

Psychology of Relationships (212)

Santa Clara University

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Quarter: Summer, 2009
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Course Description:

The central focus of this course is relationships: how human beings develop as relational beings; how they orient toward themselves and toward others in relationship; how they orient in the therapeutic relationship; how their relational templates may be the focus of therapeutic intervention. The primary "filter" used to study relationships will be what is broadly known as Object Relations Theory (primarily British school).

The course will be designed mainly as a readings seminar. Students will be exposed to a broad array of contributors to the field, from Freud and Klein to current authors. Class time will be spent discussing concepts from the readings, and considering their implications for use in the process of therapy.

Grading:

Class Attendance /Participation..... 10%

Attendance/ reasonable promptness at /for all classes is required. Students should come prepared to discuss the session's readings. Instructor will appraise student's level of involvement in-class discussions.

Session Readings 25%

Each session, students hand in an estimate of required reading carefully read (e.g., 100%; 30%, etc.).

“Aha” Journal 20%

Students will develop an informal notebook of "aha" experiences related to their session reading and classroom discussions. Jot down concepts as you read, and be thoughtful about how they apply to you, significant others, clients you now see in therapy. Should include all books and articles read. Roughly 3 pages/ class.

Final Project 45%.

The project will have 2 parts.

Part I: Compile “aha” journal to be turned in.

Part II: Use journal as the basis for a paper of 7-8 typed pages (double spaced) in which you reflect on aspects of your own "object relations" as

they have played out in your own primary relationships / life pursuits. Pay attention to patterns, kinds of relationships you seem to find yourself in, ways that your present emotional life feels similar to the one you had growing up. Be both personal and conceptual: use what you've learned to see yourself in new ways.

Class Plan

Session 1 Mon. 6/22	Introduction; Overview Requirements/Logistics Introduction to Object Relations Theory: Historical and Clinical Perspectives	<u>For Session 2:</u> <i>Object Relations Therapy</i> *Greenberg & Mitchell, p .9-20
Session 2 Wed. 6/24	Intro, continued Infant Research How the Ego and Capacities for Relationship Develop <i>Life's First Feelings</i>	<u>For Session 3:</u> *Willemsen & Marcel, Attachment 101 for Attorneys Horner: (<i>Psych.Obj Rel Therapy</i>) p. 3-30 *St. Claire on Mahler p.109-129
	*Greenspan notes, I & II	
Session 3 Mon. 6/29	The Developmental Analogue: Developmental Deprivations and Associated Pathologies	<u>For Session 4:</u> <i>Being and Loving</i>
Session 4 Wed. 7/1	Being and Loving	<u>For Session 5:</u> *St Claire on Klein, p. 37-50
Session 5 Mon. 7/6	Defenses; adaptations of the ego; Melanie Klein Projective, introjective processes... Kleinian Positions	<u>For Session 6:</u> *Sandler notes, 4 pgs. *Primary Maternal Preocc. *TBA
Session 6 Wed. 7/8	Precursors to Transference Winnicott: The Holding Environment Capacity to be Alone Transitional Objects True vs. False Self Therapy Demo	<u>For Session 7:</u> * <i>Empathic Attunement</i> (1st 100 pages; then skim) *Horner, <i>Psychoan Obj Rel Therapy</i> , p. 47-101; 147-156 *Ehrenberg, p. 13-48

Session 7 Mon. 7/13	The Treatment Process: What is Treatment? Transference? Countertransference Kohut: Empathic Attunement Case Discussions Therapy Demo	<u>For Session 8:</u> <i>Getting the Love You Want</i> *Schnarch rdgs., p. 89-144
Session 8 Wed. 7/15	Implications for Couples Mature Love: Needing vs. Loving What is a "healthy" couple? **Guest night**	<u>For Session 9:</u> <i>Drama of the Gifted Child</i>
Session 9 Mon. 7/20	Reflections on the Gifted Child... Why would <i>we</i> want to be therapists? Why would <i>we</i> need therapy?... Final papers, reading checklists due	
Session 10 Wed. 7/22	Final thoughts	

* Indicates readings on **E-Res** in the library: Quatman, Cpsy 212, Password: relationships

Required Readings:

Cashdan, Sheldon *Object Relations Therapy* W.W. Norton, 1988
 Hendrix, Harville *Getting the Love You Want*
 Horner, Althea *Being and Loving* Jason Aronson, 1986
 Horner, Althea *Psychoanalytic Object Relations Therapy* Jason Aronson, 1991
 Miller, Alice *Drama of the Gifted Child* Basic Books, 1994
 Ogden, Thomas *The Matrix of the Mind* Jason Aronson, 1990
 Rowe *Empathic Attunement* Jason Aronson, 1989

Recommended Readings (These are purely supplementary -- meant only for enrichment).

Greenberg, Jay R., & Stephen A. Mitchell *Object Relations in Psychoanalytic Theory*
 Harvard University Press, 1983
 Greenspan, Stanley *The Development of the Ego* Internatnl Universities Press, 1989
 St. Clair, Michael *Object Relations and Self Psychology: An Intro.* Brooks Cole, 1986