Psychoanalytic Psychotherapy with the Person with Psychotic Process
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A 15 session course

In “An Autobiographical Study,” Freud (1925) noted, “since the analysts have never relaxed their efforts to come to an understanding of the psychosis...they have managed now in this phase and now in that, to get a glimpse beyond the wall”. For over 80 years, psychoanalysts have illuminated what lies beyond the wall. This course will concentrate on the psychoanalytic treatment of the seriously mentally ill person, in particular a person with a schizophrenic or bipolar psychosis, as well as the psychotic anxieties and autistic/schizoid phenomena in neurotic patients. Throughout the course, the emphasis will be on the therapeutic process and the nature of the self vulnerable to psychosis. Clinical material will be presented in every session either by the instructor and/or candidates. Topics to be covered, but not limited to, include: the therapeutic handling of conflict and deficit, a psychodynamic understanding of such psychotic symptoms as delusions and hallucinations, dreams in psychotic patients, the de-integration of the separate and symbiotic selves, containment of psychotic anxieties, autistic and schizoid phenomena in neurotic patients, structuralization of the self, ‘taking’ the transference, the therapeutic use of countertransference and self, the role of insight and self-understanding, need-adapted treatment, the interaction of psyche and soma in the vulnerability to, and treatment of psychosis. Reference will also be made to current clinical research evidence, particularly in the Scandinavian countries, supporting the role of psychoanalytic treatment in schizophrenia.

Session 1-Introduction and Overview

Session 2-Freudian Psychoanalytic Contributions
Session 3- Contemporary Freudian Perspectives

Session 4-Post-Kleinian Developments

Session 5-Post-Kleinian Developments

Session 6-Autistic Phenomena and Psychosis in Adolescence: The Contributions of Frances Tustin, Sydney Klein and Julia Pestalozzi

Session 7- Interpersonal Psychoanalysis

Session 8-Interpersonal Psychoanalysis: The Contributions of Otto Allen Will & Harold Searles


Session 9-Contemporary Interpersonal Psychoanalysis and Silvano Arieti

Session 10-Psychoanalysis and Bipolar Disorder

Session 11- The Contributions of DW Winnicott and British Object Relations

Session 12- Object Relations & Independent Psychoanalysis


Session 13-Lacanian Psychoanalysis


Session 14-Self-Psychotherapy & Intersubjectivity


Session 15- Psychoanalytic Contributions of Gaetano Benedetti and European
Psychoanalysis
Gaetano Benedetti (1990). Depression, psychosis, schizophrenia. In P. Borri & R. Quartesan (Eds.), USA-Europe Joint Meeting on Therapies and Psychotherapy of Schizophrenia, pp. 7-17. Perugia, Italy: ARP.
Gaetano Benedetti (1992). The psychotherapy of psychotic and schizophrenic patients and factors facilitating this. In P. Borri b(Ed.), USA-Europe Conference on Facilitating Climate for the Therapeutic relation in Mental Health Services, pp. 7-20. Perugia, Italy: ARP.