects both on the development of the personality, and implications for clinical practice of the aspects of the moral functions of the personality, including: *the approval or disapproval of actions and wishes on the grounds of moral rectitude, critical self-observation, self-punishment, and the demand for reparation or repentance of wrong-doing*. The concept of the working alliance will be discussed and explained.

Required Readings:

Brenner, C. (1980). *An elementary textbook of psychoanalysis*. Revised and Expanded Edition. International Universities Press, *The Psychic Apparatus (Concluded)*, pp.122-137.

Greenson, R. R. (1967). *The technique and practice of psychoanalysis*. Hogarth Press and The Institute of PsychoAnalysis, *Section 2.23: Affects Indicating Resistance*, pp. 62 – 63.

Suggested Readings:

Sugarman, S. (2024). Sigmund Freud: A Contemporary introduction. Chapter 6. Routledge.

Busch, F. (2021). *A fresh look at psychoanalytic technique* (1st ed.). Chapter 9. Routledge.

Class 7: Dreams

The study of dreams can be the key to revealing those mental contents which have been repressed, or otherwise excluded from consciousness and discharged by the defensive activities of the ego. The content and clinical manifestations of Freud's work on dreams will be reviewed, explained, and then applied through the presentation of a dream and related clinical vignette presented by the instructor.

Required Readings:

Brenner, C. (1980). *An elementary textbook of psychoanalysis*. Revised and Expanded Edition. International Universities Press, *Dreams*, pp. 162-185.

Greenson, R. R. (1967). *The technique and practice of psychoanalysis*. Hogarth Press and The Institute of PsychoAnalysis, *2.65 Interpreting the Mode of Resistance*, pp. 111 – 113.

Suggested Readings:

Sugarman, S. (2024). Sigmund Freud: A Contemporary introduction. Chapter 7. Routledge.

Busch, F. (2021). *A fresh look at psychoanalytic technique* (1st ed.). Chapter 13. Routledge.

Class 8: Psychopathology

A general survey of psychopathology in psychoanalysis including the work of Freud, Spitz, and Brenner. A review of the theory of infantile sexuality, perversions, degrees of frustration and overstimulation, fixations and regressions of the ego and the id, disturbances of the psychic apparatus, neurotic symptoms of the id and ego, symptom formation, secondary gain, regression of ego functions and of the drives, and sexual perversions and addictions will be discussed and explained. The instructor will present a dream illustrating how castration anxiety and its direct specificity to the phallic phase of psychosexual development play the central role in perversion.

Required Readings:

Brenner, C. (1980). *An elementary textbook of psychoanalysis*. Revised and Expanded Edition. International Universities Press, *Psychopathology*, pp. 186 – 209.

Greenson, R. R. (1967). *The technique and practice of psychoanalysis*. Hogarth Press and The Institute of PsychoAnalysis, *Confrontation: The Demonstration of Resistance*, pp. 104 – 106.

Suggested Readings:

Sugarman, S. (2024). Sigmund Freud: A Contemporary introduction. Chapter 8. Routledge.

Busch, F. (2021). *A fresh look at psychoanalytic technique* (Chapter 9. Routledge.1st ed.).

Ackerman, S. (2021). The analyst's desire: The ethical foundation of clinical practice. *The Psychoanalytic Quarterly*, 90, 1, 173-187.

