

The Independent School

San Francisco Center for Psychoanalysis

Michael K. Smith, Ph.D.

11/04/2016– 02/03/2017

Note: References are listed in the suggested order of reading or viewing. Please note that where a work is available as both an original journal article and a book chapter, I have provided the book chapter citation.

[P] at the end of a citation indicates availability on PEP-WEB

[R] indicates item is in the reader

* indicates an optional but interesting reading

Week 1 (11/04/2016) Origins in the British Psycho-Analytical Society, and Characteristic Features of the Independent Tradition

Parsons, M. (2009). An independent theory of clinical technique. *Psychoanalytic Dialogues*, 19, 221-236. [P]
{historical material, p221 through top of 223}

Sharpe, E. F. (1930). The technique of psychoanalysis. *International Journal of Psychoanalysis*, 33, 251-277. [P]
{first in a series of three articles by Ella Sharpe having the same title}

Allison, L., Palmer, R. (2013). The Technique of Psycho-Analysis – David Tuckett on Ella Sharpe. *Univ. Colg. of London Videostream*, 1:2. [P]
{this is a 20-minute video available for streaming on PEP-WEB}

* Little, M. (1985). Winnicott working in areas where psychotic anxieties predominate: A personal record. *Free Associations*, 1, 9-42. [P]
{section on Ella Sharpe, pp14-18}

Week 2 (11/11/2016) New Thinking on Object Relations: W. R. D. Fairbairn

Jones, E. (1952). Preface to "Psychoanalytic Studies of the Personality". *Psychoanalytic Studies of the Personality*, v. London: Tavistock. [P]

Sutherland, J. D. (1980). The British object relations theorists: Balint, Winnicott, Fairbairn, Guntrip. *Journal of the American Psychoanalytic Association*, 28, 829-860. [P]
{section on Fairbairn, pp839-848}

Fairbairn, W. R. D. (1940). Schizoid factors in the personality (Part 1, Ch. 1, 3-27). *Psychoanalytic Studies of the Personality*. London: Tavistock. [P]

Fairbairn, W. R. D. (1946). Object-relationships and dynamic structure (Part 1, Ch. 5, 137-151). *Psychoanalytic Studies of the Personality*. London: Tavistock. [P]

*Fairbairn, W. R. D. (1963). Synopsis of the object relations theory of the personality. *International Journal of Psychoanalysis*, 44, 224-225. [P]
{the gist of this synopsis is contained in the Sutherland reading}

* Guntrip, H. (1996). My experience of analysis with Fairbairn and Winnicott—(How complete a result does psycho-analytic therapy achieve?). *International Journal of Psychoanalysis*, 77, 739-754. [P]
{section on Fairbairn, pp739-748}

Week 3 (12/02/2016) Therapeutic Regression & Psychoanalytic Technique: Michael Balint

Sutherland, J. D. (1980). The British object relations theorists: Balint, Winnicott, Fairbairn, Guntrip. *Journal of the American Psychoanalytic Association*, 28, 829-860. [P]
{section on Balint, pp832-835}

Balint, M. (1979). *The Basic Fault: Therapeutic Aspects of Regression*. London: Tavistock Publications. [P]
{Ch. 3, 11-17: The two levels of analytic work.}
{Ch. 4, 18-23: The area of the basic fault.}
{Ch. 12, 64-72: Primary love.}
{Ch. 22, 138-148: The various forms of therapeutic regression.}
{Ch. 24, 159-172: Therapeutic regression, primary love, and the basic fault.}
{Ch. 25, 173-181: The unobtrusive analyst.}

Week 4 (12/09/2016) Winnicott I: Unity & Subjectivity

Sutherland, J. D. (1980). The British object relations theorists: Balint, Winnicott, Fairbairn, Guntrip. *Journal of the American Psychoanalytic Association*, 28, 829-860. [P]
{section on Winnicott, pp835-839}

Winnicott, D. W. (1945). Primitive emotional development (Ch. 12, 145-156). In Winnicott, D. W., *Through Paediatrics to Psychoanalysis*. London: Hogarth. [P]

Winnicott, D.W. (1960). The theory of the parent-infant relationship (Ch. 3, 37-55).
In Winnicott, D. W. (1965), *The Maturation Processes and the Facilitating Environment: Studies in the Theory of Emotional Development*. London: Hogarth Press. [P]

* Winnicott, D. W. (1956). Primary maternal preoccupation (Ch. 24, 300-305). In Winnicott, D. W. (1975), *Through Paediatrics to Psychoanalysis*. London: Hogarth. [P]

Week 5 (12/16/2016) Winnicott II: Transitional Phenomena

Winnicott, D. W. (1941). The observation of infants in a set situation (Ch. 4, 52-69).
In Winnicott, D. W. (1975), *Through Paediatrics to Psychoanalysis*. London: Hogarth. [P]

Winnicott, D. W. (1971). Transitional objects and transitional phenomena (Ch.1, 1-25). In Winnicott, D. W., *Playing and Reality*. London: Tavistock [P]

* Guntrip, H. (1996). My experience of analysis with Fairbairn and Winnicott—(How complete a result does psycho-analytic therapy achieve?). *International Journal of Psychoanalysis*, 77, 739-754. [P]
{section on Winnicott, pp748-754}

Week 6 (01/06/2017) Winnicott III: Separateness & Objectivity

Khan, M. M. R. (1975). Introduction. In Winnicott, D. W., *Through Paediatrics to Psychoanalysis*. London: Hogarth. [P]
{please read "From Transitional Object to Use of an Object," pages xvi-xxii}

Winnicott, D. W. (1971). The use of an object and relating through identifications (Ch. 6, 86-94). In Winnicott, D. W., *Playing and Reality*. London: Tavistock Publications. [P]

*Little, M. (1985). Winnicott working in areas where psychotic anxieties predominate: A personal record. *Free Associations*, 1, 9-42. [P]
{section on Winnicott, pp19-40}

Week 7 (01/13/2017) Winnicott IV: Pathogenesis, and Repair in the Parallel Process of the Analytic Encounter

Winnicott, D.W. (1960). Ego distortion in terms of true and false self (Ch. 12, 140-152). In Winnicott, D. W. (1965) *The Maturation Processes and the*

Facilitating Environment: Studies in the Theory of Emotional Development.
London: Hogarth Press. [P]

Anderson, J. W. (2014). How D. W. Winnicott conducted psychoanalysis.
Psychoanalytic Psychology, 31, 375-395. [R]

* Bollas, C. (1979). The transformational object. *International Journal of
Psychoanalysis, 60*, 97-107. [P]

Week 8 (01/27/2017) Marion Milner and Psychoanalytic Creativity

Parsons, M. (2001). Marion Milner 1900-1998. *International Journal of
Psychoanalysis, 82*, 609-611. [P]

Parsons, M. (1990). Marion Milner's "Answering Activity" and the question of
psychoanalytic creativity. *International Review of Psychoanalysis, 17*, 413-
424. [P]

Milner, M. (1952). Aspects of symbol formation in comprehension of the not-self.
International Journal of Psychoanalysis, 33, 181-194. [P]

* Milner, M. (1969). A crystallization of theory: Breathing and primary self-
enjoyment (Ch. 27, 379-385). In *The Hands of the Living God: An Account of a
Psycho-analytic Treatment*. London: Tavistock. [P]

Week 9 (02/03/2017) Contemporary Voices: Michael Parsons & John Keene

Parsons, M. (2009). An independent theory of clinical technique. *Psychoanalytic
Dialogues, 19*, 221-236. [P]

Keene, J. (2012). Boundary issues in the recovery from trauma and abuse (Ch. 6,
205-231). In P. Williams *et al*, eds., *Independent Psychoanalysis Today*.
London: Karnac. [R]