Anxiety, Envy, Shame & the Developmental Process

NYU Postdoctoral Program in Psychotherapy & Psychoanalysis
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Course Description

This course will look at development with an emphasis on comparing the Interpersonal Tradition with other psychoanalytic traditions. Consideration will be given to the nature of anxiety and how it organizes the developmental process as compared with envy, shame, and fantasy as the central thrust of other theoretical perspectives. Attachment and developmental trauma will be a thread throughout.

I. The Interpersonal Situation, Anxiety, & Dissociation

Week 1: Introduction: Historical Overview

Learning Objective: To be able to trace the history of development from the beginning of psychoanalysis to the present.

Week 2: The Interpersonal Field, Attachment, & Nature of Anxiety

Learning Objective: To develop a foundation of Sullivan’s Field Theory and its application to clinical work.


Week 3: Developmental Trauma, Anxiety, & Dissociation

Learning Objective: To develop an understanding of dissociation in the context of trauma and the role of shame.

Chapter 17- The Multiplicity of Self & the Psychoanalytic Relationship, pp. 267-290.


Week 4: Dissociation, Shame, & Enactment

Learning Objective: To apply the concept of dissociation to transference countertransference enactment and the management of shame/anxiety


Chapter 5- pp. 124-155

II. Comparative Perspectives on Shame, Envy, & Guilt

Week 5: Kohut on Shame & Comparing Kohut & Sullivan

Learning Objective: To develop a working knowledge of Kohut’s view on shame and make distinctions between Kohut and Sullivan regarding their theories of development.


Week 6: Self-Object Transferences, Shame, & its Neurobiology

Learning Objective: To have a working knowledge of the neurobiology of shame


Chapter 18: The Dyadic Origin of Internal Shame Regulation, pp. 240-249

**Week 7: Kleinian Envy & Sullivanian Malevolence**

**Learning Objective:** To understand the concept of envy in the context of development, its destructive edge, and how to work with a patient’s envy in the clinical situation.


**Week 8: Envy in Everyday Life**

**Learning Objective:** To know the various manifestations of envy in everyday life and its defenses in the analytic process.


**Week 9: Envy & the Negative Therapeutic Reaction**

**Learning Objective:** To be able to identify and work with the patient’s negative therapeutic reaction.


**Week 10: Hate & Shame: A Developmental Perspective**

**Learning Objective:** To have a working knowledge of the developmental precursors to hate and know how to effectively manage it in relation to the patient.


**Week 11: Shame, Guilt, & the Process of Individuation**

**Learning Objective:** To have a working understanding of individuation and its role in adolescence and young adulthood.


**Week 12: Shame, Atonement, & ‘If Only’ Fantasies**

**Learning Objective:** To differentiate healthy from unhealthy forms of fantasies and idealization, and distinguish shame from guilt.


II. Patterns of Interaction, the Transmission of Trauma, & Oedipal in Adulthood, & Sibling Envy

Week 13: Choreography of Mother-Baby Interactions & Intergenerational Transmission of Relational Patterns

Learning Objective: To be able to explain how patterns of interaction evolve and contribute to the transmission of trauma.


Week 14: Oedipal and Post-Oedipal in Adolescence & Adulthood

Learning Objective: To be able to describe how the Oedipus Complex continues into adolescence and adulthood.


Week 15: Rivalry & Envy in Sibling Configurations

Learning Objective: To be able to describe the difference between envy and jealousy and the impact of sibling rivalry on development.


Week 16: Aging in the Analyst & the Struggle with Narcissism

Learning Objective: To develop an understanding of how the analyst’s narcissism influences work with patients and the impact of aging.
