

The Independent Tradition

Deborah Melman PhD

Fall, 2018

San Francisco Center for Psychoanalysis

Course Description

This course will begin with a historical study of the birth of the Independent Tradition. From there we will study the radical, imaginative and clinically rich perspectives and concepts from Independent thinkers, both early and contemporary. Contributions pertaining to the psychological birth of the infant, primitive and transitional states and experiences, play, regression, to name a few, have offered psychoanalysts ways of thinking and being with articulate and inarticulate experiences of patients and ourselves in the therapeutic encounter.

Course Objectives

1. In this class, we will review the history of the Independent Tradition
2. We will explore theories of early experiences of psyche and soma (mind and body) and primitive states of mind
3. We will explore the role of regression in therapeutic action
4. We will consider the importance of transitional phenomena in our work
5. We will discuss aspects of countertransference when working with primitive states of mind
6. We will discuss how the Independent Tradition has impacted psychoanalytic thinking about the clinical experience.

Readings:

November 2: The Birth of the Middle School

Rayner, E. (1991). "From Beginnings to Controversy." In *The Independent Mind in British Psychoanalysis*. London: Aronson, pp. 5-27. **(Reader)**

Parsons, M. (2014). An Independent Theory of Clinical Technique. In *Living Psychoanalysis: From Theory to Experience*, pp. 184-204. **(Reader)**

November 9: The Psychological Birth of the Infant: Psyche and Soma

Winnicott, D.W. (1949). Mind and Its relation to the psyche-soma, pp. 243-255, In *Through Paediatrics to Psychoanalysis* (1975). *The International Psychoanalytical Library*, 100, Hogarth Press and the Institute of Psychoanalysis. **(PEP)**

Milner, M. (1987). "The concentration of the body." In *The Suppressed Madness of Sane Men: Forty-four Years of Exploring Psychoanalysis*. New Library of Psychoanalysis, London and New York, pp. 234-240. **(Reader)**

November 30: The Function of the Environment

Winnicott, D.W. (1964) The importance of the Setting. Chapter 19 in *Psycho-Analysis: Theory and Practice* p96-102 **(Reader)**

Winnicott, D.W. (1965) The Concept of Trauma in Relation to the Development of the Individual within the Family. Chapter 22 in *Psycho-Analysis: Theory and Practice*. p130-148 **(Reader)**

December 7: The Early Environment: Breakdowns and Transformations

Winnicott, D.W. (1974). Fear of Breakdown. *Int. R. Psycho-Anal.*, 1:103-107. **(PEP)**

Bollas, C. (1979). The Transformational Object. *Int. J. Psycho-Anal.*, 60:97-107. **(PEP)**

December 14: Internal Object Relations

Ogden, T.H. (2010). Why read Fairbairn?. *Int. J. Psycho-Anal.*, 91:101-118. **(PEP)**

Fairbairn WRD (1943). The repression and the return of bad objects (with special reference to the 'war neuroses'). In: *Psychoanalytic studies of the personality*, 59-81. London: Routledge & Kegan Paul, 1952.

Suggested Reading:

Fairbairn WRD (1944). Endopsychic structure considered in terms of object-relationships. In: *Psychoanalytic studies of the personality*, 82-132. London: Routledge & Kegan Paul, 1952.

December 14: Regression

Balint, M. (1979). *The Basic Fault: Therapeutic Aspects of Regression*. London/New York: Tavistock Publications, pp. 127-149 and pp. 159-172 **(PEP)**

Stewart, H. (1989). Technique at the Basic Fault/regression. *Int. J. Psycho-Anal.*, 70:221-230. **(PEP)**

January 11th: Working with Primitive States: Countertransference

Ferenczi, S. (1949). Confusion of the Tongues Between the Adults and the Child—(The Language of Tenderness and of Passion)¹. *Int. J. Psycho-Anal.*, 30:225-230 **(PEP)**

Balint, M. (1986). "The unobtrusive analyst." Reprinted in Kohon, G. *The British School of Psychoanalysis*. New Haven: Yale Univ. Press. pp. 273-281. **(reader)**

January 18th: Freedom and Flexibility

Ferenczi (1928). The elasticity of psychoanalytic technique, in *Final Contributions*, pp. 87-101.

Symington, N. (1986). "The analyst's act of freedom as agent of therapeutic change." In G. Kohon, *The British School of Psychoanalysis: The Independent Tradition*, pp. 253-273. **(PEP)**

January 25th: Independence in the Consulting Room

Bollas, C. (1983). Expressive Uses of the Countertransference—Notes to the Patient from Oneself. *Contemp. Psychoanal.*, 19:1-33. **(PEP)**

Bonaminio, V. The analyst's oscillating between interpreting and not interpreting: a peculiar Winnicottian point of view on interpreting and not interpreting. Chapter 17 in *The Winnicott Tradition: Lines of Development*. (Ed) Margaret Boyle Spelman & Frances Thomson-Salo. Routledge 2014