PSYA- 330 Ego Psychology and Psychoanalytic Technique

Instructor: Dr. Steven T Levy M.D. and Kendle Jenkins, LPC
Bernard C Holland Professor of Psychiatry and Behavioral Science

Class Start: September 25, 2018 – October 30, 2018
Class Time: Tuesday evening: 6:30am-7:45pm
Place: Tufts House, Emory University

Reading/Text:
❖ The Ego and Analysis of Defense. Citation. Gray, P. (1994). New Jersey: Jason Aronson. (PLEASE PURCHASE THIS BOOK. It is available on Amazon for about $20 if you buy a used copy.)

Optional

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Session 1: September 25, 2018
1. From mind as discharge apparatus to mind as conflict resolving
2. From hidden impulses, fantasies and traumas to hidden ego activities
3. The relationship of theory to technique
4. The analytic surface and analytic listening
   a. A. Freud and equidistance
   b. S. Freud’s 2nd theory of anxiety. See Freud 1926. Inhibitions, Symptoms and Anxiety

Session 2: October 2, 2018
1. Resistance to defense analysis- (Gray’s chapter 2)- “Developmental Lag” in the evolution of technique
   a. Fascination with the id
   b. An authoritative stance
   c. Preoccupation with external reality
   d. The “Past”
   e. Counterresistance to affects and impulses
2. Adaptation, conformity and normality
3. Ego Psychology and orthodoxy
Session 3: October 9, 2018
1. Enhancing self-observation (Gray chapters 1 and 3)
2. Mentation as activity. Suggest Schafer, R. Action Language
3. Establishing a context for conceptualizing mind- the wording of interpretations

Session 4: October 16, 2018
1. Analysis of the ego’s super ego functions (Gray chapter 5 and 6)
2. Transferences of defense- see A. Freud
3. The Inhibiting superego
4. The Permissive (“loving”) superego (see R. Schafer)
5. Enhancing “ego strength”

Session 5: October 23, 2018
1. Therapeutic action and defense analysis (Gray- chapter 4)
2. The analysis of aggression

Session 6: October 30, 2018