

EMOTIONS AND PSYCHOANALYSIS

Prof. Elliot L. Jurist

Spring 2011

Office: NAC 8/109

Office Hrs: Thurs at 11:30 and by appt.

Course Description

This course will focus on psychoanalytic theories of affect, taking an interdisciplinary approach. We will begin with historical views and concentrate on the question of why affects have had such an awkward and elusive place in psychoanalytic theory. We will then turn to the proliferation of interest in affects during the 1970s in psychoanalysis. We will closely examine the contribution of developmental theories to the theory of affect. Following this, we will introduce contemporary points of view: 1) debates about the relation between cognition and affect from psychology; 2) the contribution of neuroscientific conceptions of emotion; and 3) the concept of affect/emotion regulation and questions about how to reconcile what we know about the subjective experience through clinical work with research. In class, we will be spent closely examining the reading together. Students will do presentations of topics of interest during the second half of the semester; the presentation will then serve as the basis for a final paper.

Course Objectives:

- 1) Students will become familiar with the evolution of thinking about affects through the history of psychoanalysis: Freud's theories of affect and their elaboration in ego psychology, object relations, and relational thinking;
- 2) Students will become familiar with how developmental theory has had an impact on psychoanalytic theories of affect;
- 3) Students will learn about how psychologists understand the relation between cognition and emotion;
- 4) Students will learn about how neuroscientists understand the brain function of emotion and the relation between cognition and emotion;
- 5) Students will learn about the concept of affect/emotion regulation
- 6) Students will develop ideas about how research might study the subjective experience of emotion/affect

January 30—Introduction: Interdisciplinary Thinking about Affects

February 6—Freud's View of Affects

Reading:

- 1) Freud selections to be handed out in class
- 2) "The Psychoanalytic Theory of Affects" by D. Rapaport from *THE COLLECTED PAPERS OF DAVID RAPAPORT* (New York: Basic Books, 1967)
- 3) "Freud's Writings on Affect," Chapter 1, by Ruth Stein in *PSYCHOANALYTIC THEORIES OF AFFECT* (Westport: Praeger, 1990).

February 13—Historical Views of Affects

Reading

- 1) F. Alexander "The Logic of Emotion and its Dynamic Background," *INTERNATIONAL JOURNAL OF PSYCHOANALYSIS*, 16, 1935.
- 2) E. Glover's "The Psycho-Analysis of Affects," *INTERNATIONAL JOURNAL OF PSYCHOANALYSIS*, 20, 1939.
- 3) M. Brierley's "Affects in Theory and Practice," *INTERNATIONAL JOURNAL OF PSYCHOANALYSIS*, 18, 1937.

February 20—Historical Views of Affects

Reading

- 1) E. Jacobson's "The Affects and Their Pleasure-Unpleasure Qualities in Relation to the Psychic Discharge Processes" in *DRIVES, AFFECTS AND BEHAVIOR*, ed. Loewenstein, R.M. (New York: International, 1953).

February 27—New Conceptions of Affect

Reading

- 1) L. Rangell's "Psychoanalysis, Affects and the Human Core: On the Relationship of Psychoanalysis to the Behavioral Sciences," *PSYCHOANALYTIC QUARTERLY*, 36, 1967.
- 2) C. Brenner's "On the Nature and Development of Affects: A Unified Theory," *PSYCHOANALYTIC QUARTERLY*, 43, 1974.
- 3) M.F. Basch's "The Concept of Affect: A Re-examination," *JOURNAL OF THE AMERICAN PSYCHOANALYTIC ASSOCIATION*, 24, 1976.

March 6—New Conceptions of Affect

Reading

- 1) J. and A-M. Sandler's "On the Development of Object Relationships and Affects" *INTERNATIONAL JOURNAL OF PSYCHOANALYSIS*, 59, 1978.
- 2) O. Kernberg's "New Perspectives in Psychoanalytic Affect Theory" in *EMOTION: THEORY, RESEARCH AND EXPERIENCE*, Vol. 5, eds. Plutchik, R. and Kellerman, H. (San Diego: Academic, 1990).
- 3) H. Krystal's "Clinical Aspects of Affect," "Affect Tolerance," and "Trauma and Affect" in *INTEGRATION AND SELF-HEALING: AFFECT, TRAUMA ALEXITHYmia* (Hillsdale: Analytic, 1988).

March 13—New Conceptions of Affect

Reading

- 1) R. Schafer's "The Emotions and Action" in *A NEW LANGUAGE FOR PSYCHOANALYSIS* (New Haven: Yale, 1976).
- 2) A. Green's *THE FABRIC OF AFFECT IN PSYCHOANALYTIC DISCOURSE* (London and NY: Routledge, 1999).
- 3) C. Spetzano's *AFFECT IN PSYCHOANALYTIC THEORY: THEORY AND THERAPY: TOWARDS A NEW SYNTHESIS* (Hillsdale: Analytic, 1993).

March 20—Developmental Views

Reading

- 1) M. Klein's "Some Theoretical Contributions on the Emotions of Infants" and "Envy and Gratitude" in *ENVY AND GRATITUDE AND OTHER WORKS, 1946-1963* (New York: Delta, 1975).
- 2) R. Emde's "The Prerepresentational Self and its Affective Core," *PSYCHOANALYTIC STUDY OF THE CHILD*, 38, 1983.
- 3) T. Gaensbauer's "The Differentiation of Discrete Affects," *PSYCHOANALYTIC STUDY OF THE CHILD*, 37, 1982.

April 3—New Developmental Views

Reading

- 1) G. Gergely and J. Watson's "The Socio-Biofeedback Theory of Parental Affect Mirroring: The Development of Emotional Self-Awareness and Self-Control in Infancy," *INTERNATIONAL JOURNAL OF PSYCHOANALYSIS*, 77, 1996.
- 2) P. Fonagy, G. Gergely, E. Jurist and M. Target's *AFFECT REGULATION, MENTALIZATION AND THE DEVELOPMENT OF THE SELF*, Chaps. 1, 5-7 (New York: Other Press, 2002).

April 10—Affect without Cognition? Debates in Psychology

Reading

- 1) R. Zajonc's "On the Primacy of Affect," *AMERICAN PSYCHOLOGIST*, 39, 1984.
- 2) R. Lazarus' "On the Primacy of Cognition," *AMERICAN PSYCHOLOGIST*, 39, 1984.
- 3) P. Ekman's "An Argument for Basic Emotions," in *COGNITION AND EMOTION*, 6, 1992.
- 4) R. Davidson's "Prolegomenon to the Structure of Emotion: Gleaning from Neuropsychology," *COGNITION AND EMOTION*, 6, 1992.
- 5) P. Ekman and R. Davidson's *THE NATURE OF EMOTION: FUNDAMENTAL QUESTIONS*, Question 5: What are the Minimal Cognitive Prerequisites for Emotion? (Oxford: Oxford, 1994).

April 17—SPRING BREAK

April 24- Neuroscientific Views of Emotion

- 1) A. Damasio's *DESCARTES' ERROR: EMOTION, REASON AND THE HUMAN BRAIN*, Chaps. 5-8 (New York: Putnam, 1994)
- 2) J. LeDoux's *THE EMOTIONAL BRAIN*, Chaps. 1-6, 9 (New York: Simon & Schuster, 1996).
- 3) J. Panksepp's *AFFECTIVE NEUROSCIENCE: THE FOUNDATIONS OF HUMAN AND ANIMAL EMOTIONS*, Chaps. 1, 2, 9, 16 (Oxford: Oxford, 1998).

May 1— Emotion Regulation

- 1) J. Gross' "Emotion Regulation: Past, Present, Future," *COGNITION AND EMOTION*, 13, 1999 (<http://dionysus.psych.wisc.edu/Lit/Articles/Gross1999a.pdf>).
- 2) H.H. Goldsmith and R. Davidson's "Disambiguating the Components of Emotion Regulation," *CHILD DEVELOPMENT*, 75, 2004 (<http://brainimaging.waisman.wisc.edu/publications/2004/Disambiguating%20the%20components%20of%20emotion%20regulation.pdf>).
- 3) A. Hariri and Erika Forbes' "Genetics of Emotion Regulation" in *HANDBOOK OF EMOTION REGULATION*, ed. Gross, J. (New York: Guilford, 2007).
- 4) P. Goldin, K. McRae, W. Ramel and J. Gross' "The Neural Bases of Emotion Regulation: Reappraisal and Suppression of Negative Emotion" in *BIOLOGICAL PSYCHIATRY*, 63, 2008 (http://www-psych.stanford.edu/psyphy/pdfs/Goldin_08.pdf).

May 8– Emotion Regulation

Reading

- 1) P. Fonagy, G. Gergely, E. Jurist and M. Target's AFFECT REGULATION, MENTALIZATION AND THE DEVELOPMENT OF THE SELF, Chaps. 2 (New York: Other Press, 2002).
- 2) L. Diamond and L. Aspinwall's "Emotion Regulation Across the Life Span: An Integrated Perspective Emphasizing Self-Regulation, Positive Affect and Dyadic Processes," MOTIVATION AND EMOTION, 27, 2003
(<http://www.psych.utah.edu/people/faculty/diamond/Publications/Emotion%20regulation%20across%20the%20lifespan.pdf>)
- 3) A. Schore's AFFECT DYSREGULATION AND DISORDERS OF THE SELF, "The Experience-Dependent Maturation of a Regulatory System in the Orbital-Prefrontal Cortex and the Origin of Developmental Psychopathology," Attachment and the Regulation of the Right Brain," The Effects of Relational Trauma on Right-Brain Development, Affect Regulation and Infant Mental Health" (New York: Norton, 2003).
- 4) E. Jurist's "Mentalized Affectivity," PSYCHOANALYTIC PSYCHOLOGY, 22, 2005.
- 5) E. Jurist's "Minds and Yours" in MIND TO MIND: INFANT RESEARCH, NEUROSCIENCE AND PSYCHOANALYSIS (New York: Other, 2008).

