

PRACTICUM IN ADULT PSYCHOTHERAPY

Prof. Elliot L. Jurist

Office: NAC 8/109

Office Hours: Th 11:30 and by appt.

Course Description

This course is designed to help students to develop their skills as psychotherapists. We will work on the ongoing challenge of diagnosing patients and how to utilize diagnosis in treating them. You will have the chance to present cases 5 times for 45 minutes; you will also have the opportunity to serve as a supervisor 5 times (we will play it by ear when to rotate).

The reading for the course will concern how psychotherapy works. We will also read about supervision: how to define it (vs. mentoring), how to be open to learning from it (and how to deal with problems when and if they arise), and how to conduct doing it yourselves.

The course will work as follows:

- 1) the first half an hour will be spent discussing the reading for the week
- 2) the next hour and a half will be divided into case presentations by two students (45 minutes each) with one student assigned to act as a supervisor for each. Students will present over two sessions the first time and over three sessions the next time. Presentations should begin with an introduction to the case and then formulate any concerns you have about the case; in the subsequent sessions, you should read process notes from a single session (or perhaps parts of more than one session).

Grading

Your grade will be based on your case presentations (roughly 50%), your work as a supervisor (roughly 40%) and your general participation (roughly 10%).

Course Objectives:

- 1) to develop skills as a psychotherapist
- 2) to gain experience in diagnosing and formulating treatment plans for patients
- 3) to gain experience in applying diagnostic language in psychotherapy
- 4) to learn about supervision—both as a supervisee and a supervisor

Reading:

The reading list is intended to be skeletal and will be filled in with relevant reading based upon the patients that are discussed in class.

First Week: 9/3/09

What Makes Psychotherapy Work:

-Hans Loewald's "On the Therapeutic Action of Psychoanalysis" (1960)

~Nancy McWilliams' *Psychoanalytic Psychotherapy* (2004), Chapter 1, "What Defines a Psychoanalytic Therapy," Chapter 2, "The Psychoanalytic Sensibility, Chapter 3, "The Therapist's Preparation."

Second Week: 9/10/09

On Supervision

~"You Said What?"—Becoming a Better Supervisor, Carol Falender, 2009.
(<http://www.continuingcourses.net/active/courses/course055.php>)

Third Week: 9/17/09

What Makes Psychotherapy Work:

~Hans Loewald's "Internalization, Separation, Mourning, and the Superego" (1962)

~Nancy McWilliams' *Psychoanalytic Psychotherapy* (2004), Chapter 5, "Boundaries I: The Frame," Chapter 7, "Boundaries II: Quandries, Chapter 12, "Self-Care."

Fourth Week: 9/24/09

Transference

~ Jean Laplanche's "Transference: The Analyst's Provocation of it" in *Essays on Otherness* (1999).

~Adam Phillips' "Playing Mothers: Between Pedagogy and Transference" in *On Kissing, Tickling and Being Bored* (1998).

~Herb Schlesinger's *The Texture of Treatment* (2003), Chapter 4, "Transference and the Process of Interpretation."

Fifth Week: 10/01/09

Mind States

~Donald Winnicott's "Fear of Breakdown" (1974)

~Phil Bromberg's *Standing in the Spaces* (1998), Chapter 17, "Standing in the Spaces: The Multiplicity of Self and the Psychoanalytic Relationships," and Chapter 18, "Staying the Same While Changing: Reflections on Clinical Judgement."

Sixth Week: 10/08/09

Psychoanalytic Psychotherapy and Supervision

~ Patrick Casement's *Learning From Our Mistakes* (2002) Introduction, Chapter 1, "Getting There: The Unfolding Potential of Psychoanalysis," and Chapter 2, "Mistakes in Psychoanalysis, and Trying to Avoid Them"

Seventh Week: 10/15/09

Psychoanalytic Psychotherapy and Supervision

-Patrick Casement's *Learning From Our Mistakes*, Chapter 3, The Experience of a Session, and Trying to Communicate it," Chapter 4, "Towards Autonomy: Some Thoughts on Psychoanalytic Supervision."

Eighth Week: 10/22/09

Psychoanalytic Psychotherapy and Supervision

-Patrick Casement's *Learning From Our Mistakes*, Chapter 5, "Some Hazards in Being Helpful in Psychotherapy," Chapter 6, "Re-enactment and Resolution,"

Ninth Week: 10/29/09

Psychoanalytic Psychotherapy and Supervision

-Patrick Casement's *Learning From Our Mistakes*, Chapter 7, "To Hold or Not to Hold a Patient's Hand: Further Reflections," Chapter 8, "Impingement and Space: Issues of Technique," and Chapter 9, "The Unknown Beyond the Known."

Tenth Week: 11/5/09

New Idea about Supervision

-Mary Gail Frawley-O'Dea and Joan Sarnat's *The Supervisory Relationship* (2000), Chapter 1, "Historical Perspectives on Psychoanalytic Supervision," Chapter 2, "Models of Supervision," Chapter 3, "A Relational Model of Supervision."

Eleventh Week: 11/12/09

New Idea about Supervision

-Mary Gail Frawley-O'Dea and Joan Sarnat's *The Supervisory Relationship*, Chapter 4, "The Supervisor's Knowledge, Power, and Authority, Part II: Evaluation, Externality, Sexual Boundaries, and Gender," Chapter 6, "Rethinking Regression," Chapter 7, "The Teach/Treat Issue."

Twelfth Week: 11/19/09

New Idea about Supervision

-Mary Gail Frawley-O'Dea and Joan Sarnat's *The Supervisory Relationship*, Chapter 8, "Parallel Process Revisited," Chapter 9, "Contemporary Case Conference," and "Conclusion."

Thirteenth Week: 11/26/09 Thanksgiving

Fourteenth Week: 12/3/09

Mentalization and Psychotherapy

-Peter Fonagy and Anthony Bateman's *Mentalization-Based Treatment for Borderline Personality Disorder: A Practical Guide* (2006), Chapter 1, "Introduction to Mentalization" and Chapter 2, "Using the Mentalization Model to Understand Severe Personality Disorder."

-Elliot Jurist's "Mentalized Affectivity" (2005).

Fifteenth Week: 12/10/09

Termination

-Herbert Schlesinger's *On Terminating Psychotherapy and Psychoanalysis*, Preface, Chapter 1, "A Little History and Some Definitions," Chapter 2, "Patterns of Ending Psychotherapy."

