

NYU POSTDOCTORAL PROGRAM

**COURSE: On Ending Treatment: Theoretical, Clinical and Relational Considerations**

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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**

**Ferenczi, S.** (1927). The problem of termination of the analysis. In: *Final Contributions to the Problems and Methods of Psycho-analysis*, ed. M.Balint (trans. E. Mosbacher). London: Hogarth Press, 1955, pp. 77-86.

**Freud, S.** (1937). Analysis terminable and interminable, S.E. 23: 211-253.

**Suggested Readings**

**Dupont, J.** (1994). Freud's Analysis of Ferenczi as Revealed by their Correspondence. *The International Journal of Psychoanalysis*, 75:301-320.

Salberg, J. (2010). Historical Overview, Chapter 1 in *Good Enough Endings: Breaks, Interruptions and Terminations from Contemporary Relational Perspectives*, New York & London: Routledge.

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**

**Buxbaum, E.** (1950). Technique of Terminating Analysis. *International Journal of Psycho-analysis*, 31:184-190.

**Hoffer, W.** (1950). Three Psychological Criteria for the Termination of Treatment. *The International Journal of Psychoanalysis*, 31:194-195.

**Klein, M.** (1950). On the criteria for the termination of a psycho-analysis. *International Journal of Psycho-Analysis*, 31:78-80.

**Milner, M.** (1950). A Note on the Ending of an Analysis. *The International Journal of Psychoanalysis*, 31:191-193.

**Reich, A.** (1950). On the termination of analysis. *International Journal of Psycho-Analysis*, 31,179-183.

**Rickman, J.** (1950). On the Criteria for the Termination of an Analysis. *The International Journal of Psychoanalysis*, 31:200-201.

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**

**Bergmann, M.** (1997). Termination: The Achilles heel of psychoanalytic technique. *Psychoanalytic Psychology*, 14:163-174.

**Loewald, H.W.** (1988). Termination analyzable and unanalyzable. *The Psychoanalytic Study of the Child*, 43:155-166.

**Novick, J.** (1997). Termination conceivable and inconceivable. *Psychoanalytic Psychology*, 14, 2: 145-162.

#### **Suggested readings:**

**Firestein, S.** (1974). Termination of psychoanalysis of adults: A review of the literature. *Journal of the American Psychoanalytic Association*, 22:873-894.

**Loewald, H.** (1962). Internalization, separation, mourning and the superego. *The Psychoanalytic Quarterly*, 31:483-504.

**Novick, J.** (1982). Termination: Themes and issues. *Psychoanalytic Inquiry*, 2:329-365.

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

on the termination process. *Psychoanalytic Dialogues* 15 (6): 779-805 and reprinted in *Good Enough Endings: Breaks, Interruptions and Terminations from Contemporary Relational Perspectives*, New York & London: Routledge.

**Levenson, E.** (1976). The Aesthetics of Termination. *Contemporary Psychoanalysis*, 12:338-341.

**Salberg, J.** (2009). "Leaning into Termination." *Psychoanalytic Dialogues*, 17,6 :704-722.

**Suggested readings:**

**Layton, L.** (2010). Chapter 11: Maternal Resistance in *Good Enough Endings: Breaks, Interruptions and Terminations from Contemporary Relational Perspectives*, New York & London: Routledge.

**Salberg, J.** (2010). "How We End: Taking Leave." Chapter 7 in *Good Enough Endings: Breaks, Interruptions and and Terminations from Contemporary Relational Perspectives*. New York & London: Routledge.

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**

**Grand, S.** (2010). Chapter 8: Termination as Necessary Madness in *Good Enough Endings: Breaks, Interruptions and Terminations from Contemporary Relational Perspectives*, New York & London: Routledge.

**Limentani, A.** (1982). On the "Unexpected" Termination of Psychotherapy. *Psychoanalytic Inquiry*, 2 (3):419-440.

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?**

**Ehrenberg, D. B.** (2000). Potential Impasse as Analytic Opportunity: Interactive Considerations, *Contemporary Psychoanalysis*, 36:573-586.

**Ferraro, F.** (1995). Trauma and Termination. *International Journal of Psychoanalysis*, 76: 51-65.

**Pizer, S.A.** (2004). Impasse Recollected in Tranquility: Love, Dissociation, and Discipline in the Analytic Process. *Psychoanalytic Dialogues*, 14:289-311.

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**

**Bass, A.** (2010). "It ain't over till it's over": Infinite conversations, imperfect endings, and the elusive nature of termination. In *Good Enough Endings: Breaks, Interruptions and Terminations from Contemporary Relational Perspectives*, New York & London: Routledge.

**Poland, W.** (1997). On Long Analyses. *Psychoanalytic Psychology*, 14 (2):183-195.

**Salberg, J.** (2018). Ruptures and Crises when Ending. Presented at Confer Workshop Negotiating Endings in the Psychotherapy Relationship, London Oct 2018.

### 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:**

**Ferraro, F. & Garella, A.** (2009). *Endings: On Termination in Psychoanalysis*. From Contemporary Psychoanalytic Series 10, translated by Dorothy L. Zinn. Amsterdam & New York: Rodopi B.V.

**Fosshage, J.L. & Hershberg, S. G.** (2009) Loving and Leaving: A reappraisal of analytic termination. *Psychoanalytic Inquiry*, 29, (2).

**Gabbard, G.O.** (2009). What is a "good enough" termination? *Journal of the American Psychoanalytic Association*, 57, (3):575-594.

**Orgel, S.** (2000). Letting Go: Some thoughts about termination. *Journal of the American Psychoanalytic Association*, 48:719-738.

**Salberg, J.** (2015) "The Crisis of Ending Treatment." *Division Review: A Quarterly Psychoanalytic Forum* (of Div. 39 of the APA), Fall, No. 13: pg. 4.

**Sandler, J. ed.** (1987). *On Freud's 'Analysis Terminable and Interminable.'* International Psychoanalytical Association Educational Monographs, No. 1.

**Schlesinger, H.** (2005). *Endings & Beginnings: On Terminating Psychotherapy and Psychoanalysis*. Hillsdale, NJ & London: The Analytic Press.