Weekend Program
Relational Psychoanalysis
2013-2014

Instructors:
Facilitator and Instructor: Elaine Silberman, Ph.D., Psy.D. Additional Instructors will be announced in August. Last year the following participated as instructors: David James Fisher, Sona Delurgio, Psy.D., Phil Ringstrom, Ph.D., Psy.D.

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 more current relational 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 and the influences of Interpersonal Psychoanalysis, Object Relations Theory, Self Psychology, Relational Intersubjectivity Theory and Psychoanalytic Feminism.

2. To understand the relational co-constructed clinical process as including a deep consideration of the subjectivity of the patient, the 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 27, 2013  
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. Ilene Philipson’s article, which is optional, is an interesting view of the historical context in which Relational Psychoanalysis developed.


Session 2:  
September 28, 2013  
Instructor, Elaine Silberman  
Topic: Steven Mitchell on Narcissism, and Connie, A Case Study.


Session 3: October 25, 2013  
**Instructor:** To be announced.  
**Topic:** Irwin Hoffman


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


Session 4: October 26, 2013  
**Instructor:** To be announced. Lew Aron, Readings:


Session 5: December 6, 2013  
**Instructor:** Elaine Silberman: Jody Davies  
**Readings:**


Session 6: December 7, 2014
Instructor: Elaine Silberman

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


Ghent, Emmanuel (1990) “Masochism, Submission, and 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.”


Session 7: January 24, 2014
Instructors: Sona D’lurgio and Elaine Silberman

Philip Bromberg


Session 8: January 25, 2014
Instructor: Elaine Silberman

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: March 28, 2014**  
**Instructor: Sona D’lurgio**  
**Jessica Benjamin**  
**Readings:**


DeLurgio, S. Graduation paper, “Coming into Existence.”


**Session 10: March 29, 2014**  
**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.


Ibid. Benjamin, Jessica (2010) “Can We Recognize Each other? Response to Donna Orange,” 244-255.


**Session 11: May 2, 2014**  
**Instructor: Phil Ringstrom: Improvisation**  


**Session 12: May 25, 2013.**  
**Instructor: Phil Ringstrom.**  
**Comparison of Intersubjectivity Theory and Relational Psychoanalysis.**
Readings: to be announced.