Termination has always been a problematic word that we have inherited from a poorly translated version of Freud’s original work on ending. Many analysts would prefer any word other than termination, a term suggesting being fired, exterminated or gotten rid of. Nonetheless the work does end and how we conceptualize and then work with that ending is important and necessary for the dyad. My specific interest has been in how terminations can be understood as co-created enactments of complex unconscious processes between patient and analyst. The old conceptualization that the analyst decides when the treatment is ready to be concluded does not always hold. Sometimes it is the patient who wants to end, and it is abrupt or unforeseen. While other times no one can see how they might end and an enactment of another kind is in play. This class will look at the history of some of the writings on termination, noting the difficulties that were being addressed and discussed while also considering how ending treatment is a complex process vulnerable to disorienting dissociative processes. We will then move into more contemporary relational writings to see how the discussion has been reviewed and re-conceptualized, holding in mind the role of attachment styles and histories of trauma. Lastly we will look at the most recent writings to see how the field is shifting in its view of ending treatment. Case vignettes, provided by the instructor and class members, will enable us to examine the difficulties inherent in ending while keeping in mind how essential ending may be to the working through and mourning process.

Learning Objectives:
At the end of this course, candidates will be able to:
1. identify and discuss different theoretical approaches to understanding ending processes
2. recognize transference/counter-transference enactments that occur during ending and technical considerations in working through these enactments
3. develop appreciation and understanding of how impasses and abrupt endings are part of unmetabolized aspects of the treatment relationship and how to distinguish readiness to end from enactive behaviors.

Week 1: Introduction: Freud and Ferenczi, early debates

Suggested Readings
Learning Objective:
Candidates will be able to identify the differences between Ferenczi and Freud’s understanding of ending treatment and discuss how their ideas grew out of their own complex relationship.

**Week 2: Early Responses and Concerns**


Learning Objective:
Candidates will recognize the beginning approaches to termination and understand their connection to a theoretical point of view.

**Week 3: Other Perspectives and Critiques**


**Suggested readings:**


Learning Objective:
Candidate will be able to identify treatments goals that are suggested as a means of knowing when to terminate a treatment. Further they will begin to see the limitations in this approach to ending.

**Week 4: Relational/Interpersonal Perspectives**

**Davies, J.M.** (2005). Transformations of desire and despair: Reflections


**Suggested readings:**


**Learning Objectives:**
Candidates will be able to discuss the differences between a more classical approach to ending treatment and a more relational one. They will also be able to recognize how enactments can happen during ending and the complexity of self-states in both the patient and analyst when ending.

**Week 5: Breaks, Interruptions and Abrupt Endings**


**Learning Objectives:**
Candidates will be able to discuss the differences between when a patient wants to take a break or interrupt the work vs. abruptly ending. Further they will be able to see the benefits in having a more flexible approach to ending and what is being communicated, oftentimes unconsciously, by the patient and the analyst.

**Week 6: Impasse or Readiness to End?**


**Learning Objectives:**
Candidate will be able to distinguish and identify when an impasse is occurring vs a patient being ready to end before the analyst believes it is time. Further, they will be able to discuss the relationship between unprocessed trauma and termination.

**Week 7: Long Treatments**


**Learning Objectives:**
Candidate will be able to recognize the necessity of some longer treatments and distinguish it from an avoidance of ending by the analytic pair.

**Further Suggested Readings:**


