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DIPLOMATE IN CLINICAL PSYCHOLOGY  
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## 7 A - PSYCHOANALYTIC THEORY AND PRACTICE - EGO PSYCHOLOGY WINTER / SPRING 2016-2017

The Seminar builds upon, and adds to, Freud's tripartite conception of the psychoanalytic functioning of the individual - the unconscious, the ego, and the superego. EGO PSYCHOLOGY focuses on the EGO as intermediary between the unconscious, the superego, and reality, and the sources of anxiety. EGO PSYCHOLOGY directs attention to the question of "...how do we get to know ourselves and why do we do what we do?". It is characterized by self-reflection, self-knowledge, and our attempts to understand the influence of the unconscious, reality, and our judgment of our world. EGO PSYCHOLOGY focuses on the development of effective self-observation, bridging the gap between classical analytic technique and a modern approach based on Freud's structural theory. The aim is to help the patient develop a deeper understanding of herself/himself-to "knowthymself", and focus on the "process of knowing oneself", not only knowing "about" oneself.

### 1. INTRODUCTION

The Evolution of Freudian Thought - EGO PSYCHOLOGY shifted the emphasis in technique from the recovery of the repressed to the modification of the patient's Ego, including changes of automatic defensive functions.

**Arnold Richards & A. Lynch:** 1998 Chapter 1: "From Ego Psychology to Contemporary Conflict Theory." p. 3-23. In: C. Ellman, S. Grand, M. Silvan, S. Ellman: **THE MODERN FREUDIANS. Contemporary Psychoanalytic Technique.** (Aronson, 1998) For our first Meeting please read Pages 3 - 10 - a summary of Sigmund Freud's, Anna Freud's and Heinz Hartman's contributions to the development of Ego Psychology

**FREUD, SIGMUND:** 1912 "A Note on the Unconscious in Psychoanalysis." Collected Papers, Vol. 4 (1959) (Translated by Joan Riviere.) Basic Books, p. 22-29

**FREUD, SIGMUND:** 1923 Abstracts of the Standard Edition of the Complete Psychological Works of Sigmund Freud. 1973, Int. Universities Press. Vol. XIX The Ego and the Id. P. 399-406

### 2. DEFENSES PROVIDED BY THE EGO TO CONTAIN ANXIETY

**ANNA FREUD:** 1936 Chap. 3: "The Ego's Defensive Operations Considered as an Object of Analysis." (1966 English Edition) WRITINGS OF ANNA FREUD. Vol. II THE EGO AND THE MECHANISMS OF DEFENSE. p. 28-41 (Elliott presents a summary of defensive mechanisms from LaPlanche & Pontalis)

### 3. AMERICAN EGO PSYCHOLOGY

**HEINZ HARTMANN:** 1950 Chap.7: "Comments on the Psychoanalytic Theory of The Ego." ESSAYS ON EGO PSYCHOLOGY 1964 IUP

".... The primary motivating force in the individual is survival"... and fitting in....and adaptation to the environment is essential to this end. The individual is born with innate psychic structures (the autonomous ego functions of perception, memory, thought, and motility) into an average expectable environment; and the individual's personality .....is molded by this social surround."

**EDITH JACOBSON** 1971 Chap. 5: "Depersonalization." 1959 p. 137-164  
Chap. 7: "A Special Response to Early Object Loss." 1965  
p. 185-203

In: 1971 DEPRESSION: COMPARATIVE STUDIES OF NORMAL, NEUROTIC AND PSYCHOTIC CONDITIONS IUP. (She attempted to integrate object relations with ego psychology since the Freudian view of development includes identification with objects, not only drive derivatives. She understood the complex interdependence of the development of object relations with ego and superego development.)

### 4. THE EVOLVING FUNCTION OF THE EGO IN TODAY'S ANALYTIC WORLD.

**Stanley Grand:** 1998 "On the Place of Self-Reflection in the Psychoanalytic Process." In: THE MODERN FREUDIANS: CONTEMPORARY PSA. TECHNIQUE. Eds. C. Ellman, S. Grand, M. Silvan, S. Ellman. Aronson.  
p. 99-119

**Fred Busch:** 2001 Are We Losing Our Mind? JAPA Vol. 49, #3, p.739-751

### 5. AN INTEGRATED VIEW OF EGO PSYCHOLOGY - THE THERAPEUTIC EXPERIENCE - THE INHERENT CONNECTION BETWEEN OBJECT RELATIONSHIP AND EGO FUNCTIONING.

Loewald built on, and integrates, Freud with today's thinking - helping the patient create a new object relationship in the therapeutic situation within a framework similar in some ways to the thinking of Winnicott. And - his theorizing about unconscious processes and their connections anticipates the themes of today's intersubjectivity.

**Hans Loewald:** 1960 On the Therapeutic Action of Psychoanalysis. IUP, 43, p. 16-33

**John Steiner:** Chap. 1: "A Theory of Psychic Retreats." p. 1-14 In: John Steiner: PSYCHIC RETREATS: Pathological Organizations in Psychotic Neurotic and Borderline Patients New Library of Psa. Routledge, 1993

### 6. **Betty Joseph:** 1983: "On Understanding and Not Understanding: Some Technical Issues." Int.J.Psa. #64, 291-298

7, **Fred Busch**: 2014 Chap. 3: "Speaking to the Preconscious: Its Importance in the Analyst's Understanding". P. 20-34. In: **CREATING A PSYCHOANALYTIC MIND** . Routledge, 2014. (Busch's concept of 'working in the neighborhood' - a way of working analytically close to what is available to the patient...ft. }

**S. Fred Busch**: 2014 Chap. 5: "How the Unconscious Speaks to Us." P. 46-55. In: **CREATING A PSYCHOANALYTIC MIND** . Routledge (Helping the patient use words to convey *internal feeling* states, rather than primarily describing actions.)

**Betty Joseph**: 1989 "The Patient Who Is Difficult to Reach." In: **PSYCHIC EQUILIBRIUM AND PSYCHIC CHANGE**. Selected Papers of Betty Joseph. Eds: M. Feldman and E. Bott Spillius. New Library of Psa. London, 1989

9. **Fred Busch**: 2014 Chap. 10: "Working Within the Transference." 99-114. **CREATING A PSYCHOANALYTIC MIND**. Routledge (Being aware of the patient's present state of mind, not only focusing on a representation of past object relations."

10. **John Steiner**: 2011 Chap. 4: "Transference to the Analyst As An Excluded Observer." P. 78-96 In: **SEEING AND BEING SEEN**. New Library of Psa. Routledge (A transference in which the Analyst finds herself/ himself in an observing position, and is no longer the primary object to whom love and hate are directed.)

**MARION ADLER**: 2010 Bion and the Analytic Mind. **ROUND ROBIN**, Division 39, APA, 24 #1, p. 1+ (A contemporary view of the analytic mind and the analytic experience. Less focus on the repressed unconscious and more on discovering... an as yet unrealized truth... emerging within the patient's psychic experience as it unfolds in the clinical hour. A shift in the analytic attitude for both patient and analyst, more clearly seen in the work of Melanie Klein and the Inter-subjectivists".