CASE SEMINAR: USING WINNICOTT IN THE CLINICAL SETTING
PDPSA 4581. FALL 2019

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, premature 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 continuous case presentations by candidates and common examples in our clinical work. We will emphasize raising questions and open discussion of clinical experience. Winnicott’s approach involves spontaneity, intuition, and discovery, making his work accessible at all levels of experience.

(* Additional readings suggested but not required. All readings will be provided as hard copy and .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

3. PRIMARY ANXITIES, SPLITTING OF THE EGO, PREMATURE EGO DEVELOPMENT


4. REGRESSION TO DEPENDENCE


5. RELIVING PRIMARY ANXITIES


6. RELIABILITY AND REGRESSION IN ANALYTIC PROCESS


7. OMNIPOTENCE, ILLUSION, AND FINDING EXTERNAL REALITY


OTHER SUGGESTED READINGS


