



## The Kentucky Psychoanalytic Institute

### 206: Modern Psychoanalytic Theory and Treatment Techniques Part II

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Meeting Time: Tuesdays 9:30 – 11:00 am  
Classes begin on January 17, 2012

#### **Course Description:**

This course will focus and expound on how to develop the narcissistic transference in the beginning stages of treatment and the Modern Analytic techniques that activate its development. A more in-depth understanding of how to use these techniques will be acquired through the use of specific dialogue from cases. Particular emphasis will be placed on comprehending the contact function of the ego, the object-oriented question and the utilization of joining techniques, as the specific techniques most relevant to the development of the narcissistic transference. In addition, the concept of the priorities of resistance will be introduced, as well as an understanding of how these priorities or stages of treatment are indicators of the client's progress towards "cure."

#### **Course Objectives:**

1. To recognize the necessity of developing the narcissistic transference as a means to provide therapeutic "cure" for the primitive narcissistic disorders.
2. To develop an understanding of the Modern Analytic techniques that activate the development of the narcissistic transference.
3. To gain understanding of the priorities of resistance and how they are indicators of the client's stage of treatment.
4. To understand that clients at each stage of treatment will employ resistances that are most prevalent for each particular stage of treatment.

**Course Requirements:** Students will be expected to be prepared with the assigned readings and presentations and actively participate in class discussions. Additional readings may be assigned during the 10 week program. Weekly logs are to be submitted reviewing reactions to readings, responses to class discussions and any relevant associations to the material. Evaluations will be completed at the end of the course. This course is intended for all mental health professionals from a variety of disciplines.

## **Lesson Plan:**

### WEEK 1: The Narcissistic Disorders and the Narcissistic Defense

#### Objectives:

1. To review the primitive narcissistic disorders and their primary defense: the narcissistic defense.
2. To understand that without the narcissistic transference there can be no cure of the primitive narcissistic disorders.

#### Readings:

- Ernsberger, Claire. "Freud and the Modern School" in Modern Psychoanalysis, 1976. Vol. 1, No. 1, pp. 17 – 31.

### WEEK 2: Developing the Narcissistic Transference

#### Objectives:

1. To develop an understanding of the importance of developing the narcissistic transference.
2. To help the client develop the narcissistic transference, through the carefully calibrated use of specific interventions during the early stages of treatment.

#### Readings:

- Hyman Spotnitz, M.D., Modern Psychoanalysis of the Schizophrenic Patient, "Narcissistic Transference", Chapter 8.
- Margolis, Benjamin. "Narcissistic Transference: the Product of Overlapping Self and Object Fields", "Narcissistic Transference: Further Consideration" and "Notes on Narcissistic Resistance" in Modern Psychoanalysis, Vol. 19, No. 2, 1994

### WEEK 3: The use of the Contact Function of the Ego as a means to develop the Narcissistic Transference

#### Objectives:

1. To learn how to closely study the client's first and subsequent contacts with the therapist as a means of providing valuable information for the practitioner.
2. To gain understanding that the client's contacts can guide the therapist in what quantity and quality of communications he needs from us.

#### Readings:

- Margolis, B., "The Contact Function of the Ego: Its Role in the Therapy of the Narcissistic Patient" in Modern Psychoanalysis, Vol. 19, No. 2, 1994.

### WEEK 4: The use of the Object-Oriented Question as a means of developing the Narcissistic Transference

Objectives:

1. To gain understanding that these clients are unable to assimilate objective interpretations without experiencing them as attacks, which strengthen, rather than loosen, their defenses.
2. To recognize that the client's ego is protected and strengthened by respecting contact functioning and by using the object-oriented question as a technical device which directs the client's attention away from his own ego and toward external objects.

Readings:

- Margolis, B. "The Object Oriented Question: A Contribution to Treatment Technique", in Modern Psychoanalysis, 1983, Vol. 8, No. 1.

WEEK 5: The Utilization of Joining Techniques as a means to develop the Narcissistic Transference

Objectives:

1. To learn how to use the techniques of joining, mirroring and reflecting, which are techniques that agree with client's words or conscious or unconscious attitudes and are used to support and reinforce a resistance until the client can develop the ego strength to replace it voluntarily.

Readings:

- Spotnitz, (red book), Chapter 10, "Interventions: Range and Sequence".
- Margolis, B. "Joining, Mirroring, Psychological Reflection: Terminology, Definitions, Theoretical Considerations" in Modern Psychoanalysis, 1994, Vol. 19, No. 2.

WEEK 6 through WEEK 10 will utilize the following readings:

Readings:

- Spotnitz (red book) "Recognition & Understanding of Resistance", Chapter 6
- Spotnitz (red book) "Management and Mastery of Resistance", Chapter 7
- Sandone-Barr, Angela. "Question the Resistance" in Practice Matters: A Journal of Modern Analytic Treatment Technique, 2005, Vol. 1, No. 1.
- Sandone-Barr, Angela. "A Primer on the Modern Analytic Stages of Resistance" in Practice Matters: A Journal of Modern Analytic Treatment Technique, 2008, Vol. 2, No.1.

WEEK 6 : The Treatment Destructive Resistance

Objectives:

1. To recognize the primacy for the need to resolve of the Treatment Destructive Resistance.

2. To be able to recognize the conscious and unconscious motivations that may be indicative of a Treatment Destructive Resistance.
3. To develop an understanding that the resolution of the Treatment Destructive Resistance may necessitate a wide range of therapeutic interventions.

#### WEEK 7: The Status-Quo Resistance Phase of Treatment

##### Objectives:

1. To learn to recognize that the Status-Quo Resistance Phase of Treatment coincides with the development of the Narcissistic Transference.
2. To gain understanding of the therapeutic value of this phase of treatment, which can appear, to the novice therapist, as being non-productive.

#### WEEK 8: The Resistance to Progress Stage of Treatment

##### Objectives:

1. To learn to recognize the incipient signs of a patient entering the Resistance to Progress phase of treatment.
2. To understand that an observing ego develops in this phase for those patients with the severe narcissistic disorders.
3. To gain understanding that this phase is the transitional phase between the Narcissistic and the Object Transference.

#### WEEK 9: The Resistance to Cooperation Stage of Treatment

##### Objectives:

1. To understand that a patient functioning in the Resistance to Cooperation phase of treatment will be freely verbalizing the transference nature of the resistances.
2. To recognize that in this phase of treatment the analyst employs the full range of analytic interventions, including interpretation.

#### Week 10: The Resistance to Termination Phase of Treatment

##### Objectives:

1. To recognize that termination is suggested when the patient is able to tolerate severe stress without debilitating regression.
2. To recognize that termination is suggested when it is demonstrated that behavioral change is permanent.