



The Hebrew University of Jerusalem

Syllabus

The Relational Approach to Psychodynamic Psychotherapy - 51718

Last update 21-10-2024

HU Credits: 2

Degree/Cycle: 2nd degree (Master)

Responsible Department: Psychology

Academic year: 0

Semester: 1st Semester

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Prof. Orya Tishby

Coordinator Email: orya.tishby@mail.huji.ac.il

Coordinator Office Hours: Sunday 11:15-12

Teaching Staff:

Prof. Orya Tishby

Course/Module description:

This course will present the main ideas and concepts in relational psychoanalysis, and its contribution to psychoanalytic theory and practice. Among the issues that will be covered: one person and two person psychology, multiple aspects of self, trauma and dissociation. The course will also demonstrate the application of relational concepts to therapy process and the therapeutic relationship. Reading will consist of theoretical papers and case examples.

Course/Module aims:

To become acquainted with relational theory, and to compare and contrast it with object relations theory and self psychology.

2. To identify dilemmas that arise in relational therapy.

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

- To be able to define central concepts in relational theory*
- To describe and compare relational theory with classical psychoanalytic theories.*
- To critically evaluate relational theory and psychotherapy.*
- To apply the theoretical and clinical concepts that were learned to the analysis of the therapeutic process and the therapeutic relationship*

Attendance requirements(%):

80%

Teaching arrangement and method of instruction: Lectures and analysis of case descriptions. Watching a video of a relational therapy and discussing it together.

Course/Module Content:

- 1.From one person to two person psychology*
- 2.Development of self in relationships: based on mother-infant research*
- 3.Psychopathology from a relational perspective*
- 4.Mutual recognition*
- 5. Expanding clients' ability for mutual recognition: parents of adolescents and*

spouses.

6. Transference and countertransference

8. Enactments

9. Dissociation in relational theory.

10. Therapist's Self disclosure

11. Working with different parts of self.

12. Critique of relational theory

Required Reading:

Aron, L. (1996). *A meeting of minds : Mutuality in psychoanalysis*. Hillsdale, N.J. The Analytic Press.

Bromberg, P. M. (1998). *Standing in the spaces: Essays on clinical process, trauma and dissociation*. Hillsdale, N.J. The Analytic Press.

Mitchell, S.A. & Aron, L. (Eds.) (1999). *Relational psychoanalysis: The emergence of a tradition*. Hillsdale, N.J. The Analytic Press.

Kuchuck, S. (2021). *The relational revolution*. Confer Books

Additional Reading Material:

Will be uploaded on course website

Grading Scheme:

Essay / Project / Final Assignment / Home Exam / Referat 65 %

Submission assignments during the semester: Exercises / Essays / Audits / Reports / Forum / Simulation / others 35 %

Additional information:

The course requires prior knowledge of psychoanalytic theory and therapy. It is an elective for the second year of the clinical program