

## Termination Course

Sarah Stadler, instructor

### Description

In treatment we often cultivate an experience of timelessness but with termination we confront chronology and loss. This course is an opportunity to contemplate what is involved in the end of a treatment. The course is itself an experience of ending, as it is the last class candidates take with their cohort as part of the didactic seminar series. In the course we will look at a number of positions on termination, historical as well as theoretically diverse, but the primary objective is clinical learning. The hope is that the reading will be a springboard to an exchange about what ending means to us as clinicians, patients, and students.

### Objectives

- Distinguish between what both analyst and analysand “want” and what is therapeutically necessary in entering the termination phase of a psychoanalytic treatment.
- Identify the appropriate time and practical implications in setting a termination date.
- Recognize different theoretical positions on to how and when to initiate termination.
- Describe emotional sequelae of the termination process with regard to meanings of ending and loss, as well as limitations of what has been achieved, or not, in an analytic treatment.
- Recognize how ethics plays a role in termination.
- Explore ways that ethnic or cultural factors may affect the experience of termination.
- Begin to generate a personal position on whether, when and how to pursue a termination.

### Syllabus

#### April 19

Intro

Jones, Alice (2013). “Now We’re Out of Time’: Thoughts on Endings in Poetry and Psychoanalysis.” *American Imago*, 70(4), Winter 2013, pp. 607-632.

(attached to email)

Gabbard, G. (2009). What is a “good enough” termination?”. *JAPA*: vol. 57, #3. pp. 575-594.

(PEP)

#### April 26

History/early aims of therapy

Freud, S. (1937) Analysis terminable and interminable. S.E. 23:209-253.

(PEP)

Klein, M. (1950) (Two short papers, same title) On the criteria for the termination of an analysis. International Journal of Psycho-Analysis 31:204-204, and 31:78-80.

(PEP)

Ferenczi, S. (1928). The Problem of Ending the Analyzes: Lecture at the Xth International Psychoanalytic Congress in Innsbruck on September 3, 1927.

International Journal of Psychoanalysis, 14 (1): 1-10. [...]

(PEP)

### **May 3**

Aims of therapy (DWW)

Phillips, A. (2006). Talking nonsense and knowing when to stop. In Side Effects, Harper Perennial, NY. pp. 21-41.

(in 2012 MMM syllabus for Termination Course)

### **May 10**

Aims of therapy, (relational)

Davies, J.M. (2005). Transformations of desire and despair: reflections on termination from a relational perspective. Psychoanalytic Dialogues, 15: 779-803.

(PEP)

### **May 17**

Hold the line or not?

Coltart, N. (1996) Endings. In The Baby and the Bathwater. London. IUP.

(in 2012 MMM syllabus for Termination Course)

Grand, S. (2009). Termination as Necessary Madness. Psychoanal. Dial., 19:723-733.

(PEP)

### **May 24**

Impact on analyst

Viorst, J. (1982). Experiences of loss at the end of analysis: The analyst's response to termination. Psychoanalytic Inquiry 2:399-418.

(PEP)

**May 31**

Post analysis contact (or not?)

Tessman, L. (2003) Dilemmas of post-termination contact. Chapter 17 in Tessman, L. The Analyst's Analyst Within. Analytic Press: Hillsdale, pps. 270-296  
(in 2012 MMM syllabus for Termination Course)

Meltzer, D. (1984) Recovery from Analysis and the Self-analytic method, in Dream-Life, Clunie Press.

(PEP)