

Psychodynamic Psychotherapy: A Pragmatic, Integrative, Time-Appropriate, Evidence Based Approach.

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Description:

This elective class will present a pragmatic, integrative, time-appropriate, evidence-based approach to psychodynamic psychotherapy, broadly defined. The major tenet of psychodynamic psychotherapy to be emphasized here is the acceptance of the *psychodynamic unconscious* as an organizing principle in personality development, psychopathology, and therapeutic change. The psychodynamic unconscious pertains to a host of implicit mental processes that target representations of self and others, affect, and its regulation. Within this broad frame of reference, psychodynamic psychotherapy *can and should* constitute an intellectually open clinical movement that encourages dialogue amongst its various strands, as well as with other therapeutic approaches (e.g., the cognitive-behavioral and family-systems approaches), and with general psychological science.

Requirements:

Active participation (20%).
Submission of a paper (80%).

Introduction

Class 1: Piaget & Vygotsky

Piaget, J. (1973). *The child and reality* (Chap. 2: Affective unconscious and cognitive unconscious, p. 31-48). New York: Grossman.

ויגוצקי, ל. (2005). אינטראקציה בין למידה והתפתחות. בתוך א. פליישמן ו-ה. אבנט, *תקשורת טיפולית עם מתבגרים*. ירושלים: משרד הרווחה.

Class 2: Freud's clinical questions.

Freud, S. (1914). Remembering, repeating, and working through (further recommendation on the technique of psycho-analysis II). *Standard Edition*, 14, 147-156.

Westen, D. (1998). The scientific legacy of Sigmund Freud: Toward a psychodynamically informed psychological science. *Psychological Bulletin*, 124, 333-371.

A. The various strands of psychodynamic psychotherapy.

Class 3: Self-psychology.

Kohut, H., & Wolf, E. (1978). The disorders of the self and their treatment. *International Journal of Psychoanalysis*, 59, 413-425.

Havens. L. (1986). *Making contact* (Empathic language 9-80).

Class 4: Drive, Ego, Object, Self: Fred Pine's synthesis.

Pine, F. (1990). *Drive, Ego, Object, Self: A synthesis for clinical work*. New York: Basic Books.

Class 5: VERBATIM Drive, Ego, Object, Self: Fred Pine's synthesis (contd).

Pine, F. (1990). *Drive, Ego, Object, Self: A synthesis for clinical work*. New York: Basic Books.

Class 6: Interpersonal and relational psychodynamic psychotherapy.

Sullivan, H. S. (1953). *The interpersonal theory of psychiatry (Towards the psychiatry of people)*. New York: Norton.

Class 7: Sullivan.

Havens, L. (1986). *Making contact* (interpersonal language, pp. 81-140).

Class 8: Existential Psychotherapy: A branch of psychodynamic psychotherapy

May R. (1958). The origins and significance of the existential movement in psychology. In R. May, E. Angel, & H. F. Ellenberger (Eds.) *Existence: A new dimension in psychiatry and psychology* (pp. 3-36). New York: Basic Books.

Class 9: Existential Psychotherapy: A Branch of Psychodynamic Psychotherapy (contd)

Yalom, I. D. (1980). *Existential psychotherapy* (Death and psychotherapy, pp. 159-217). New York: Guilford.

Havens, L. (1974). The existential use of the self. *American Journal of Psychiatry*, 131, 1-10.

Class 10: Buber I and Thou.

Stern D. (2004). *The present moment* (149-186). New York: Norton.

Class 11: Vuerbatim (Buber),

From "I and Thou" – Hebrew translation by Ahron Flashman.

B. Evidence Based Psychodynamic Psychotherapy.

Class 12: Empirical basis of psychoanalysis and psychoanalytic psychotherapy.

Blatt, S. J., & Shahar, G. (2004). Psychoanalysis: With whom? For what? And Why? Comparison with psychotherapy. *Journal of the American Psychoanalytic Association*, 52, 393-447.

Leichsenring, F., & Rabung, S. (2008). Effectiveness of long-term psychodynamic psychotherapy: A meta-analysis. *Journal of the American Medical Association*, 300, 1551-1565.

Class 13: Evidence based psychodynamic psychotherapy: Transference Focused Therapy.

Clarkin, J. F., Yeomans, F. E., & Kernberg, O F. (2006). *Psychotherapy for borderline personality: Focusing on object relations (Chap. 2: 33-69)*. Washington, DC: American Psychiatric Publishing, Inc.

SEMESTER BREAK.

B. Evidence Based Psychodynamic Psychotherapy (contd).

Class 1: Evidence based psychodynamic psychotherapy: Transference Focused Therapy.

Clarkin, J. F., Yeomans, F. E., & Kernberg, O F. (2006). *Psychotherapy for borderline personality: Focusing on object relations (Chap. 11: 343-367)*. Washington, DC: American Psychiatric Publishing, Inc.

Class 2: Evidence based psychodynamic psychotherapy: Mentalization Based Therapy.

To be Announced.

Class 3: Evidence based psychodynamic psychotherapy: Mentalization Based Therapy.

TBA

C. Brief psychodynamic psychotherapy.

Class 5: An overview. AF,

TBA

Class 6: Mann's Time-Limited Brief Psychodynamic Psychotherapy.

שפּלר, ג. (תשנ"ד). טיפול מוגבל בזמן בשיטת ג'יימס מאן – מושי היסוד והמודל הטיפולי. בתוך ג. שפּלר (עורך) פסיכותרפיה מוגבלת בזמן: תיאוריה, טיפול, מחקר (עמ' 51-55). ירושלים: מאגנס.

Class 7: Mann's Time-Limited Brief Psychodynamic Psychotherapy.

שפּלר, ג. (תשנ"ד). טיפול מוגבל בזמן בשיטת ג'יימס מאן – מושי היסוד והמודל הטיפולי. בתוך ג. שפּלר (עורך) פסיכותרפיה מוגבלת בזמן: תיאוריה, טיפול, מחקר (עמ' 51-55). ירושלים: מאגנס.

D. Integration between Psychodynamic Psychotherapy and Cognitive Behavior Therapy.

Class 8: Hypnosis and brief psychodynamic psychotherapy.

Milton Erickson (1980). *Collected papers (Vol. 1 206-257)*. New York: Irvington

Class 9: Hypnosis

Haley, J. (1967). Selected papers of Milton Erickson (299-325). New York: Grune & Stratton.

Class 10: Integration of psychodynamic psychotherapy and cognitive-behavioral psychotherapy.

Shahar, G., & Davidson, L. (in press). Participation-engagement: A philosophically-based heuristic for prioritizing interventions in the treatment of comorbid, complex, and chronic psychiatric conditions. *Psychiatry: Interpersonal and Biological Processes*.

Wachtel, P. L. (1994). Cyclical processes in personality and psychopathology. *Journal of Abnormal Psychology, 103*, 51–66.

Class 11: VERBATIM

Class 12: Family

Hoffman, L. (2002). Family therapy: An intimate history (pp. 219-278). New York: Norton.

Class 13: Family

Flashman, A. (in press). Almost Buber.