Institute of Contemporary Psychoanalysis
Weekend Program
Relational Psychoanalytic Theory
2012-2013

Instructors:

Course Purpose:
The main purpose of this course is to instill a strong understanding of the spirit of the Relational Tradition as it was first conceived and generated in the United States. Early influential papers from this unique tradition as it first came together in New York City will be reviewed. This course will also include current perspectives as they continue to evolve within the Relational Tradition throughout the world, and here at ICP.

Course Goals:

1. To understand Relational Theory’s unique characteristics which hold the tension of later developments in Ego Psychology, Interpersonal Psychoanalysis, Object Relations Theory, Self Psychology, Relational Intersubjectivity Theory and Psychoanalytic Feminism.

2. To understand the co-constructed clinical process as including a deep consideration of the subjectivity of the patient, analyst and also of the intersubjective third as a distinct form of intersubjectivity.

3. To be well versed in the original contributors to the Relational Tradition as a foundation to appreciate current writings in contemporary Relational psychoanalysis as it evolves.


“For previous generations of clinicians, technique referred primarily to behavior. What should the analyst do? What should the analyst refrain from doing? This cannot possibly work for us. We have come to realize that the meaning of whatever the analyst does or does not do is contextual and co-constructed. The analyst cannot decide on the meaning of the “frame” unilaterally. For some patients, silence is a form of holding; for others, it is a form of torture. For some patients, interpretation conveys deep recognition and self-expansion; for others, it is a form of violent exposure. For some patients, the analyst’s self-disclosure might offer a unique and precious form of authenticity and honesty; for others, it is a form of charismatic seduction and narcissistic exploitation. For some patients, questions represent a precious willingness to join and know them; for others, questions are a surreptitious invasion. It is no longer compelling to decide that these events are what we want them to be and that when patients experience them otherwise they are distorting. Interpersonal situations are ambiguous and can be interpreted in many different ways, depending on our [and our patient’s] past and current dynamics.”
Class Schedule

Session 1: September 21, 2012
Instructor: Elaine Silberman, Ph.D., Psy.D.
Topic: Development of contemporary Relational Psychoanalysis and its lodestar, Steven Mitchell

The Adrienne Harris article gives you an overview of the development of Relational Psychoanalysis. The same with Aron’s article. Chapter 1 and chapter 10 in Relational Concepts illustrate clinically Mitchell’s concept of the relational matrix. Mitchell’s “Journey…” informs us about some of the important influences on Mitchell. Eileen’s article, which is optional, is an interesting view of the historical context in which Relational Psychoanalysis developed.


Optional:

Session 2: September 22, 2012
Instructor, Elaine Silberman. Ph.D., Psy.D.

Topic:
Steven Mitchell on Narcissism, and Connie, A Case Study.


Mitchell’s book, *Relationality* (2000). This article includes Mitchell’s clinical work with “Connie,” which gives you the flavor of his personality and his way of working.

**Session 3: October 26, 2012**  
**Instructor: David James Fisher, Ph.D.**  
**Topic: Irwin Hoffman**


Ibid. Chapter 4, The Patient as Interpreter of the analyst’s experience,” 97-132.


**Optional Reading:**  

**Session 4: October 27, 2012**  
**Instructor: To be announced: Lewis Aron, Ph.D.**


Session 5: November 30, 2012
Instructor: Elaine Silberman, Ph.D., Psy.D. and Jody Davies, Ph.D.


Session 6: December 1, 2012
Instructor: Elaine Silberman, Ph.D., Psy.D.

Donnel Stern, Dissociation and Enactment, Stuart Pizer, Negotiation and Paradox, , Emmanuel Ghent, Surrender. Optional readings: Sue Grand, embodiment, Christal Daehnert, the analyst must change.


Ghent, E. (1990). “Masochism, Submission, Surrender: Masochism as a Perversion of Surrender,” Contemporary Psychoanalysis, 26:108-136. (This article was first presented at New York University Postdoctoral Program in Psychoanalysis, December 2, 1983. Emmanuel Ghent was Jessica Benjamin’s analyst. We can see in the concept of surrender the beginnings of Benjamin’s idea of the “third.”

Optional Readings:

**Session 7: January 25, 2013**  
*Instructors: Sona D’Lurgio, Psy.D., M.F.T. and Elaine Silberman, Ph.D., Psy.D.*  
*Topic: Philip Bromberg*


**Session 8: January 26, 2013**  
*Instructor: Elaine Silberman, Ph.D., Psy.D.*  
*Bromberg continued*

“Repression and Dissociation,” This is a review Bromberg sent to our independent study group at ICP in 2008. It is an excellent explanation of the difference between Repression and Dissociation.


**Session 9: April 5, 2013**  
*Instructor: Sona D’Lurgio, Psy.D., M.F.T.*  
*Topic: Jessica Benjamin, Ph.D.*


Session 10: April 6, 2013
Instructor: Elaine Silberman

More recent articles related to Jessica Benjamin’s concept of the third. “Doer and Done to..” illustrates her concept of “thirdness” and further development of the concept of recognition.


Session 11: May 24, 2013
Instructor: Phil Ringstrom, Ph.D., Psy.D.

Topic: Improvisation


Session 12: May 25, 2013
To be announced