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CFS Course 7B – Psychoanalytic Theory and Practice: Psychopathology II  
Spring 2017

This course will draw on case presentations and clinically focused readings to study aspects of therapeutic process developed in the work of D. W. Winnicott. This will include Winnicott's understanding of:

- Holding in early development and the analytic setting.
- Fostering a sense of being and feeling real vs. a sense of futility and feeling unreal.
- Working with primary anxieties (falling to pieces, falling forever) and early defenses (splitting of the ego, false-self, precocious ego-development).
- Regression to dependence.
- Relating to subjective objects and problems in the transition to external reality.

We will learn about these and related aspects of therapeutic process directly as they come up in case presentations by candidates and examples from all of our clinical work. We will emphasize raising questions and open discussion of clinical experience. We will see how analytic work in this area can support movement from primary anxiety, fragmentation, and isolation toward integration, autonomy, and the basis for ongoing emotional growth.

(\* Additional readings suggested but not required. All readings will be provided as hard copy and emailed in .pdf format.)

## 1. INTRODUCTION AND HISTORICAL OVERVIEW

Conceptions of early development, schizoid phenomena, and the role of the environment in the clinical theories of Winnicott and Klein.

## 2. HOLDING AND CONTINUITY OF BEING

Winnicott, D. W. (1945). Primitive Emotional Development. *International Journal of Psycho-Analysis*, 26:137-143.

\*Winnicott, D. W. (1956). Primary maternal preoccupation. *Through Paediatrics to Psycho-Analysis* (pp. 300-305). New York: Basic Books (1975).

\*Ogden, T. (2004). On holding and containing, being and dreaming. *International Journal of Psychoanalysis*, 85:1349-64.

### 3. EGO-INTEGRATION, OMNIPOTENCE, AND ILLUSION

Winnicott, D. W. (1962). Ego integration in child development. *The Maturational Processes and the Facilitating Environment: Studies in the Theory of Emotional Development* (pp. 140-152). International Universities Press, 1965.

\*Winnicott, D. W. (1958). The capacity to be alone. *International Journal of Psycho-Analysis*, 39, pp. 416-20.

\*Anderson, J. W. (2014). How D. W. Winnicott conducted psychoanalysis. *Psychoanalytic Psychology*, 31, 375-395.

### 4. PRIMARY ANXIETIES, SPLITTING OF THE EGO, PRECOCIOUS EGO DEVELOPMENT

Winnicott, D. W. (1960). Ego distortion in terms of true and false self. *The Maturational Processes and the Facilitating Environment: Studies in the Theory of Emotional Development* (pp. 140-152). International Universities Press, 1965.

\*Winnicott, D.W. (1971). Case IV 'Bob' aet 6 years. *Therapeutic Consultations in Child Psychiatry*, pp. 64-88.

\*Winnicott, D. W. (1949). Hate in the counter-transference. *International Journal of Psycho-Analysis*, 30:69-74.

### 5. REGRESSION TO DEPENDENCE

Winnicott, D. W. (1955). Metapsychological and clinical aspects of regression within the psycho-analytical set-up. In: *Through Paediatrics to Psycho-Analysis*. London: The Hogarth Press and the Institute of Psycho-Analysis. (Also published: *International Journal of Psycho-Analysis*, 36:16-26.)

\*Winnicott, D. W. A child psychiatry case illustrating delayed reaction to loss. In: C. Winnicott, R. Shepherd, & M. Davis (Eds.), *D.W. Winnicott: Psycho-Analytic Explorations* (pp. 341- 368). Cambridge: Harvard University Press, 1989.

### 6. RELIVING PRIMARY ANXIETIES

Winnicott, D. W. (1974). Fear of breakdown. *International Review of Psycho-Analysis*, 1:103-107. (Also in *Psycho-Analytic Explorations*. Harvard, 1989.)

\*Winnicott, D. W. (1965). The psychology of madness. In: C. Winnicott, R. Shepherd, & M. Davis (Eds.), *D.W. Winnicott: Psycho-Analytic Explorations* (pp. 119-129). Cambridge: Harvard University Press, 1989.

\*Thaler, A. (2010). Breakdown and recovery in the analysis of a young woman. In: Druck, A., Ellman, C., Freedman, B., and Thaler, A. (eds.), *A New Freudian Synthesis: Clinical Process in the Next Generation*. London: Karnac.

### 7. RELIABILITY AND REGRESSION IN ANALYTIC PROCESS

Winnicott, D. W. (1967). The concept of clinical regression compared with that of defence organisation. In: C. Winnicott, R. Shepherd, & M. Davis (Eds.), *D.W. Winnicott: Psycho-Analytic Explorations* (pp. 193- 199). Cambridge: Harvard

University Press, 1989.

\*Winnicott, D. W. (1963). Dependence in infant-care, child-care, and in the psycho-analytic setting. *The Maturation Processes and the Facilitating Environment: Studies in the Theory of Emotional Development* (pp. 249-259). International Universities Press, 1965.

\*Thaler, A. (2012). Having a place in the mind and heart of another. Paper presented at: *The power of love: A tribute to the innovative contributions of Sheldon Bach*, New York University.

#### 8. RELATIVE DEPENDENCE, PRIVACY, TRANSITIONAL PHENOMENA

Winnicott, D. W. (1971). Transitional objects and transitional phenomena. *Playing and Reality*. Ch. 1, 1-26. London: Tavistock Publications. (Also published in the *International Journal of Psycho-Analysis*, Vol. 34, Part 2 (1953); and in D. W. Winnicott, *Collected Papers: Through Paediatrics to Psycho-Analysis* (1958), London: Tavistock Publications.)

\*Winnicott, D. W. (1963). Communicating and not communicating leading to a study of certain opposites. *The Maturation Processes and the Facilitating Environment: Studies in the Theory of Emotional Development* (pp.179-192). International Universities Press, 1965.

\*Winnicott, D.W. (1964). Two notes on the use of silence. In: C. Winnicott, R. Shepherd, & M. Davis (Eds.), *D.W. Winnicott: Psycho-Analytic Explorations*. Cambridge: Harvard University Press, 1989.

\*Winnicott, D. W. (1963) From dependence towards independence in the development of the individual. *The Maturation Processes and the Facilitating Environment: Studies in the Theory of Emotional Development* (pp. 83-92). International Universities Press, 1965.

#### 9. THE ANTI-SOCIAL TENDENCY, THE DEVELOPMENT OF GUILT

Winnicott, D.W. (1954). The antisocial tendency. *Through Paediatrics to Psycho-analysis*, (pp. 306-315). London: The Hogarth Press and the Institute of Psycho-Analysis.

\*Winnicott, D.W. (1956). Psychoanalysis and the sense of guilt. *The Maturation Processes and the Facilitating Environment: Studies in the Theory of Emotional Development* (pp. 15-28). International Universities Press, 1965.

\*Winnicott, D. W. (1971). Case IV 'Ruth' aet 8 years. *Therapeutic Consultations in Child Psychiatry*, pp. 315-330.

#### 10. FINDING EXTERNAL REALITY

Winnicott, D.W. (1971). Mirror-role of mother and family in child development. *Playing and Reality*. London: Tavistock.

Winnicott, D. W. (1969). The use of an object. *International Journal of Psycho-Analysis*, 50:711-716 (Also in *Playing and Reality*.)