



The New Jersey Institute for Training in Psychoanalysis
#F403 - Case seminar: Comparative Orientations

Fall 2024/2025
Via Zoom

Instructor: Regina Mezheritsky, LCSW

Course description: In this case seminar we will be moving through the history of psychoanalytic thought, discussing major theoretical developments from Freud's original theory through contemporary theories. We will critically analyze how each school of thought approaches therapeutic aim and therapeutic action. In doing so, our goal will be to deepen our understanding of how the analyst's theory shapes technique. We will also seek to understand how the various theoretical perspectives see pathology, interventions, interpretations, the role of the analyst, and how analysis "cures." Topics will also include modes of analytic listening, the formulation and timing of interventions, dealing with resistances/impasses, and other issues related to the psychoanalytic frame.

Course objectives:

1. Analyze and evaluate modes of analytical listening from different perspectives.
2. Identify and modify candidates' listening skills.
3. Show how different psychoanalytic schools approach therapeutic aim and therapeutic action.
4. Describe how different frames of analytical thought could be integrated and applied in clinical practice.
5. Evaluate different interventions, timing of interventions, the role of insight, and the impact of the therapeutic relationship.

Evaluation:

This is a case seminar which involves the presentation of clinical cases from each participant. The candidates will be evaluated by their participation and demonstration of their understanding regarding the readings and objectives of the course.

Readings and material:

Readings will be found on a Dropbox folder I will make available to all of you.

Required text: Huppertz, B. (2023). *Underlying assumptions in psychoanalytical schools: A comparative perspective*. Routledge. **{hereinafter Huppertz, B. 2023}**
this book is available on Amazon. Hardcover and Kindle.

Class and readings:

Class I: Therapeutic aim and therapeutic action. How do different schools of psychoanalysis view therapeutic aim and therapeutic action, and how might this impact treatment?

Required readings:

- Freud, S. (1913). On beginning the treatment. *Standard Edition*, 12, 122-144.
- Freud, S. (1937). Constructions in analysis. *Standard Edition*, 23, 257-269.
- Frank, K. A. (2020). Rethinking therapeutic action: Finding commonalty in diversity. *Psychoanalytic Perspectives*, 17, 289-317
- Huppertz, B. (2023). Chapters 1 and 9.

Class II: Classical (drive) and ego psychology. Concepts such as developing an observing ego, strengthening the ego, making the unconscious conscious, analyzing resistances, transference, interpreting, and working through will be analyzed in the context of clinical work.

Required readings:

- Pine, F. (2020). On observation, theory, and the mind of the working clinician. *Psychoanalytic Psychology*, 37, 89-97.
- Huppertz, B. (2023). Chapters 2 and 10.
- Ackerman, S. (2020). A diagnosis for psychoanalysis in the 21st century: Freud as medicine. *Psychoanalytic Quarterly*, 89, 667-688.

Class III: Klein and contemporary Kleinian. We will evaluate the role of objects/part objects, paranoid/schizoid and depressive positions, and the concept of projective identification from a classical and contemporary perspective.

Required readings:

- Roth P. & Segal, H. (1990). Discussion: A Kleinian view. *Psychoanalytic Inquiry*, 10(4), 541-549.
- Agatsuma, S. (2014). Differentiating two kinds of neutrality. *International Forum of Psychoanalysis*, 23, 238-245.
- Ogden, T. H. (2020). Toward a revised form of analytic thinking and practice: The evolution of analytic theory of mind. *Psychoanalytic Quarterly*, 89, 219-243.
- Huppertz, B. (2023). Chapter 3.

Class IV: Interpersonal. The meaning and effect of intrapsychic vs. interpersonal in clinical practice will be critically addressed.

Required readings:

- Abend, S. M. (1988). Intrapsychic versus interpersonal: The wrong dilemma. *Psychoanalytic Inquiry*, 8, 497-504.
- Pine, F. (2021). Moments: The psychobiography of a concept. *Psychoanalytic Psychology*, 38, 161-167.
- Huppertz, B. (2023). Chapter 12.

Class V: British object and Independent. We will analyze how the British object relations and the Independent schools of thought have influenced theory and practice.

Required readings:

- Kohon, G. (1990). Discussion: British independent object relations view. *Psychoanalytic Inquiry*, 10(4), 550-553.
- Appollon, S. (2021). The triple entendre. *Psychoanalytic Dialogues*, 31, 6-12.
- Huppertz, B. (2023). Chapters 4, 5, and 6

Class VI: Self theory. The evolution of self-psychology from Kohut to contemporary self theory will be discussed. The role of validation, recognition, and empathy and their places in clinical work will be critically evaluated.

Required readings:

- Bollas, C. (1986). Who does self psychology cure? *Psychoanalytic Inquiry*, 6, 429-435.
- Brier, R. & Ornstein, A. (2021). Tracking changes in the disruption/repair sequences: Important aspects of clinical work. *Psychoanalysis, Self, and Context*, 16, 371-379.
- Atlas, G. (2021). Winners and losers in a dramatic dialogue. *Psychoanalytic Dialogues*, 31, 684-691.
- Huppertz, B. (2023). Chapter 14.

Class VII: Relational turn and Intersubjectivity. We will examine the relational turn in American psychoanalysis and its influence in clinical practice.

Required readings:

- Kohon, G. (1985). Objects are not people. *Free associations*, 1C(2), 19-30
- Mitchell, S.A. (1990). Discussion: A relational view. *Psychoanalytic Inquiry*, 10(4), 523-540.
- Greenberg, J. (2001). The analyst's participation: A new look. *Journal of the American Psychoanalytic Association*, 49, 359-381.
- Huppertz, B. (2023). Chapters 16 and 17.

Class VIII: Pluralism/Intersectionality. The fact that many different theories have evolved in the field of psychoanalysis and have influenced many aspects of clinical practice will be reviewed. We will discuss intersectionality in psychoanalysis. The seminar as a whole will be evaluated.

Required readings:

- Belkin, M. (2021). Towards an intersectional psychoanalysis of race, gender and sexuality. *Contemporary Psychoanalysis*, 57 (2), 206-207.
- Karbelnig, A.M. (2022). Chasing infinity: Why clinical psychoanalysis's future lies in pluralism. *International Journal of Psychoanalysis*, 103, 5-25.
- Jiménez, J.P. (2023). Looking back into the future of psychoanalysis: A second chance. *International Journal of applied psychoanalytic studies*, 20, 540-550.