

PH.D. PROGRAM IN CLINICAL PSYCHOLOGY
THE CITY UNIVERSITY OF NEW YORK

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Fall 2015
Office Hours:
Tu 9:00 am and by appt.

PSYCH 84100 (29162): CLINICAL PRACTICUM, Tuesday, 2pm

Course Description:

This course is designed to help students to develop their skills as psychotherapists. We will work on the ongoing challenge of diagnosing patients (and utilizing diagnosis in treating them), and we will discuss progress and how to handle lack of progress with treatment plans. We will focus on the following issues: 1) the basic rationale and framework of the clinical situation; 2) therapeutic interventions, including clarification, confrontation, interpretation, and reconstruction; 3) typical problems encountered in the initial phases of treatment; 4) issues around boundaries, structure and the frame; 5) transference and counter-transference; 6) evidence-based psychodynamic treatments and the efficacy of psychodynamic treatment. We will pay special attention to how to tailor therapeutic technique to the patient's level of functioning. We will also discuss current controversies about the nature of the therapeutic relationship, such as the constructed transference versus the reconstructed transference; the relationship between the transference and the working alliance, the degree of "activity" on the therapist's part, the focus on the "here and now" vs. the "there and then in interpretation," the importance of psychic reality and unconscious fantasy versus reality, and how to hear and work effectively with diversity issues. We will learn about the theory and practice of supervision, and you will have the opportunity to do supervision. Everyone in the class will have the chance to present his/her cases and be a supervisor—several times. A schedule will be forthcoming for the entire semester.

The reading for the course will concern how psychotherapy works. We will also do some reading about supervision: how to define it (vs. mentoring), how to be open to learning from it (and how to deal with problems when and if they arise), and how to conduct doing it yourselves.

The course will work as follows:

- 1) the first 45 minutes of class will be spent discussing the reading for the week

- 2) the next hour or so will be divided into case presentations by two students (about 30 minutes each) with one student assigned to act as a supervisor for each. Students will present on a rotating basis, and you will be able to present several times during the semester. Presentations should begin with an introduction to the case and then formulate any concerns you have about the case; in the subsequent sessions, you should read process notes from a single session (or perhaps parts of more than one session).

Course Objectives:

- 1) To develop skills as a psychotherapist
- 2) To gain experience in diagnosing and formulating treatment plans for patients
- 3) To gain experience in applying diagnostic language in psychotherapy
- 4) To learn about supervision—both as a supervisee and a supervisor
- 5) To examine issues about the efficacy of psychodynamic therapy.
- 6) To understand how attachment theory and research influence aspects of the therapeutic relationship including treatment alliance, treatment process and outcome.
- 7) To develop the capacity to evaluate critically the literature on diversity issues (gender, race, class, ethnicity) in psychotherapy.

Grading: Your grade will be based on your case presentations (roughly 30%), your work as a supervisor (roughly 30%), and one 10 page paper, reflecting on your experience as a supervisor, including what your sense of the interaction, what you felt went well, and what you might in hindsight have handled differently (30%), and your general participation (roughly 10%).

Reading: The reading list is intended to be skeletal and will be filled in with relevant reading based upon the patients that are discussed in class.

First Week: 9/1/15

What Makes Psychotherapy Work:

--Nancy McWilliams' *Psychoanalytic Psychotherapy* (2004), Chapter 1, "What Defines a Psychoanalytic Therapy," Chapter 2, "The Psychoanalytic Sensibility, Chapter 3, "The Therapist's Preparation."

--Jonathan Shedler's "The Efficacy of Psychodynamic Psychotherapy," *American Psychologist*, 2010 (<http://www.apa.org/pubs/journals/releases/amp-65-2-shedler.pdf>)

--Jonathan Shedler's "Getting to Know Me" *Scientific American*, 2010.
(<http://xa.yimg.com/kq/groups/9024572/1729420485/name/Shedler+Scientific+American.pdf>)

Optional Reading

--Glen Gabbard's *Long term Psychodynamic Psychotherapy: A Basic Text* (2004), Chapter 1, "Key Concepts".

--Herb Schlesinger's *The Texture of Treatment: On the Matter of Psychoanalytic Technique* (2003), Chapters 1 and 2.

Second Week: 9/8/15

What Makes Psychotherapy Work

Continue above reading.

Third Week: 9/15/15

15/15 On Supervision

--Carol Falender's "You Said What?"—Becoming a Better Supervisor, Revised 2010
(<http://www.continuingeducation.net/active/courses/course062.php>)

--Thomas Ogden's "On Psychoanalytic Supervision," *IJPA*, 2005.

Fourth Week: 9/22/15

What Makes Psychotherapy Work:

--Hans Loewald's "Internalization, Separation, Mourning, and the Superego" (1962)

--Nancy McWilliams' *Psychoanalytic Psychotherapy* (2004), Chapter 5, "Boundaries I: The Frame," Chapter 7, "Boundaries II: Quandries," Chapter 12, "Self-Care."

Fifth Week: 9/29/15

Transference

--Jean Laplanche's "Transference: The Analyst's Provocation of it," *Essays on Otherness* (1999).

--Adam Phillips' "Playing Mothers: Between Pedagogy and Transference" in *On Kissing, Tickling and Being Bored* (1998).

--Herb Schlesinger's *The Texture of Treatment* (2003), Chapter 4, "Transference and the Process of Interpretation."

Sixth Week: 10/6/15

Countertransference

--Glen Gabbard's "Countertransference: the Emerging Common Ground," *IJPA*, 1995.

--Herb Schlesinger's *The Texture of Treatment* (2003), Chapter 5, "Transference and Countertransference."

Seventh Week: 10/13/15

Mind States

--Donald Winnicott's "Fear of Breakdown" (1974)

--Phil Bromberg's *Standing in the Spaces* (1998), Chapter 17, "Standing in the Spaces: The Multiplicity of Self and the Psychoanalytic Relationships," and Chapter 18, "Staying the Same While Changing: Reflections on Clinical Judgement."

Eighth Week: 10/20/15

The Therapeutic Relationship

--Charles Brenner's "Working alliance, therapeutic alliance and transference," *JAPA* (1979).

--Barry Farber, et al.'s "The Therapist as an Attachment Figure," *Psychotherapy* (1995).

--Jeremy Safran, et al.'s "Alliance, Negotiation and Rupture Resolution" *Handbook of Evidence-Based Psychodynamic Psychotherapy* (2009)

Ninth Week: 10/27/15

Psychoanalytic Psychotherapy and Supervision

--Patrick Casement's *Learning From Our Mistakes* (2002) Introduction, Chapter 1, "Getting There: The Unfolding Potential of Psychoanalysis," Chapter 2, "Mistakes in

Psychoanalysis, and Trying to Avoid Them,” Chapter 3, The Experience of a Session, and Trying to Communicate it,” and Chapter 4, “Towards Autonomy: Some Thoughts on Psychoanalytic Supervision.”

Tenth Week: 11/3/15

New Conceptions of Supervision

--Mary Gail Frawley-O’Dea and Joan Sarnat’s *The Supervisory Relationship* (2000), Chapter 1, “Historical Perspectives on Psychoanalytic Supervision,” Chapter 2, “Models of Supervision,” Chapter 3, “A Relational Model of Supervision, Chapter 4, “The Supervisor’s Knowledge, Power, and Authority, Part II: Evaluation, Externality, Sexual Boundaries, and Gender.

Eleventh Week: 11/10/15

New Conceptions of Supervision

-Emmanuel Berman’s “Psychoanalytic Supervision: The Intersubjective Development,” IJPA, 2000.

Twelfth Week: 11/17/15

New Idea about Supervision

-C.E. Watkins, Jr.’s “The Contemporary Practice of Effective Psychoanalytic Supervision,” *Psychoanalytic Psychology* (2013).

Thirteenth Week: 11/24/15

Diversity Issues

--Saunia Ahmad & David Reid’s “Cultivating Cultural Competence: Understanding and Integrating Cultural Diversity in Psychotherapy,” *Psychotherapy* (2009)

[\(http://www.divisionofpsychotherapy.org/ahmad-and-reid-2009/\)](http://www.divisionofpsychotherapy.org/ahmad-and-reid-2009/)

--Pratyusha Tummala-Narra’s The Relevance of a Psychoanalytic Perspective in Exploring Religious and Spiritual Identity in Psychotherapy, *Psychoanalytic Psychology* (2009).

Fourteenth Week: 12/1/15

Mentalization and Psychotherapy

--Peter Fonagy and Anthony Bateman's *Mentalization-Based Treatment for Borderline Personality Disorder: A Practical Guide* (2006), Chapter 1, "Introduction to Mentalization" and Chapter 2, "Using the Mentalization Model to Understand Severe Personality Disorder."

--Elliot Jurist's "Mentalized Affectivity" *Psychoanalytic Psychology* (2005).

Fifteenth Week: 12/8/15

Termination

--Herbert Schlesinger's *Endings and Beginnings*, Preface, Chapter 1, A Little History and Some Definitions," Chapter 2, "Patterns of Ending Psychotherapy."