Inspired by his work as a pediatrician, D.W. Winnicott (1896-1971) wrote about theoretical and clinical ideas on the subject of universal human concerns, attachment and separation, love and loss that expands psychoanalytic thought. He contributed fundamental papers on the development of the self in connection with the earliest mother-infant relationship and applied these ideas concerning the vital importance of the “environmental mother” for the “maturational process” to the relationship between analyst and patient. Using Winnicott’s accounts of his clinical work and writings of other authors on his concepts and clinical skill, we will apply Winnicott’s thinking on normal development and psychoanalytic technique to our own clinical work with patients.

1. **MAJOR GOALS**
   a. This course will review and expand the critical ideas of Winnicott in a clear, concise, and useful way to enrich the students understanding of his key concepts.
   
   b. The originality of Winnicott’s ideas and how they apply to treatment will be discussed. We will study selected papers by various psychoanalytic authors that focus on Winnicott’s clinical theory and technique (see references), as well as clinical material provided by the instructor and seminar participants.
   
   c. We will study the accounts given by two of Winnicott’s own patients of their analyses with him: Margaret Little and Harry Guntrip.
   
   d. We will read and discuss “Holding and Interpretation: Fragment of an Analysis” which documents Winnicott’s therapeutic care of a gifted professional man who had a psychotic breakdown with acute depression, but who recovered with analysis and hospital care.

11. **COURSE OBJECTIVES**

This course is designed to help you to:
   a. Define the key concepts of Winnicott.
   b. Recognize the originality of Winnicott’s ideas and how they apply to psychoanalytic treatment.
   c. Explain the thinking of different psychoanalytic authors that focus on the usefulness of Winnicott’s ideas in clinical practice.
   d. Summarize the clinical consequences of a Winnicotian analysis as described by two of his patients.
111. LEARNING ACTIVITIES

   a. Read assigned selections prior to class
   b. Lecture by instructor and class discussion related to readings
   c. Presentations of clinical vignettes by the instructor and the participants

Seminar 1: Review of Winnicott’s theory of normal and abnormal development and introduction to his clinical work

The instructor will review the essential ideas of Winnicott.


Seminar 2: Issues in Technique: the Holding Environment and Interpretation


Seminar 3: Understanding True and False Self in Psychoanalytic Work


Seminar 4: Psychotic Anxiety and Breakdown


Seminar 5: Introduction to Withdrawal and Regression


Seminar 6: Withdrawal and Regression (continued)


Seminar 7: Play, Potential Space and Creativity


Supplemental Readings:


