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<tbody>
<tr>
<td><strong>3 days</strong></td>
<td><strong>THE FUNDAMENTALS OF PSYCHOANALYTIC THEORY AND THERAPY</strong></td>
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<tr>
<td></td>
<td>Day 2 9:00 a.m. - 12 p.m. Developmental Models of the Mind</td>
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<td></td>
<td>1. Modes of Structuring Psychic Experience</td>
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<td>2. Clinical Applications</td>
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<td></td>
<td>Day 2 2:00 p.m. - 4:30 p.m. Consultation to Participants’ Cases</td>
</tr>
</tbody>
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Developmental Models of the Mind

Caroline M. Sehon, M.D.
Director, DC Metro Program
International Psychotherapy Institute
carolinesehon@gmail.com
Basic Concepts of Sigmund Freud
Topographic Theory (1900)

(Freud’s First Tripartite Theory of the Mind)

3 Psychic Systems, along vertical continuum

• Conscious
• Preconscious
  -- mental content out of awareness
  -- can move into conscious realm with effort
• Unconscious
Operational Modes of Psychic Systems (1895)

Primary Process Thinking
• impulse-ridden thinking
• constraints do not apply
• governed by the ‘pleasure-unpleasure’ principle

Secondary Process Thinking
• logical, reasonable thinking
• determined by the ‘reality principle’
The Structural Theory (1923)

- **Id [Ucs]**
  - The mind’s reservoir of aggressive and sexual instincts
  - Pleasure principle
  - Primary process thinking
  - Originates in the body

- **Ego [Ucs + C]**
  - The executive of the mind
  - Reality principle
  - Secondary process thinking

- **Superego [Ucs + C]**
  - The mind’s moral compass
  - Functions between the id and ego
Psychosexual Theory (1905 - 1924)

Sexual “instinct” (libido) ↔ Preservative “instinct” (repressing libido)

Sexual “instinct” ↔ Death “instinct” (destructiveness, aggressiveness)

Scharff, D., Scharff, J. (2005)
Critique of Psychosexual Theory

Scientific Model of Mind

- Release of instinctual tension
- Return to state of homeostasis
- Narcissistic retreat

Scientific Model

Mother-Infant Relationship

Scharff, D., Scharff, J. (2005)
Freud’s Pre-oedipal Psychosexual Stages (Birth – 3.5 y.o.)

- Psychological tasks & accomplishments
- Psyche evolved: shifting erogenous zones
- Pleasure principle > Reality principle
Freud’s Pre-oedipal Psychosexual Stages (Birth – 3.5 y.o.)

- Oral
- Anal
- Phallic
- Oedipal
The Oedipal Child: Possessing the Opposite Sex

- Vignette
The Oedipal Child:  
*Killing the rival*  

- Vignette
Resistance and Defense

• **Resistance**
  – A function of unconscious organization

• **Defense**
  – Ego mechanisms of defense
  – To protect the vulnerability
  – To structure expression of feelings & conflicts
Basic Concepts of Donald Fairbairn
Fairbairn’s Baby

• Ego present at birth
• Ego is object seeking
• Libido’s aim → attachment
• Aggression = reaction to frustration, deprivation
## Structuring Psychic Experience: Fairbairn’s Splitting of Ego & Repression by Ego

<table>
<thead>
<tr>
<th>Ego</th>
<th>The Internalized Object</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Ego (Core self)</td>
<td>Ideal or “Good enough” Object</td>
</tr>
<tr>
<td>Libidinal Ego</td>
<td>Exciting Object (split off from core of object)</td>
</tr>
<tr>
<td>Antilibidinal Ego</td>
<td>Rejecting (frustrating) Object (split off from core of object)</td>
</tr>
</tbody>
</table>
Amplication of Fairbain’s Model of Psychic Organization

Scharff, D.; Scharff, J. (2005)
Basic Concepts of Melanie Klein
I’m delighted to meet you!
A rudimentary self is born at birth

K’s baby is object related at outset

The +ve object is introjected first

Oedipal complex begins earlier than Freud’s baby (~ 1 y.o.)
KLEIN’S BABY

(Continued)

- Ucs Phantasy from the get go
- Ucs Envy is present already
- Primarily preoccupied with the body & bodily processes
- Begins life in the Paranoid-Schizoid position
THE GROWTH OF THE MIND:
Klein’s View

- Emphasis upon the Body
- Nonintegration and Integration
- The child’s role is paramount
- Projection - Introjection, Projective Identification
KLEIN’S KEY CONTRIBUTIONS

1. Psychoanalytic Play Technique & Psychic Reality
2. Structuring of Ego/Self
3. Ucs Phantasy
4. Kleinian Interpretations
5. Superego Development
6. Oedipus Complex
7. Life and Death Instincts
8. Developmental Schema: The Positions
PSYCHOANALYTIC PLAY TECHNIQUE

“The Psychoanalytic Play Technique: Its History and Significance” (1955)

“If one approaches child analysis with an open mind one will discover ways and means of probing to the deepest depths” (Klein, 1927)

Child analytic training: innovative method
PSYCHOANALYTIC PLAY TECHNIQUE

- Play ~ Free association
- Focus on Psychic reality
- Access to the Ucs anxieties of dependent infant
- Symbol Formation
STRUCTURING OF EGO/SELF

- Internal object relations as organizers of Ego
- Radical departure from Freud
- Primary focus on child’s role
UNCONSCIOUS PHANTASY

- Klein’s view
  - Ucs mental content = Ucs Phantasy
  - Fantasied narratives of child’s relationships within herself and btw herself and her objects
  - Eg. Transference

- Freud’s view
  - Phantasies formed by secondary processes & later internalized + primary process
INTERPRETATION OF Ucs ANXIETY

- Klein: analysis of Ucs anxiety associated w/objects
- Freud: analysis of defenses to de-repress Ucs content
One way of interpreting Ucs phantasy

Radical change of technique

Interpreting +ve and -ve transference
SUPEREGO DEVELOPMENT

- Precedes Oedipus Complex
- Persecuting and ego-ideal aspects
**OEDIPUS COMPLEX**

- Organizes all Ucs Phantasies

<table>
<thead>
<tr>
<th></th>
<th>FREUD</th>
<th>KLEIN</th>
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<tbody>
<tr>
<td><strong>AGE</strong></td>
<td>3 y.o.</td>
<td>By 1 y.o., Depressive position</td>
</tr>
<tr>
<td><strong>Start of Mental Life</strong></td>
<td>w/Oedipus complex</td>
<td>Infantile Oedipus complex</td>
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</table>

**Infantile Oedipus Complex**

By 1 y.o., Depressive position

- Start of Mental Life w/Oedipus complex
LIFE AND DEATH INSTINCTS

- **Death Instinct**
  - fundamental force that the infant must encounter and respond to
  - Expressed in the form of greed, envy and destructiveness

- **Life Instinct: Love**
THE DEVELOPMENTAL SCHEMA: The Positions

- P-S Position ↔ Depressive Position

- “Positions” vs. Stages – lifelong relevance
<table>
<thead>
<tr>
<th></th>
<th>P-S POSITION</th>
<th>DEPRESSIVE POSITION</th>
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<tbody>
<tr>
<td><strong>AGE</strong></td>
<td>0 --- 3-4 months</td>
<td>6 – 12 months</td>
</tr>
<tr>
<td><strong>STAGE</strong></td>
<td>Part-object stage (narcissism)</td>
<td>Whole-object stage (Object relatedness)</td>
</tr>
<tr>
<td><strong>ANXIETY</strong></td>
<td>Persecutory anxiety</td>
<td>Depressive anxiety</td>
</tr>
<tr>
<td><strong>DEFENSES</strong></td>
<td>Schizoid defenses</td>
<td>Manic defenses</td>
</tr>
<tr>
<td><strong>STATES OF MIND</strong></td>
<td>Pre-reflective &amp; pre-symbolic</td>
<td>Reflective and symbolic capacities</td>
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<tr>
<td></td>
<td>(Symbolic equation, Segal 1957)</td>
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<tr>
<td><strong>PREOCCUPATION</strong></td>
<td>Dangerous internal &amp; external objects</td>
<td>Repair damaged object &amp; yearning for lost object</td>
</tr>
<tr>
<td>Responsibility for oneself</td>
<td>Located in the other</td>
<td>Now shifted to oneself</td>
</tr>
<tr>
<td>Responsibility for the object</td>
<td>Relatively absent</td>
<td>Present</td>
</tr>
</tbody>
</table>
KLEIN’S FOLLOWERS

- Susan Isaacs
- Paula Heimann
- Wilfred Bion
- Roger Money-Kyrle
- Herbert Rosenfeld
- Hanna Segal
- Donald Meltzer
References


• Grotstein, J.S. (2009) "...But At The Same Time And On Another Level...” Psychoanalytic Theory and Technique in the Kleinian/Bionian Mode. London: Karnac


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<th>THE FUNDAMENTALS OF PSYCHOANALYTIC THEORY AND THERAPY</th>
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<tbody>
<tr>
<td>Day 3</td>
<td>Dreams, Fantasies and Other Portals to the Unconscious</td>
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<tr>
<td>9:00 a.m.</td>
<td>1. Working with Dreams &amp; the Ucs</td>
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<tr>
<td>12 p.m.</td>
<td>2. Clinical Application</td>
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<tr>
<td>Day 3</td>
<td>Psychic Transformations: Theory &amp; Technique, Then and Now</td>
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<tr>
<td>2:00 p.m.</td>
<td>4:30 p.m.</td>
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