Introduction to Relational Models and their Implications for Treatment

NYU Postdoctoral Program in Psychotherapy & Psychoanalysis

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Overview:

In this course we will review some of the key theorists and theoretical traditions that have had an impact on the development of relational psychoanalysis, and explore a number of themes that have played central roles in the relational conversation about theory and practice. Key theoretical and clinical themes to be examined will include the nature of therapeutic action; epistemology and the analyst’s authority; mutuality & symmetry in the analytic relationship; self & selves, the analyst’s subjectivity, intersubjective negotiation, ritual and spontaneity; and transference and countertransference. Rather than viewing relational analysis as a unified theory, we will approach it as a type of comparative psychoanalysis which has evolved (and continues to evolve) through a synthesis of ideas and principles emerging from the American interpersonal tradition, Kleinian and neo-Kleinian theory, the British Independent tradition, self psychology, feminist thinking and postmodern theory. We will also examine the way in which the Freud-Ferenczi controversy had an impact on the development of classical psychoanalysis, as well as the different ways in which Ferenczi’s legacy was absorbed by both the British Middle School and the American interpersonal tradition. And finally we will examine the roles that different cultural and historical contexts have played in the emergence of different psychoanalytic traditions, and the specific ways in which the emergence of relational psychoanalysis can be understood in the context of contemporary American culture.

I will send the reading materials to everyone before the course begins. Please read the articles/chapters assigned for the first class in advance, so that we can discuss them when we first meet. Depending on the background and interests of class members as well as the way in which our conversation evolves, I may occasionally assign additional readings or substitute other readings for those currently on the syllabus. When this happens I will send everyone electronic copies of the relevant readings.

Seminars:

Class 1: Relational psychoanalysis: Introduction


**Class 2: Ferenczi’s Influence**


**Class 3: Klein**


**Class 4: R. D. Fairbairn**


Class 5: D. W. Winnicott


Class 6: Interpersonal Tradition


Class 7: Self Psychological Influences


Chapter 8: Perspectives Influenced by Mother-Infant Developmental Research


Class 9: What Does the Patient Need?


Class 10: The Analyst’s Knowledge & Authority


Class 11: Ritual & Spontaneity


Class 12: Self or Selves


Class 13: The Frame, Negotiation & the Analytic Relationship


Class 14: Countertransference, Enactment, and Reverie


Class 15: Impasse, Surrender the Third


Davies, J.M. (2004). Whose bad objects are we anyway?: Repetition and our elusive love affair... *Psychoanalytic Dialogues, 14*, 711-732.