

William Alanson White Institute  
20 W 74th Street, NYC 10023  
Course #310  
First Trimester, 2019

An Introduction to The British Middle School

Instructor: Deborah Fraser, PhD  
53 W 86<sup>th</sup> Street  
New York, New York 10024  
(212) 613-6496  
drdebfraser@gmail.com

**October 22, 2019**

**Week 1: Analytic Values, Beliefs and Professional Identity**

Johns, J. (2009). How Do You Get Where You Want to Be When You Don't Know Where You Want to Be?. *Psychoanal. Inq.*, 29:223-235.\*\*\*

Parsons, M. (2009). An Independent Theory of Clinical Technique. *Psychoanalytic Dialogues*, 19: 221-236.\*\*\*

**Discussion Questions:**

What is the role of the early environment in this theoretical perspective?

How does Johns' analytic identity relate to your own development as an analyst and your core analytic values and beliefs?

**October 29, 2019**

**Week 2: The Birth of the Self: A Developmental Model**

Winnicott, D.W. (1945). Primitive Emotional Development. *International Journal of Psychoanalysis*. 26: 137-143.\*\*\*

**Discussion Questions:**

According to Winnicott, how does the self (mind?) develop?

What is the role of mother/other in early development?

**Suggested Reading:**

Slochower, J. (2014). Holding As Metaphor: The Winnicottian Model. *Holding and Psychoanalysis. A Relational Perspective*. Routledge, USA, p. 8-23.

**November 5, 2019**

**Week 3: Disturbances of the Self: Regression and Dissociation**

Balint, E. (1993). On Being Empty of Oneself. In Before I was I. Psychoanalysis and the Imagination. The Guilford Press, New York. P.37-56.

Balint, E. (1991). Commentary on Philip Bromberg's "On Knowing One's Patient Inside Out". Psychoanal. Dial., 1(4):423-430.\*\*\*

**Discussion Questions:**

What is the feedback loop between mother/infant or patient/analyst?  
What is the therapeutic action in E Balint's model?

**Suggested Reading:**

Bromberg, P.M. (1991). On Knowing One's Patient Inside Out: The Aesthetics of Unconscious Communication. Psychoanal. Dial., 1(4):399-422.

**November 12, 2019**

**Week 4: The Analyst's Role In Regressive States**

Casement, P. (1982). Some Pressures on the Analyst for Physical Contact During the Re-Living of an Early Trauma. International Review of Psycho-Analysis, 9: 279-286.\*

Balint E. (1993) Unconscious communication. In Before I was I. Psychoanalysis and the Imagination. The Guilford Press, New York. P. 110-118.

**Discussion Questions:**

What is the role of regression in analysis?  
How does the analyst incorporate the patient's history in treatment?

**November 19, 2018**

**Week 5: Listening to the Unconscious**

Symington, N. (1983). The Analyst's Act of Freedom as Agent of Therapeutic Change. Int. R. Psycho-Anal., 10:283-291.

Bion, W. (2013). Notes on Memory and Desire and Responses. Wilfred Bion: Los Angeles Seminars and Supervision. Ed. J. Aguayo and B. Malin. P 136-138

**Discussion Questions:**

What is analytic listening?  
How does the analyst maintain the ability to think when faced with patient's omnipotent defenses?

**\*\*\*Readings will be emailed as PDF's. All unmarked readings are on the Reserve Library**