



The New Jersey Institute for Training in Psychoanalysis

#S506 - Contemporary Writings and Relational Concepts in Psychoanalysis

Spring 2025

Instructor: Alexander S. Alperin, PsyD.

Course Description:

What is contemporary psychoanalysis? Different perspectives might answer this question differently. Many writers present the idea that contemporary psychoanalysis is a micro-revolution against the paternal authority of classical psychoanalysis, while others emphasize a person's embeddedness in the social context, focus primarily on concepts of mutuality and recognition, base their ideas on attachment, infant, and child development research and neurobiology, or highlight the intersubjective experience of the analytical dyad.

What these perspectives share in common is the interpersonal nature of our human experience and, in relation to the analytical space, the healing properties of the analytical encounter in which the analyst and analysand work collaboratively in making meaning of the analysand's experience in the context of the analytical dyad.

Course Objectives:

- 1) To consider some salient views in contemporary and psychoanalysis.
- 2) To examine the history of the psychoanalytic movement and identify how contemporary views have changed the theory and practice of psychoanalysis.
- 3) To develop the candidates' own critical and analytical point of view towards psychoanalytic change in regards to their own individual clinical practice.

Reading Materials:

Required Text: Kuchuck, S. (2021). *The relational revolution in psychoanalysis and psychotherapy*. Confer Books. {hereinafter **Kuchuck, S. (2021)**}.

Available on Amazon Kindle for \$18.99

Other Material: All the other material needed for the course will be available via Dropbox.

Class Requirements/Assignment: This will be discussed in our first class.

Class and Readings:

Class I: Emergence of the relational movement. This class will present a brief survey of the emergence of the relational movement and its historical antecedents. The meaning of R vs. r will be explained.

Readings:

- Kuchuck, S. (2021). Chapters one and two: Introduction: Setting sail for the new world and The analyst's subjectivity.
- Cooper, S. H. (2021). Donald Winnicott and Stephen Mitchell's developmental tilt hypothesis reconsidered. *Psychoanalytic Dialogues*, 31, 355-370.
- Ringstrom, P. (2014). Everything you've wanted to know about relational psychoanalysis but were too confused to ask. ICPLA.edu. <https://icpla.edu/wp-content/uploads/2014/09/Ringstrom-P-Everything-youve-wanted-to-know-about-relational-psychoanalysis-but-were-too-confused-to-ask.pdf>
- Coelho, N. E. (2019). From Ogden to Ferenczi. The constitution of a contemporary clinical thought. *American Journal of Psychoanalysis*, 79, 468-483.

Class II: Self-disclosure. This class will evaluate the polemical idea of self-disclosure in the analytical encounter. We will explore different views on intersubjectivity.

Readings:

- Kuchuck, S. (2021). Chapters three and four: Self-disclosure and Intersubjectivity.
- Bosset, M.A. (2022). The two analyses of Anne: The seesaw, disclosure, and the third. *British Journal of Psychotherapy*, 38, 3, 500-514.
- Mills, J. (2017). Challenging relational psychoanalysis: A critique of postmodernism and analyst self-disclosure. *Psychoanalytic Perspectives*, 14, 313-335.
- Gerhardt, J., & Sweetnam, A. (2001). The intersubjective turn in psychoanalysis: A comparison of contemporary theorists: Part II. *Psychoanalytic Dialogues*, 11(1), 43-9.

Optional

- Benjamin, J., Gerhardt, J., Sweetnam, A. & Borton, L. (2000). The intersubjective turn in psychoanalysis: A comparison of contemporary theorists: Part I. *Psychoanalytic Dialogues*, 10(1), 5-42.

Class III: Dissociation. This class will critically evaluate the premise of dissociation as an adaptive and necessary mechanism.

Readings:

- Kuchuck, S. (2021). Chapter five: Dissociation multiple self states.
- Bromberg, P. M. (2013). Hidden in plain sight: Thoughts on imagination and the lived unconscious. *Attachment: New Directions in Relational Psychoanalysis and Psychotherapy*, 10, 1-19.
- Pizer, S. A. (2018). "Where All the Ladders Start": A clinical account of object relations legacies, self-states and analytic process. *Psychoanalytic Dialogues*, 28, 679-686.
- San Felippo, L.C. & Dagfal, A. A. (2020). The debate between Janet and Freud Revisited: Trauma and memory (1892-1895/1913-1924). *The Psychoanalytic Quarterly*, 89, 1, 119-141.

- Mucci, C. & Scalabrini, A. (2021). Traumatic effects beyond diagnosis: The impact of dissociation on the mind-body-brain system. *Psychoanalytic Psychology*, 38, 279-289.

Class IV: Enactment: The concept of enactment will be unpacked from different lenses, and the importance of the analytical dyad surviving enactive moments will be analyzed.

Readings:

- Kuchuck, S. (2021). Chapter six: Enactment.
- Corbella, V. (2021). Enactment: A necessary conceptual review. *International Journal of Psychoanalysis*, 102, 51-67.
- Davies, J. M. (2018). The “Once and Future” Focus of a relational psychoanalysis: Discussion of “Vitalizing Enactment”. *Psychoanalytic Dialogues*, 28, 355-360.
- Abel-Hirsch, N. (2023). What might be in so close that as psychoanalysts we miss it?. *American Journal of Psychoanalysis*, 83, 465-475.

Class V: Attachment and trauma. The influence of attachment research on the view of trauma will be explored. We will discuss ideas such as mutual regulation/recognition.

Readings:

- Kuchuck, S. (2021). Chapter seven: Affect regulation attachment.
- Green, A. (1995). Summary: Affects versus representations or affects as representations? *British Journal of Psychotherapy*, 12, 208-211.
- Kahr, B. (2022). Sigmund Freud as the father of attachment theory. *New Directions in Psychotherapy and Relational Psychoanalysis*, 16, 123-151.

Optional:

- Castillo-Garayoa, J. A. & Echevarría, R. (2023). Reflections on the reception of attachment theory by psychoanalysts. A review of publications. *International Journal of Psychoanalysis*, 104, 509-526.

Class VI: Plurality in psychoanalysis. In this class, we will debate the expansion of inclusion and plurality in the practice of psychoanalysis.

Readings:

- Blum, H. P. (2010). Object relations in contemporary psychoanalysis: Contrasting views. *Contemporary Psychoanalysis*, 46, 32-47.
- Stolorow, R. D. & Atwood, G. E. (2016). Experiencing selfhood is not “A Self”. *International Journal of Psychoanalytic Self Psychology*, 11, 183-187.
- Pine, F. (2020). On observation, theory, and the mind of the working clinician. *Psychoanalytic Psychology*, 37, 89-97.
- Bollas, C. (2001). Freudian intersubjectivity: Commentary on paper by Julie Gerhardt and Annie Sweetnam. *Psychoanalytic Dialogues*, 11(1), 93-105.

Class VII: Broader contemporary views. In this class we will consider some reformulations of Freud's original theories, particularly in reference to gender and sexuality.

Readings:

- Celenza, A. (2020). Embodiment and the perversion of desire. *Psychoanalytic Quarterly*, 89, 369-398.
- Balsam, R.H. (2018). Internalization, after Loewald: A powerful and clinically useful concept for psychodynamics. *The Psychoanalytic Study of the Child*, 71(1), 208-216.
- Riker, J. (2024). The self as erotic striving. *Psychoanalysis, Self and Context*, 19, 94-109.
- Ashtor, G. (2023). The “Wise Baby” and the “Original Hermeneut”. *Psychoanalytic Dialogues* 33, 4-15.

Optional:

- Estelle, V. (2023). Sex addictions faced with the paradigm of perversions. *Studies in Gender and Sexuality*, 24, 76-85.

Class VIII: Intersectionality and the future of psychoanalysis. In relation to themes of race, gender, sexuality, and politics in psychoanalysis, we will critically discuss issues of intersectionality and its impact on psychoanalysis and explore the idea of “otherness.” We will evaluate the course as a whole, we will critically discuss the future of psychoanalysis.

Readings:

- Kuchuck, S. (2021). Chapters eight and nine: Race, gender and sexuality and a vision for the future.
- Amir, D. (2021). Gender in movement: The emergent versus the continuous. *Studies in Gender and Sexuality*, 22(3), 157-164.
- Caffisch, J. (2020). “When reparation is felt to be impossible”: Persecutory guilt and breakdown in thinking and dialogue about race. *Psychoanalytic Dialogues*, 30, 578-594.
- Kernberg, O.F. (2021). Challenges for the future of psychoanalysis. *The American Journal of Psychoanalysis*, 81, 281-300.

Optional:

- Adams, J.C. (2022). Psychoanalytic perspectives on psychosocial dimensions of adversity among black youth. *Journal of Infant, Child and Adolescent Psychotherapy*, 21,2, 108-124.