Course Description:
This seven week course will focus on the work of an important British Middle School ("Independents") contributor, Donald Winnicott. We will review some of his most important papers and look at how contemporary psychoanalysts have built upon and use his ideas and concepts, such as, use of the object, intersubjectivity, holding, facilitating environment, transitional phenomenon, regression, and fear of breakdown. We will also review a criticism of the clinical application of Winnicott's ideas, referred to by Mitchell as the "developmental tilt."

Course Objectives:
1. Identify four key concepts originating from the Object Relations Middle School.
2. Describe four of Winnicott's most important contributions.
3. Describe how psychoanalysts use Winnicott's ideas in their clinical work.
4. Articulate a criticism of Winnicott's clinical work, or "developmental arrest" models.
5. Describe how contemporary psychoanalysts have used Winnicott's work to further develop their own ideas (i.e. Benjamin, Ogden, Slocower, Bollas).

Sept 8th: Introduction to the Middle School & Winnicott
Review highlights of key Middle School theorists (Fairbairn, Guntrip, Balint, Bowlby) and discuss Winnicott's most important contributions: capacity to be alone- going on being, good enough mothering, hate in the CT, aggression, true & false self, object usage & object relating, play, potential space, creativity, transitional phenomenon, fear of breakdown, holding, facilitating environment, surviving the destruction (child's/pt's aggression) w/o collapsing or retaliating.

Readings:


Optional:
Object Relations Theory, by Mitchell & Greenberg, pages 188-209.

Sept 22nd: Use of the Object, Intersubjectivity Theory & Mutual Recognition
Readings:


Optional:

**Sept 29th: Fear of Breakdown & True and False Self**

**Readings:**


**Optional:**

**Oct 6th: Transitional Object & "Transformational Object"**

**Readings:**


**Optional:**

**Oct 13th: Holding & Regression**

**Readings:**


**Optional:**

**Nov 3rd: Critique of the Developmental Tilt**

Infantilizing the patient, desexualized, too provisional?

**Readings:**

Nov 10th: "Winnicottian Therapy" & Working with Aggression
Readings:


Optional:


Additional recommended articles, optional reading:


Recommended Books, optional reading:
Attachment, play and authenticity (a Winnicott primer), by Tuber
Playing and Reality, by Winnicott
Winnicott, by Adam Phillips
The maturational process and the facilitating environment, by Winnicott
Orgins of love and hate, by I. Suttie