

## HISTORY, THEORY, AND PRACTICE OF PSYCHOTHERAPY II

Prof. P. Wachtel  
Spring 2010

### Orienting Comments:

This course continues the examination in History, Theory, and Practice I of the evolution of thought and practice in psychotherapy. Its primary focus is on the emergence of the relational point of view in psychoanalytic thought and practice. But it considers this development against the backdrop of several other emerging trends :

(1) the insufficiently understood convergence of relational psychoanalysis and newer trends in cognitive and cognitive-behavioral therapy that also are based on a constructivist approach to understanding people.

(2) a related trend among cognitive and cognitive-behavioral therapists to emphasize acceptance of the patient=s experience, and especially attention to and acceptance of the patient=s affective experience.

These two trends move cognitive and cognitive-behavioral therapy away from the earlier rationalistic approaches, which often included efforts to talk the person out of uncomfortable feelings and exhibited a bias toward viewing affective experiences as irrational, and toward an exploration and acceptance of affect that converges significantly with important trends in relational psychoanalysis. At the same time, these approaches implicitly provide alternative, and valuable, means of accomplishing the very aims shared by most relational psychoanalysts, and in doing so provide important alternative perspectives on relational psychoanalysis itself.

(3) greater attention to the experiential dimension across a broad spectrum of therapeutic approaches (including, for example, Diana Fosha=s Accelerated Experiential-Dynamic Psychotherapy, Leigh McCullough=s experiential approach to overcoming affect phobia, and Leslie Greenberg=s emotion-focused experiential approach)

(4) the increasing understanding, again across a spectrum of therapeutic approaches, of the importance of attachment theory and research for clinical practice

### Course Requirements

(1) Each week I want each of you to email me no later than two days before the scheduled class at least one question or comment about the assigned readings for that week. You can simply describe a statement or term you don=t understand or would like clarification about; you can question or challenge a point (or, of course, more than one point) in any of the assigned readings, with the idea that I will discuss your challenge to the paper in class.

(2) Course Paper (due one week before last day of class):

Examine a controversy either within the spectrum of relational viewpoints or between the relational perspective and that of more traditional psychoanalytic approaches or that of some other

orientation within the spectrum of psychotherapies. Examine the evidence that proponents of each side of the controversy bring to bear. In what ways do the two sides ignore evidence adduced by the other side (evidence may include controlled research studies, clinical observations, and observations from everyday life,)? In what ways do their differences reflect different grounding assumptions that influence what is considered to be evidence or that lead to the same observations being interpreted differently? Your aim should be both to make more understandable why intelligent people of different persuasions would have different views of what is the most adequate theory and practice and to present your own conclusions regarding the controversy. Those conclusions may suggest that the evidence clearly points in one direction or the other; they may highlight very real ambiguities that still exist in our knowledge base that make either side's position still provisionally supportable; they may entail critiques of the methodological or epistemological assumptions of one or the other side; they may point to a synthesis of views that creates a newer, more encompassing way of attending to more of the available evidence than either side currently attends to; or they may point to specific kinds of research that are needed to resolve the controversy. Of course, you may (and very probably will) bring to bear more than one of these ways of approaching the paper.

The paper should be about 20 pages double spaced (please no playing around with font sizes, using 1 1/2 or 2 1/2 spaces instead of double, changing the margin settings, etc)I=ve used all those tricks myself).

**Learning Objectives:**

The aim of the course is (1) to enable students to understand in detail the evolution of the relational point of view in psychoanalysis, the ways in which it is similar to and the ways in which it departs from more traditional psychoanalytic perspectives, both theoretically and in daily clinical practice, and the ideas of the key figures in the development of the relational approach; (2) to understand the ways in which the relational psychoanalytic viewpoint bears often unappreciated similarities with other emerging trends in the broader world of psychotherapy; (3) to examine the possibilities for improving clinical practice by integrating ideas and methods from relational psychoanalysis with ideas and methods from constructivist cognitive therapy; acceptance-oriented and affect-oriented versions of cognitive-behavioral therapy; experiential approaches from different theoretical vantage points; and approaches that build upon the ideas of attachment theory and research.

### **Weekly Reading Assignments and Class Topics:**

*Note that, as in History, Theory, and Practice 1, there are listed for each week additional optional readings. Here again, I realize that for most of you, reading these as well will probably be too much, given your other course work, etc. But these are useful resources for further delving into the topic in the future, and you may want to look at some of them right now if there is a theme or topic that particularly interests you.. They also may represent important resources for thinking about your papers.*

#### **Week 1. The Evolution of Relational Psychoanalysis**

Mitchell, S. A. (1988). Relational concepts in psychoanalysis. Cambridge, MA: Harvard University Press, Chapters 1 and 2

Aron, L. (1996). A meeting of minds: Mutuality in psychoanalysis. Hillsdale, NJ: Analytic Press, Chapter 1, The Relational Orientation: An Introduction

Wachtel, P. L. (2008). Relational Theory and the Practice of Psychotherapy. New York: Guilford, Chapter 1.

#### **Optional Additional Readings and Resources for Further Study:**

Mitchell, S. A. (1993). Hope and dread in psychoanalysis. New York: Basic Books. Chapters 1-3.

#### **Week 2. The distinction between one-person and two-person theory**

Aron, A meeting of minds, Chapter 2, Relational Theory and Its Boundaries: One- and Two-Person Psychologies.

Relational Theory and the Practice of Psychotherapy (2008), Chapter 2, 3

Hoffman, I. Z. (1983). The Patient as Interpreter of the Analyst's Experience. Contemporary Psychoanal., 19:389-422

#### **Optional Additional Readings and Resources for Further Study:**

Ghent, E. (1989). Credo: The dialectics of one-person and two-person psychologies.

Contemp. Psychoanal., 25:169-211

Gill, M. M. (1983). The interpersonal paradigm and the degree of the therapist's Involvement. Contemp. Psychoanal. 19:200-237.

Silverman, D.K. (1996). Arithmetic of a one- and two-person psychology: Merton M. Gill, an essay. Psychoanal. Psychol., 13:267-274.

### **Week 3. From Two-Person to Contextual**

Relational Theory and the Practice of Psychotherapy (2008), Chapter 4

Stolorow, R. D. (1997). Principles of Dynamic Systems, Intersubjectivity, and the Obsolete Distinction Between One-Person and Two-Person Psychologies.

Psychoanalytic Dialogues, 7:859-868

Stolorow, R. D., Atwood, G. E. and Orange, D. M. (1999). Kohut and Contextualism.

Psychoanal. Psychol., 16:380-388

#### **Optional Additional Readings and Resources for Further Study:**

Stolorow, R.D., Orange, D.M., Atwood, G.E. (2001). Cartesian and post-Cartesian trends in relational psychoanalysis. Psychoanal. Psychol., 18:468-484.

### **Week 4. Constructivism: Convergence between Relational Psychoanalysis and Trends in cognitive-behavioral therapy**

Hoffman, I.Z. (1991). Toward a social-constructivist view of the psychoanalytic situation. Psychoanal. Dial., 1:74-105.

Hoffman, I.Z. (1992). Some practical implications of a social-constructivist view of the psychoanalytic situation. Psychoanal. Dial., 2:287-304.

Stern, D.B. (1992). Commentary on constructivism in clinical psychoanalysis. Psychoanal. Dial., 2:331-363.

Stern, D.B. (2001). Review Essay: Constructivism, Dialectic, and Mortality. Psychoanal. Dial., 11:451-468.

Mahoney, M. J. & Lyddon, W. J. (1988). Recent developments in cognitive approaches to counseling and psychotherapy. The Counseling Psychologist, 16, 190-234.

Lyddon, W. J. (1990). First- and second-order change: Implications for rationalist and constructivist cognitive therapies. Journal of Counseling and Development, 69, 122-127.

#### **Optional Additional Readings and Resources for Further Study:**

Hoffman, I. Z. (1998). Ritual and spontaneity in psychoanalysis. Hillsdale, NJ: Analytic Press.

Neimeyer, R. A. (2009). Constructivist psychotherapy: Distinctive features. New York: Routledge.

Neimeyer, R. A. (2002). Constructivism and the cognitive psychotherapies: Conceptual and strategic contrasts. In R. L. Leahy & E. T. Dowd (Eds.), clinical advances in cognitive psychotherapy: theory and application. (pp. 110-126). New York: Springer.

Mahoney, M. J. (2003). Constructive psychotherapy: A practical guide. New York: Guilford.

Mahoney, M. J. (1995). Theoretical developments in the cognitive psychotherapies. In M. J. Mahoney, Cognitive and constructive psychotherapies: Theory, research, and practice. (pp. 3-19). New York: Springer.

Neimeyer, R. A. & Mahoney, M. J. (Eds.) (1995). Constructivism in psychotherapy  
Washington, DC: American Psychological Association.

Botella, L., Herrero, O., Pacheco, M. & Corbella, S. (2004). Working with narrative in psychotherapy: A relational constructivist approach. In L. E. Angus & J. McLeod (Eds.), The handbook of narrative and psychotherapy: Practice, theory, and research. (pp. 119-136). Thousand Oaks, CA: Sage Publications.

### **Week 5. Conceptualizations of Intersubjectivity**

Aron, A meeting of minds, Chapter 3.

Benjamin, J. (1990). An outline of intersubjectivity: The development of recognition  
Psychoanalytic Psychology, 7(Suppl), 33-46.

Orange, D. M., Stolorow, R. D. and Atwood, G. E. (1998). Hermeneutics, Intersubjectivity Theory, and Psychoanalysis. J. Amer. Psychoanal. Assn., 46:568-571

Stolorow, R. (1995), An intersubjective view of self psychology. Psychoanal. Dial., 5:393-400.

### **Optional Additional Readings and Resources for Further Study:**

Benjamin, J. (2004). Beyond doer and done to: An intersubjective view of thirdness. Psychoanalytic Quarterly, 73, 5-4.

Benjamin, J. (2000). Intersubjective distinctions: Subjects and persons, recognitions and breakdowns. Psychoanal. Dial., 10:43-55.

Benjamin, J. (1991). Commentary on Irwin Z. Hoffman's Discussion: AToward a Social-Constructivist View of the Psychoanalytic Situation@. Psychoanal. Dial., 1:525-533.

Ogden, T. (1994), The analytical third: Working with intersubjective clinical facts. Int. J. Psycho-Anal., 75:3-20.

Stolorow, R. D. and Atwood, G. E. (1997). Deconstructing The Myth Of The Neutral Analyst: An Alternative From Intersubjective Systems Theory. Psychoanal Quarterly, 66:431-449

Stolorow, R. Atwood, G. & Brandchaft, B., eds. (1994), The Intersubjective Perspective. Northvale, NJ: Aronson.

Mitchell, S. A. (2000). Relationality: From attachment to intersubjectivity in psychoanalysis. Chapter 6, Intersubjectivity: Between expressiveness and restraint in the analytic relationship.

Lyons-Ruth, K. (2006). The interface between attachment and intersubjectivity: Perspective from the longitudinal study of disorganized attachment. Psychoanalytic Inquiry, 26:595-616

### **Week 6. Archaeological and Cyclical-Contextual Models and their Implications for Therapy** **Relational Theory and the Practice of Psychotherapy** (2008), Chapter 6

Fonagy, P. (1999). Memory and Therapeutic Action. Int. J. Psycho-Anal., 80:215-223

Westen, D. (1989). Are "primitive" object relations really preoedipal? American Journal of Orthopsychiatry. 59, 331-345.

Mitchell, S. A. (1988) Relational concepts in psychoanalysis, Chapters 3, 5, and 6.

### **Optional Additional Readings and Resources for Further Study:**

Zeanah, C. H., Anders, T. F., Seifer, R. & Stern, D. N. (1989). Implications of research on infant development for psychodynamic theory and practice. Journal of the American Academy of Child and Adolescent Psychiatry, 28, 657-668.

Westen, D. (2002). The language of psychoanalytic discourse. Psychoanalytic Dialogues, 12, 857-898.

**Week 7. Dissociation, Self-States, and Variability in Behavior and Experience: Social-Cognitive and Relational Approaches**

Relational Theory and the Practice of Psychotherapy (2008), Chapter 7

Bromberg, P. M. (1996). Standing in the spaces: The multiplicity of self and the psychoanalytic relationship. Contemp. Psychoanal., 32:509-535

Mitchell, S. A. (1993). Hope and dread in psychoanalysis. Chapters 4 and 5.

Mischel, W. (1968). Personality and assessment. New York: Wiley.

Wachtel, P. L. (1973). Psychodynamics, behavior therapy, and the implacable experimenter: An inquiry into the consistency of personality. Journal of Abnormal Psychology, 82, 324-334.

Andersen, S. M., Saribay, S. A., & Kooij, C. S. (2008). Contextual variability in personality: The case of the relational self and the process of transference. In F. Rhodewalt (ed.), Personality and social behavior. Frontiers of social psychology. (pp. 79-116). New York: Psychology Press.

Andersen, S. M. & Chen, S. (2002). The relational self: An interpersonal social-cognitive theory. Psychological Review, 109, 619-645.

**Optional Additional Readings and Resources for Further Study:**

Davies, J. M. (1996). Linking the Ape-analytic@ with the postclassical: Integration, dissociation, and the multiplicity of unconscious process. Contemp. Psychoanalysis, 32:553-576

Harris, A. (1996). The Conceptual Power of Multiplicity. Contemporary Psychoanalysis, 32:537-552

Slavin, M. O. (1996). Is one self enough? Multiplicity in self-organization and the capacity to negotiate relational conflict. Contemporary Psychoanalysis, 32:615-625

**Week 8 Conceptualizing and Working with Enactments**

Relational Theory and the Practice of Psychotherapy (2008), Chapter 10

Aron, A meeting of minds, Chapter 7

Jacobs, T. (1986). On countertransference enactments. Journal of the American Psychoanalytic Association, 34, 289-307.

Aron, L. (2003). The paradoxical place of enactment in psychoanalysis. Psychoanal. Dial., 13:623-631.

### **Optional Additional Readings and Resources for Further Study:**

Bass, A. (2003). AE@ enactments in psychoanalysis: Another medium, another message.

Psychoanalytic Dialogues, 13, 657-676.

Maroda, K.J. (1998). Enactment: When the patient's and analyst's pasts converge. Psychoanal. Psychol., 15:517-535.

Stern, D.B. (2003). The fusion of horizons: Dissociation, enactment, and understanding.

Psychoanal. Dial., 13:843-873.

Stern, D. B. (2004). The eye sees itself: Dissociation, enactment, and the achievement of conflict. Contemporary Psychoanalysis, 40, 197-237.

Frank, K. A. (2002). The Ains and outs@ of enactment: A relational bridge for psychotherapy integration. Journal of Psychotherapy Integration, 12, 267-286.

### **Week 9. Self-Disclosure: A A special@ Problem or Part of the General Issue of Tradeoffs? Relational Theory and the Practice of Psychotherapy (2008), Chapter 11**

Aron, A meeting of minds, Chapter 8

Stolorow, R. D. & Atwood, G. E. (1997). Deconstructing the myth of the neutral analyst: An alternative from intersubjective systems theory. Psychoanal Quarterly, 66:431-449

Renik, O. (1999b). Playing One's Cards Face up in Analysis: An Approach to the Problem of Self-Disclosure. Psychoanal Q., 68:521-539.

Renik, O. (1995). The ideal of the anonymous analyst and the problem of self-disclosure. Psychoanal Quarterly., 64:466-495

Frank,, K.A. (1997). The role of the analyst's inadvertent self-revelations. Psychoanal. Dial., 7:281-314.

### **Week 10. The Nature of the Unconscious: New Relational Conceptualizations and Convergences with Cognitive Science**

Lyons-Ruth, K. (1999). The Two-Person Unconscious: Intersubjective Dialogue, Enactive Relational Representation, and the Emergence of New Forms of Relational Organization. Psychoanalytic Inquiry, 19:576-617

Stern, D.B. (1983). Unformulated experience: From familiar chaos to creative disorder. Contemporary Psychoanalysis, 19:71-99.

Stern, D.B. (1987). Unformulated experience and transference. Contemporary Psychoanalysis, 23:484-490.

Fonagy, P. & Target, M. (2007). The rooting of the mind in the body: New links between attachment theory and psychoanalytic thought, Journal of the American Psychoanalytic Association, 55:411-456

### **Week 11. Therapeutic Action: The Relative Contributions of Interpretation and New Relational Experience**

Relational Theory and the Practice of Psychotherapy (2008), Chapters 9 and 10.

Aron, A meeting of minds (1996), Chapter 4.

Stern, D.N., Sander, L.W., Nahum, J.P., Harrison, A.M., Lyons-Ruth, K., Morgan, A.C., Bruschiweilerstern, N., Tronick, E.Z. (1998). Non-interpretive mechanisms in psychoanalytic therapy: The >something more= than interpretation. Int. J. Psycho-Anal., 79:903-921.

Lyons-Ruth, K. (1998). Implicit relational knowing: Its role in development and psychoanalytic treatment. Infant Mental Health Journal. 19, 282-289.

Stern, S. (2002). Identification, repetition, and psychological growth: An expansion of relational theory. Psychoanalytic Psychology, 19:722-738

Renik, O. (2007). Intersubjectivity, Therapeutic Action, and Analytic Technique. Psychoanal Q., 76S:1547-1562.

Renik, O. (1993). Analytic interaction: Conceptualizing technique in light of the analyst=s irreducible subjectivity. Psychoanalytic Quarterly, 62, 553-571.

### **Optional Additional Readings and Resources for Further Study:**

Stern, D. N. (2004). The present moment in psychotherapy and everyday life. New York: Norton.

Frank, K. A. (2009). Psychoanalytic participation. Hillsdale, NJ: Analytic Press.

Fosshage, J. L. (2003). Fundamental pathways to change: Illuminating old and creating new relational experience. International forum of psychoanalysis, 12, 244-251

Fosshage, J. L. (2004). The explicit and implicit dance in psychoanalytic change. Journal of Analytical Psychology, 49, 49-65.

### **Week 12. Therapeutic Action: The Role of Acceptance**

Relational Theory and the Practice of Psychotherapy (2008), Chapter 8.

Aron, L. (2005). Acceptance, compassion, and an affirmative analytic attitude in both intersubjectivity and compromise formation theory. Psychoanalytic Dialogues, 15:433-446.

Hayes, S. C., Follette, V. M. & Linehan, M. M. (2004). Mindfulness and acceptance: Expanding the cognitive-behavioral tradition. New York: Guilford. Chapters 1, 2, 4, and 13.

### **Optional Additional Readings and Resources for Further Study:**

McCullough, L. (2003). Treating affect phobia: A manual for short-term dynamic psychotherapy. New York: Guilford.

Fosha, D. (2000). The transforming power of affect. New York: Basic Books.

Weiss, J. & Sampson, H. (1986). The psychoanalytic process. (With the Mt. Zion Psychotherapy Research Group). New York: Guilford.

Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2003). Acceptance and commitment therapy:

An experiential approach to behavior change. New York: Guilford (paperback)

Greenberg, L. (1994). Acceptance and Experiential Therapy. In N. Jacobson, V. Follette, & M. Dougher (Eds.), Acceptance and change in psychotherapy. Reno, NV: Context Press,.

### **Week 13 - Attachment Theory and Relational Theory**

Wallin, D. (2007). Attachment and psychotherapy. New York: Guilford, Chapters 1-4, 8-10.

Mitchell, S. A. (1997). Relationality: From attachment to intersubjectivity. Chapter 4, Attachment theory and relationality.

**Optional Additional Readings and Resources for Further Study:**

Lyons-Ruth, K. (2006). The interface between attachment and intersubjectivity: Perspective from the longitudinal study of disorganized attachment. Psychoanal. Inq., 26:595-616.

Target, M. (2006). The interface between attachment and intersubjectivity: Another contribution from Karlen Lyons-Ruth. Psychoanal. Inq., 26:617-621.

Fonagy, P. (2001). Attachment theory and psychoanalysis. New York: Other Press.

Slade, A. (1999). Attachment theory and research: Implications for the theory and practice of individual psychotherapy with adults. In J. Cassidy & P. Shaver (Eds.), Handbook of attachment: Theory, research, and clinical applications. (pp. 575-594). New York: Guilford.

**Week 14. The Complexities of Working Through and the Relevance of the Real World Relational Theory and the Practice of Psychotherapy** (2008). Chapter 12.

Aron, L. (1991). Working Through the Past/Working Toward the Future. Contemp. Psychoanal., 27:81-108

Frank, K.A. (1993). Action, insight, and working through Outlines of an integrative approach. Psychoanal. Dial., 3:535-577.

**Optional Additional Readings and Resources for Further Study:**

Tenzer, A. (1984). Piaget and Psychoanalysis, II: The Problem of Working Through. Contemp. Psychoanal., 20:421-436.

**Week 15 - Integrating relational psychoanalysis and cognitive-behavioral therapy**  
Wachtel, P. L. (1997). Psychoanalysis, behavior therapy, and the relational world, Chapters 15 and 1.

Frank, K.A. (2001). Extending the Field of Psychoanalytic Change: Exploratory-assertive motivation, self-efficacy, and the new analytic role for action. Psychoanalytic Inquiry, 21:620-639.

Frank, K. A. (1990). Action techniques in psychoanalysis: Background and introduction. Contemporary Psychoanalysis, 26:732-756 2

Frank, K. A. (1992). Combining action techniques with psychoanalytic therapy. International Review of Psycho-Analysis, 19:57-79.