

RELATIONAL SELF PSYCHOLOGY: EVOLVING THEORY  
AND CLINICAL PRACTICE

NYU Postdoctoral Program in Psychotherapy and Psychoanalysis

Mondays: 8:30 AM – 10:10 AM, Fall, 2017

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Kohut's (1971) early conceptualization of the self and selfobject matrix contributed to the yet emergent paradigm transformation from intrapsychic to relational field models. This early relational foundational structure that all psychological phenomena emerge within a relational field became articulated even more abundantly when in 1984 Kohut emphatically wrote: "self-selfobject relationships form the essence of psychological life from birth to death" (p. 47).

The purpose of this course is to delineate Kohut's model and the subsequent and ongoing evolutionary changes in that model that have contributed to what we now call, "Relational Self Psychology." Cutting edge topics will include: epistemological and field (systems) theories, formation and transformation of the organization of experience, evolving concepts of self and selfobject, key clinical implications of the organizing model of transference, the use and impact of the analyst's subjectivity with empathic and other

listening/experiencing perspectives, and the analyst's expanded participation in implicit and explicit processes, enactments and therapeutic action. We will highlight major contributions of relational self psychology, at times comparatively with those contributions of other relational approaches. While theoretical, clinical implications, augmented with clinical vignettes and case presentations, will be central throughout the course.

## **BIBLIOGRAPHY**

### Class 1: Summary of Kohut's Contributions

Kohut, H. (1982). Introspection, empathy and the semicircle of mental health. *International Journal of Psycho-Analysis*, 63: 395-408.

Fosshage, J. (1995). Self psychology and its contributions to psychoanalysis. *International Forum of Psychoanalysis*. 2: 9-12.

### Class 2: Transference as Organizing Activity: Repetitive and Selfobject Dimensions

Stolorow, R. & Lachmann, F. (1984/85). Transference: the future of an illusion. *The Annual of Psychoanalysis*, 12/13:19-37.

Fosshage, J. (1994). Toward reconceptualizing transference: theoretical and clinical considerations. *International Journal of Psycho-Analysis*. 75, 265-280.

### Class 3: Listening/experiencing Perspectives and Countertransference, Clinical Vignettes

Fosshage, J. (1995). Countertransference as the analyst's experience of the analysand: Influence of listening perspectives. *Psychoanalytic Psychology*, 12(3), 375-391.

Fosshage, J. (2011). The use and impact of the analyst's subjectivity with empathic and other listening/experiencing perspectives. *Psychoanalytic Quarterly*, Vol. LXXX, 1: 139-160.

### Optional

Bacal, H. (1985). Optimal responsiveness and the therapeutic process. In: *Progress in Self Psychology*, Vol. I, ed. A. Goldberg. Hillsdale, NJ: The Analytic Press, pp.s 202-227. (This was a seminal article – if you have time, read it.) Also available Bacal, H. (1998), *In Optimal Responsiveness: How Therapists Heal Their Patients*. Ed. H. Bacal. Northvale, NJ: Jason Aronson. Pp. 3-34.

Shane, M., Shane, E., and Gales, M. (1997). *Intimate Attachments: Toward a New Self Psychology*. New York: Guilford Press. Chapter 3: The Two Dimensions of Intimacy.

### Class 4: How Theory Shapes Technique: Perspectives on a Self-Psychological Clinical Presentation

Fosshage, J. (1990). The Case of P: Clinical Protocol. *Psychoanalytic Inquiry*. Vol. 10, No. 4: 461-477.

### Class 5: Discussants of the Case of P and Analyst's Reply

Ornstein, P.; Roth, P. and Segal, H.; and Mitchell: and Fosshage's "Reply," (1990). *Psychoanalytic Inquiry*. Vol. 10, No. 4.

### Optional

Lichtenberg, J. Lachmann, F., and Fosshage, J. (1992), Chapter 7: The interpretive sequence. *Self and Motivational Systems, Toward a Theory of Technique*. pp. 96-121.

### Class 6: Intersubjectivity Theory, A Candidate's Clinical Presentation

Stolorow, R., Atwood, G., & Orange, D. (2002). *Worlds of Experience: Interweaving Philosophical and Clinical Dimensions in Psychoanalysis*. New York: Basic Books, A Member of the Perseus Books Group. Chapters 4, 5, and 6.

Class 7: Intersubjectivity Theory and Treatment, A Candidate's Clinical Presentation

Brandchaft, B. (1994), To free the spirit from its cell. In *The Widening Scope of Self Psychology, Progress in Self Psychology*, Vol. 9, ed. A. Goldberg. Hillsdale, NJ: The Analytic Press, 209-230.

Brandchaft, B, Doctors, S. and Sorter, D. (2010). *Toward an Emancipatory Psychoanalysis*. New York: Routledge. Chapter 7, pp. 91-110.

Class 8: Self and Motivational Systems. A Candidate's Clinical Presentation

Lichtenberg, J. (1998). Experience as a guide to psychoanalytic theory and practice. *Journal of the American Psychoanalytic Association*, 46 (1): 17-36.

Fosshage, J. (2013). Forming and transforming self-experience. *International Journal of Psychoanalytic Self Psychology*, Vol. 8, No. 4, 437-451.

Optional

Lichtenberg, J., Lachmann, F. and Fosshage, J. (2011). *Psychoanalysis and Motivational Systems: A New Look*. New York: Routledge, Taylor and Francis Group.

Class 9: The Concept of Aggression in Self Psychology. A Candidate's Clinical Presentation

Lachmann, F. (2000). *Transforming Aggression*. Northvale, NJ: Jason Aronson. Chapters 1 and 12: pp. 1-25 and 221-237.

Class 10: An Evolutionary Perspective. A Candidate's Clinical Presentation

Slavin, M. and Kriegman, D. (1998). Why the analyst needs to change: Toward a theory of conflict, negotiation, and mutual influence in the therapeutic process. *Psychoanalytic Dialogues*, Vol. 8, 2: 247-284.

Class 11: Trauma

Stolorow, R. (2007). *Trauma and Human Existence: Authobiographical Psychoanalytic and Philosophical Reflections*. New York: The Analytic Press, Taylor and Francis Group.

Class 12: Love in the Analytic Relationship. A Candidate's Clinical Presentation

Fosshage, J. (2007). Searching for love and expecting rejection: Implicit and explicit dimensions in co-creating analytic change. *Psychoanalytic Inquiry*. Vol. 7, 3, 326-347.

Class 13: Theories of Therapeutic Action

Stern, D.N., Sander, L., Nahum, J., Harrison, A., Lyons-Ruth, K., Morgan, A., Bruschiweiler-Stern, N., & Tronick, E. (1998). Non-interpretive mechanisms in psychoanalytic therapy: The "something more" than interpretation. *Int. J. Psycho-Anal.*, 79, 903-921.

Fosshage, J. (2011). How do we "know" what we "know?" And change what we "know?" *Psychoanalytic Dialogues*, 21, 1: 55-74.

Optional

Stern, D. (2004). *The Present Moment in Psychotherapy and Everyday Life*. New York: W.W. Norton.

Class 14: Contextualizing Self Psychology and Relational Psychoanalysis; A Candidate's Clinical Presentation

Teicholz, J. (1999). *Kohut, Loewald, and the Postmoderns*. Hillsdale, NJ: The Analytic Press. Chapter 7: "The Expression of the Analyst's Subjectivity," 135-164.

Teicholz, J. (1999). *Kohut, Loewald, and the Postmoderns*, Hillsdale, NJ: The Analytic Press. Chapter 11: Theories Old and

New, pp. 239-254.

Class 15: Contextualizing Self Psychology and Relational Psychoanalysis and Closing Discussion

Fosshage, J. (2003). Contextualizing Self Psychology and Relational Psychoanalysis: Bi-directional Influence and Proposed Syntheses. *Contemporary Psychoanalysis*, Vol. 39, No. 3, 411-448.