

Anxiety, Envy, Shame & the Developmental Process

NYU Postdoctoral Program in Psychotherapy & Psychoanalysis
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Course Description

This course will look at development with an emphasis on comparing the Interpersonal Tradition with other psychoanalytic traditions. Consideration will be given to the nature of anxiety and how it organizes the developmental process as compared with envy, shame, and fantasy as the central thrust of other theoretical perspectives. Attachment and developmental trauma will be a thread throughout.

I. The Interpersonal Situation, Anxiety, & Dissociation

Week 1: Introduction: Historical Overview

Learning Objective: To Be able to trace the history of development from the beginning of psychoanalysis to the present.

Week 2: The Interpersonal Field, Attachment, & Nature of Anxiety

Learning Objective: To develop a foundation of Sullivan's Field Theory and its application to clinical work.

Stern, D.B. (2013). Field Theory in Psychoanalysis, Part I: Harry Stack Sullivan and Madeleine and Willy Baranger. *Psychoanal. Dial.*, 23(5):487-501

Cortina, M. (2001). Sullivan's Contributions to Understanding Personality Development in Light of Attachment Theory and Contemporary Models of the Mind. *Contemporary Psychoanalysis*, 37:193-238.

Week 3: Developmental Trauma, Anxiety, & Dissociation

Learning Objective: To develop an understanding of dissociation in the context of trauma and the role of shame.

Bromberg, P.M. (1998). *Standing in the Spaces*
Chapter 17- The Multiplicity of Self & the Psychoanalytic Relationship, pp. 267-290.

Bromberg, P.M. (2003). Something Wicked This Way Comes. *Psychoanalytic Psychology*, 20:558-574.

Week 4: Dissociation, Shame, & Enactment

Learning Objective: To apply the concept of dissociation to transference countertransference enactment and the management of shame/anxiety

Stern, D.B. (2004). The Eye Sees Itself. *Contemp. Psychoanal.*, 40(2):197-237

Wolstein B (1959). *Countertransference*. New York, NY: Grune & Stratton.
Chapter 5- pp. 124-155

II. Comparative Perspectives on Shame, Envy, & Guilt

Week 5: Kohut on Shame & Comparing Kohut & Sullivan

Learning Objective: To develop a working knowledge of Kohut's view on shame and make distinctions between Kohut and Sullivan regarding their theories of development.

Kohut, H. (1968). The Psychoanalytic Treatment of Narcissistic Personality Disorders
Outline of a Systematic Approach. *Psychoanalytic Study of the Child*, 23:86-113.

Imber, R.R. (1984). Reflections on Kohut and Sullivan. *Contemp. Psychoanal.*, 20:363-380

Week 6: Self-Object Transferences, Shame, & its Neurobiology

Learning Objective: To have a working knowledge of the neurobiology of shame

Morrison, A.P. (1994). The Breadth and Boundaries of a Self-Psychological Immersion

in Shame: A One-and-a-Half-Person Perspective. *Psychoanalytic Dialogues*, 4:19-35.

Schore, A. N. (1994). *Affect Regulation & Origin of the Self*
Chapter 18: The Dyadic Origin of Internal Shame Regulation, pp. 240-249

Week 7: Kleinian Envy & Sullivanian Malevolence

Learning Objective: To understand the concept of envy in the context of development, its destructive edge, and how to work with a patient's envy in the clinical situation.

Likierman, M. (2001). *Melanie Klein: Her Work in Context*.
Chapter 12- 'So Unattainable'- Two Account of Envy', pp. 172-192.

Sullivan, H. S. (1953). 'Malevolence, hatred, and isolating technique', In *The Interpersonal Theory of Psychiatry*, Chapter 13, pp. 203-216.

Imber, R. (2014). Introduction to "Malevolent Transformation: Some Clinical and Developmental Notes" by David E. Schechter. *Contemp. Psychoanal.*, 50(4): 495-498.

Week 8: Envy in Everyday Life

Learning Objective: To know the various manifestations of envy in everyday life and its defenses in the analytic process.

Joseph, B. (1986). Envy in Everyday Life. *Psychoanalytic Psychotherapy*, 2:13-22.

Spillius, E.B. (1993). Varieties of envious experience. *Int. J. Psycho-Anal.*, 74:1199-1212.

Week 9: Envy & the Negative Therapeutic Reaction

Learning Objective: To be able to identify and work with the patient's negative therapeutic reaction.

Horney, K. (2007). The Problem of the Negative Therapeutic Reaction. *Psychoanal. Q.*, 76(1):27-42.

Hoffman, I.Z. (2000). At Death's Door. *Psychoanal. Dial.*, 10(6):823-846

Week 10: Hate & Shame: A Developmental Perspective

Learning Objective: To have a working knowledge of the developmental precursors to hate and know how to effectively manage it in relation to the patient.

Winnicott, D.W. (1949). Hate in the Counter-Transference. *Int. J. Psycho-Anal.*, 30:69-74

Frederickson, J. (1990). Hate in the Countertransference as an Empathic Position. *Contemporary Psychoanalysis*, 26:479-495.

Week 11: Shame, Guilt, & the Process of Individuation

Learning Objective: To have a working understanding of individuation and its role in adolescence and young adulthood.

Loewald, H.W. (1979). The Waning of the Oedipus Complex. *J. Amer. Psychoanal. Assn.*, 27:751-775.

Ogden, T.H. (2006). Reading Loewald: Oedipus Reconceived. *International Journal of Psychoanalysis*, 87:651-666.

Week 12: Shame, Atonement, & 'If Only' Fantasies

Learning Objective: To differentiate healthy from unhealthy forms of fantasies and idealization, and distinguish shame from guilt.

Akhtar, S. (1996). "Someday . . ." And "If Only . . ." Fantasies: Pathological Optimism And Inordinate Nostalgia As Related Forms Of Idealization. *Journal of the American Psychoanalytic Association*, 44:723-753

Mitchell, S.A. (2000). You've Got to Suffer If You Want to Sing the Blues: Psychoanalytic Reflections on Guilt & Self-Pity. *Psychoanalytic Dialogues*, 10:713-733.

Buechler, S. (2009). The Analyst's Search for Atonement. *Psychoanalytic Inquiry*, 29:426-436.

II. Patterns of Interaction, the Transmission of Trauma, & Oedipal in Adulthood, & Sibling Envy

Week 13: Choreography of Mother-Baby Interactions & Intergenerational Transmission of Relational Patterns

Learning Objective: To be able to explain how patterns of interaction evolve and contribute to the transmission of trauma.

Beebe, B. and Lachmann, F.M. (1988). The Contribution of Mother–Infant Mutual Influence to the Origins of Self- and Object Representations. *Psychoanalytic Psychology*, 5:305-337.

Silverman, R. C. and Lieberman, A. F. (1999). Negative maternal attributions, projective identification, and the intergenerational transmission of violent relational patterns. *Psychoanalytic Dialogues*, 9: 161-186

Week 14: Oedipal and Post-Oedipal in Adolescence & Adulthood

Learning Objective: To be able to describe how the Oedipus Complex continues into adolescence and adulthood.

Levy-Warren, M.H. (2008). Wherefore the Oedipus Complex in Adolescence? Its Relevance, Evolution, and Appearance in Treatment. *Stud. Gend. Sex.*, 9(4):328-348

Davies, J.M. (2003). Falling in Love with Love. *Psychoanal. Dial.*, 13(1):1-27

Week 15: Rivalry & Envy in Sibling Configurations

Learning Objective: To be able to describe the difference between envy and jealousy and the impact of sibling rivalry on development.

Lesser, R.M. (1978). Sibling Transference and Countertransference. *Journal of the American Academy of Psychoanalytic Dynamic Psychiatry*, 6:37-49.

Vivona, J.M. (2010). Siblings, Transference, and the Lateral Dimension of Psychic Life. *Psychoanalytic Psychology*, 27:8-26.

Gilmore, K. (2013). The Theory of Sibling Trauma and the Lateral Dimension. *Psychoanalytic Study of the Child*, 67:53-65.

Week 16: Aging in the Analyst & the Struggle with Narcissism

Learning Objective: To develop an understanding of how the analyst's narcissism influences work with patients and the impact of aging.

McWilliam, N. (2017). Psychoanalytic Reflections on Limitation: Aging, Dying, Generativity, & Renewal. *Psychoanalytic Psychology*, 34(1): 50-57.

Chused, J.F. (2012). The Analyst's Narcissism. *J. Amer. Psychoanal. Assn.*, 60(5):899-915.

McWilliam, N. (2017).