



## *The Hebrew University of Jerusalem*

### *Syllabus*

## *Treatment According to Self-Psychology - 51540*

*Last update 25-09-2024*

*HU Credits: 2*

*Degree/Cycle: 2nd degree (Master)*

*Responsible Department: Psychology*

*Academic year: 0*

*Semester: 2nd Semester*

*Teaching Languages: Hebrew*

*Campus: Mt. Scopus*

*Course/Module Coordinator: Eytan Bachar*

*Coordinator Email: [eytan.bachar@mail.huji.ac.il](mailto:eytan.bachar@mail.huji.ac.il)*

*Coordinator Office Hours: Sunday, 10:00-10:45*

*Teaching Staff:*

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Prof. Eytan Bachar

Course/Module description:

The course will delineate the development of self psychology from the psychoanalytic theories that preceded it. We will learn the special treatment stance of the therapist, and the special form of listening which is unique to this approach.

Course/Module aims:

To enable the students to apply the theory of Self Psychology in clinical treatment.

Learning outcomes - On successful completion of this module, students should be able to:

To identify the special contribution of self psychology over the psychoanalytic models which preceded it.

To characterize the special therapeutic stance of the therapist in self psychology

To be able to suggest self psychologically oriented interventions.

To be able to analyze therapeutic sessions from a self psychological viewpoint.

To analyze transference from a self psychological viewpoint.

Attendance requirements(%):

80

Teaching arrangement and method of instruction: Lectures

Course/Module Content:

Heinz Kohut's self psychology

Optimal Responsiveness and the Therapeutic Process

The Bipolar self

The thwarted need to grow: clinical-theoretical issues in the selfobject transferences.

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*Selfobject Transferences and the Process of Working Through*

*Narcissism and neurosis--an opportunity for integration in psychoanalytic theory and technique*

*The two analyses of Mr. Z*

*A current perspective on difficult patients (Kohut's legacy)*

*Empathy: A mode of analytic listening.*

*Defense analysis and self psychology*

*On Empathy (Kohut)*

*The richer encounter with aggression enabled by the Kohutian approach*

*Psychotherapy of a Lower Level Borderline Personality Disorder*

*Psychotherapy of a Narcissistic Personality Disorder*

*Burnout of therapists*

*Required Reading:*

*Baker, H. S., & Baker, M. N. (1987). Heinz Kohut's self psychology: An overview. American Journal of Psychiatry, 144(1), 1-9.*

*Bacal, H. A. (1985). 16 Optimal Responsiveness and the Therapeutic Process. Progress in self psychology, 1, 202-227.*

*Kohut, H. (2009). The Bipolar self. In The restoration of the self. University of Chicago Press.*

*Ornstein, P. (1985). The thwarted need to grow: clinical-theoretical issues in the selfobject transferences. The transference in psychotherapy: clinical management. New York: International Universities Press. The Many Dimensions of Transference, 33, 33-50.*

*Ornstein, A. (1990). Selfobject Transferences and the Process of Working Through. Progress in self psychology, 6, 41-58.*

*Kulka, R. (1988). Narcissism and neurosis--an opportunity for integration in psychoanalytic theory and technique. The International journal of psycho-analysis, 69, 521.*

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Kohut, H. (1979). *The two analyses of Mr. Z.* *International Journal of Psychoanalysis*, 60(3), 3-27.

Brandchaft, B., & Stolorow, R. (1984). *A current perspective on difficult patients. Kohut's legacy: Contributions to self psychology*, 117-134.

Schwaber, E. (1981). *Empathy: A mode of analytic listening.* *Psychoanalytic Inquiry*, 1(3), 357-392.

Newman, K. (1980). *Defense analysis and self psychology.* *Advances in self psychology*, 263-278.

Kohut, H. (2010). *On Empathy 1.* *International Journal of Psychoanalytic Self Psychology*, 5(2), 122-131.

Bachar, E. (2000). *The richer encounter with aggression enabled by the Kohutian approach.* *PSYCHOANALYSIS AND PSYCHOTHERAPY*, 17(2), 171-192.

Nagel, B. (1991). *Psychotherapy of a Lower Level Borderline Personality Disorder.* In

Masterson, J. F., Tolpin, M., & Sifneos, P. E. (Eds). *Comparing Psychoanalytic Psychotherapies: Developmental, Self, and Object Relations: Self Psychology, Short-term Dynamic.* Brunner/Mazel 4-38.

Klein, R. (1991). *Psychotherapy of a Narcissistic Personality Disorder.* . In Masterson, J. F., Tolpin, M., & Sifneos, P. E. (Eds). *Comparing Psychoanalytic Psychotherapies: Developmental, Self, and Object Relations: Self Psychology, Short-term Dynamic.* Brunner/Mazel 39-74.

Brothers, D. (2008). *In the Ashes of Burnout Lost (and Found) Faith.* In *Toward a Psychology of Uncertainty: Trauma Centered Psychoanalysis.* Analytic Press, New York 177-195.

Geist, R.A. (2012). *When Connections Collapse: A Discussion of Doris Brothers' "In the Ashes of Burnout".* *International Journal of Psychoanalytic Self Psychology* 7(1).

#### Additional Reading Material:

Orange, D. M. (2010). *Recognition as: Intersubjective vulnerability in the psychoanalytic dialogue.* *International Journal of Psychoanalytic Self Psychology*, 5(3), 227-243.

Jessica Benjamin Ph.D. (2010): *Can We Recognize Each Other? Response to Donna Orange.* *International Journal of Psychoanalytic Self Psychology*, 5(3), 244-256.

Donna M. Orange Ph.D. and Psy.D. (2010): *Revisiting Mutual Recognition:*

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*Responding to Ringstrom, Benjamin, and Slavin. International Journal of Psychoanalytic Self Psychology, 5(3), 293-306.*

*Grading Scheme:*

*Essay / Project / Final Assignment / Home Exam / Referat 80 %*  
*Active Participation / Team Assignment 20 %*

*Additional information:*