

**3 days**

**THE FUNDAMENTALS OF  
PSYCHOANALYTIC THEORY AND  
THERAPY**

**Day 2**  
**9:00 a.m.**  
**12 p.m.**

**Developmental Models of the Mind**  
1. Modes of Structuring Psychic Experience  
2. Clinical Applications

**Day 2**  
**2:00 p.m.**  
**4:30 p.m.**

**Consultation to Participants' Cases**

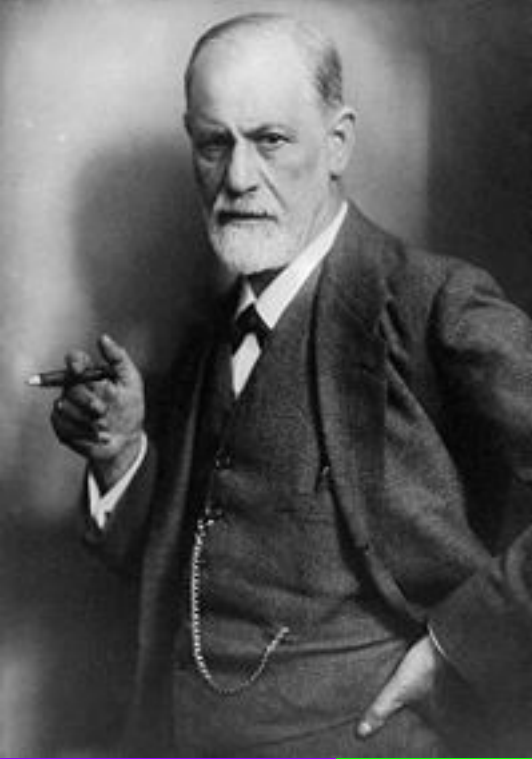
# Developmental Models of the Mind

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# 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

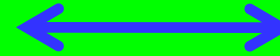
# Psychosexual Theory (1905 - 1924)

**Sexual "instinct"** (libido) ↔ **Preservative "instinct"** (repressing libido)

**Sexual "instinct"** ↔ **Death "instinct"**  
(destructiveness, aggressiveness)

# Critique of Psychosexual Theory

**Scientific Model of Mind**



**Mother-Infant Relationship**

**Scientific Model**

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



# Freud's Pre-oedipal Psychosexual Stages (Birth – 3.5 y.o.)

- Psychological tasks & accomplishments
- Psyche evolved: shifting erogeneous 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

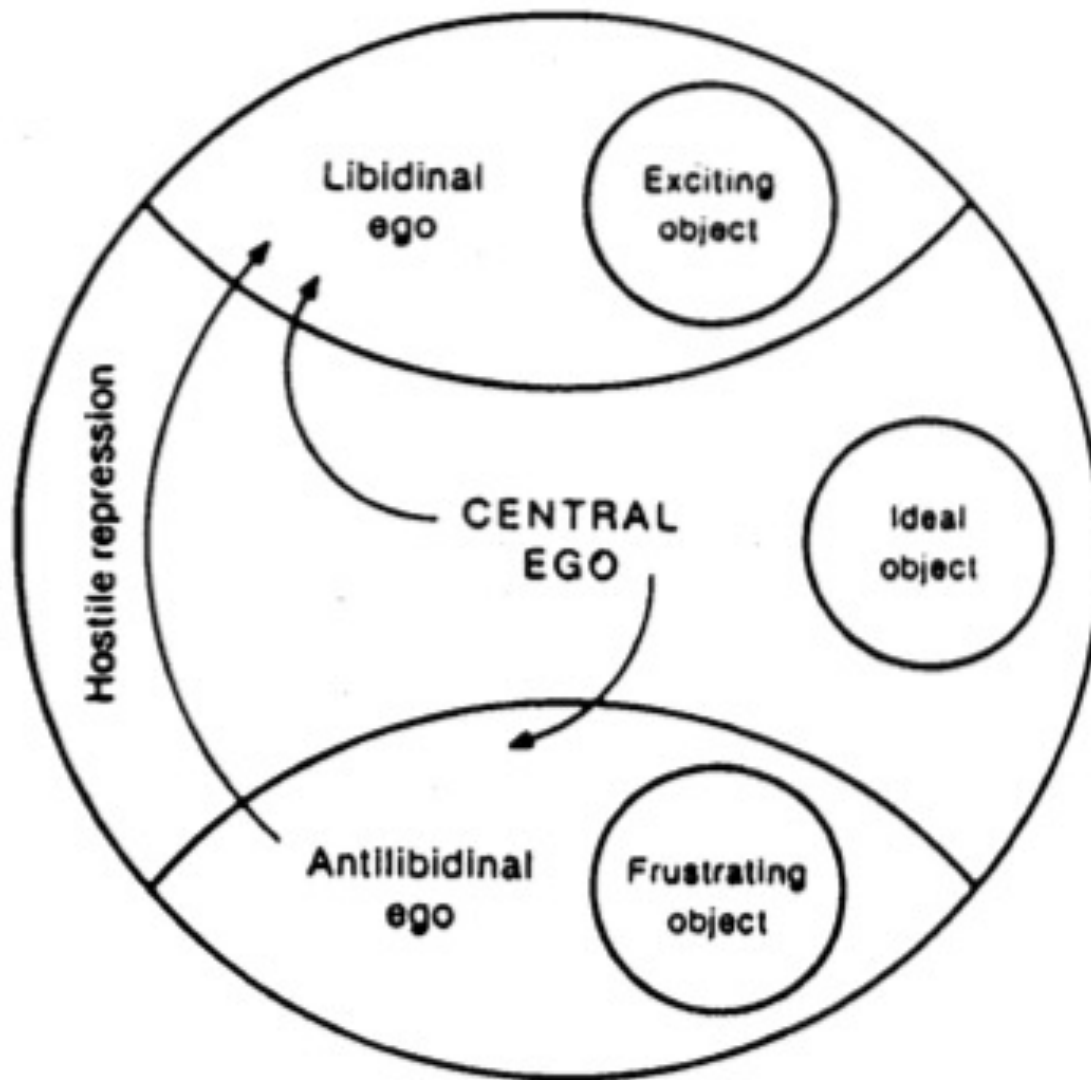
- Ego present at birth
- Ego is object seeking
- Libido's aim  attachment
- Aggression = reaction to frustration, deprivation

# Structuring Psychic Experience: *Fairbairn's Splitting of Ego & Repression by Ego*

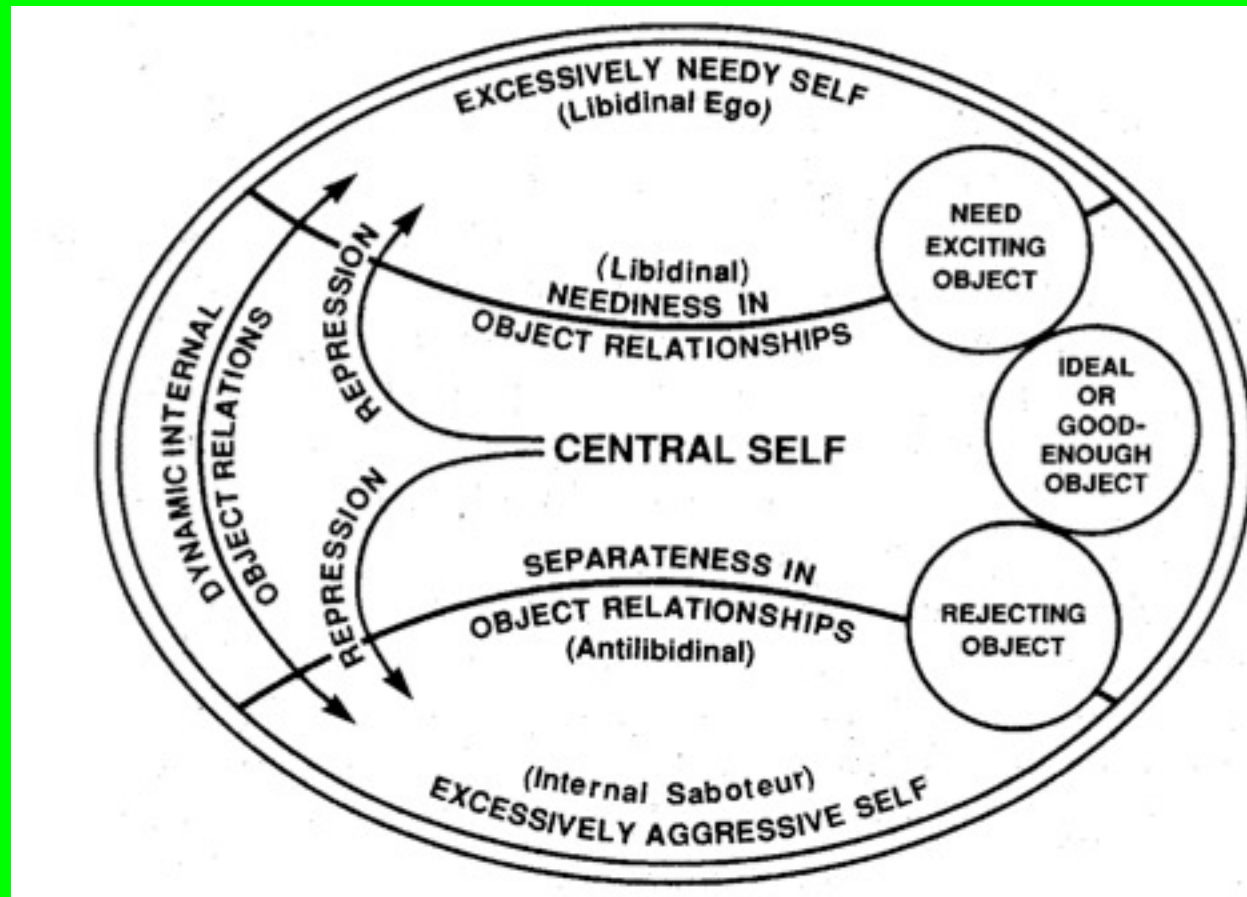
Ego		The Internalized Object
Central Ego (Core self)	C	Ideal or "Good enough" Object
Libidinal Ego	Ucs	Exciting Object (split off from core of object)
Antilibidinal Ego	Ucs	Rejecting (frustrating) Object (split off from core



# The Endopsychic Situation



# Amplification of Fairbairn's Model of Psychic Organization





# **Basic Concepts of Melanie Klein**

***I'm delighted to meet you***



**Melanie Klein**

# KLEIN'S BABY


- 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

# TRANSFERENCE INTERPRETATIONS

- 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


	<b>FREUD</b>	<b>KLEIN</b>
<b>AGE</b>	<b>3 y.o.</b>	<b>By 1 y.o., Depressive position</b>
<b>Start of Mental Life</b>	<b>w/Oedipus complex</b>	<b>Infantile Oedipus complex</b>



# 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

# THE DEVELOPMENTAL SCHEMA: The Positions

	<b>P-S POSITION</b>	<b>DEPRESSIVE POSITION</b>
<b>AGE</b>	0 --- 3-4 months	6 – 12 months
<b>STAGE</b>	Part-object stage (narcissism)	Whole-object stage (Object relatedness)
<b>ANXIETY</b>	Persecutory anxiety	Depressive anxiety
<b>DEFENSES</b>	Schizoid defenses	Manic defenses
<b>STATES OF MIND</b>	Pre-reflective & pre-symbolic (Symbolic equation, Segal 1957)	Reflective and symbolic capacities
<b>PREOCCUPATION</b>	Dangerous internal & external objects	Repair damaged object & yearning for lost object
<b>Responsibility for oneself</b>	Located in the other	Now shifted to oneself
<b>Responsibility for the</b>	Relatively absent	Present

# KLEIN'S FOLLOWERS

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

# References

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- Bronstein, C. (2001) *Kleinian Theory: A Contemporary Perspective*. London: Whurr Publications.
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- Scharff, D. E. (1996) *Object Relations Theory and Practice*. New Jersey: Jason Aronson Inc..
- Scharff, D.E., Scharff, J.S. (2005) *The Primer of Object Relations*, 2<sup>nd</sup> Edition. United States of America. Jason Aronson, Inc.
- Segal, H. (1973) *Introduction to the Work of Melanie Klein*. Hogarth Press.

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**THE FUNDAMENTALS OF  
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**Day 3**  
**9:00 a.m.**  
**12 p.m.**

**Dreams, Fantasies and Other Portals to  
the Unconscious**

1. Working with Dreams & the Ucs
2. Clinical Application

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**4:30 p.m.**

**Psychic Transformations: Theory &  
Technique, Then and Now**