

# *The Hebrew University of Jerusalem*

## *Syllabus*

### *The Good Enough Care - Winnicott and Bowlby - 51947*

*Last update 08-09-2019*

*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: Nurit Yirmiya*

*Coordinator Email: [NYirmiya@gmail.com](mailto:NYirmiya@gmail.com)*

*Coordinator Office Hours: By appointment*

*Teaching Staff:*

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Prof Nurit Yirmiya

Course/Module description:

*In this course we will study selected papers written by Bowlby and Winnicott and their followers in relation to "Good enough" parenting and psychotherapy.*

Course/Module aims:

*Introduction to Bowlby and Attachment theory.*

*The 4 attachment working models/styles in childhood and throughout the life span.*

*Introduction to Winnicott and his developmental and clinical theories.*

*Application of the developmental and clinical theories of Bowlby and Winnicott to ongoing clinical work.*

*Introducing Accelerated Experiential Dynamic Psychotherapy (AEDP)*

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

*Formulate and explain the developmental theory proposed by Winnicott.*

*Formulate and explain the principles of Bowlby's Attachment theory.*

*Integrate attachment based developmental theory and treatment techniques into psychotherapy.*

*Integrate Winnicottian perspectives and treatment techniques into ongoing psychotherapy.*

*Evaluate the contributions of Bowlby and Winnicott compared to selected aspects of the earlier classical psychoanalytic theories of Freud and Klein.*

Attendance requirements(%):

100

*Teaching arrangement and method of instruction: Weekly reading assignment.*

*Weekly written assignment relating to the reading assignment,*

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*Class discussions.*

*Movies.*

*Exercises.*

*Course/Module Content:*

*Historical background.*

*Bowlby - the person*

*Bowlby - the foundation of attachment theory.*

*Attachment in infancy and early childhood.*

*Attachment in childhood and adolescence.*

*Attachment in adulthood.*

*Clinical applications of attachment theory.*

*Winnicott - the person.*

*Winnicott - The developmental theory.*

*Winnicott - the clinical theory.*

*Required Reading:*

*Bowlby, J. (1988). The role of attachment in personality development. In A secure base. London: Routledge. pp.119-136.*

*Bowlby, J. (1988). Developmental psychiatry comes of age. American Journal of Psychiatry, 145, 1-10.*

*Wallin, D. J. (2007). Attachment in Psychotherapy. New-York: Guilford Press.*

*Winnicott, D.W. (1956). Primary maternal preoccupation. In D.W. Winnicott (1975, 1992). Through Paediatrics to Psycho-Analysis: Collected Papers. N.Y.: Brunner/Mazel Publishers. pp. 300-305.*

*ד.ו. ויניקוט (1971). תפקיד הראי של האם והמשפחה בהתפתחותו של הילד. בתוך ד.ו. ויניקוט, משחק ומציאות. הוצאת ספרים עם עובד בע"מ. תל אביב. פרק 9. עמודים 128-134*

*Winnicott, D. W. (1945). Primitive emotional development. In D.W. Winnicott (1975, 1992). Through Paediatrics to Psycho-Analysis: Collected Papers. N.Y.: Brunner/Mazel Publishers. pp. 145-156.*

*Winnicott, D.W. (1951). Transitional objects and transitional phenomena. In D.W. Winnicott (1975, 1992). Through Paediatrics to Psycho-Analysis: Collected Papers. N.Y.: Brunner/Mazel Publishers. pp. 229-242. 1 פרק - ומציאות משחק בספר בעברית קיים*

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Winnicott, D.W. (1958). *The capacity to be alone*. In D. W. Winnicott, (1965). *The Maturation Process and the Facilitating Environment*. pp. 29-36.

Winnicott, D.W. (1962). *Ego integration in child development*. In D. W. Winnicott, (1965). *The Maturation Process and the Facilitating Environment*. pp. 56-63.

Winnicott, D.W. (1960). *Ego distortion in terms of true and false self*. In D. W. Winnicott, (1965). *The Maturation Process and the Facilitating Environment*. pp. 140-152

Winnicott, D.W. (1968). *The use of the object and relating through identifications*. pp.218-227 and *Clinical illustration of "the use of an object"*. In Winnicott, C., Shepherd, R. & Davis, M. (Eds.) (1989). *D. W. Winnicott: Psychoanalytic Explorations*. Cambridge, Mass. Harvard University Press. pp 235-237.

החלק הראשון קיים בעברית בספר משחק ומציאות - פרק 6

Winnicott, D.W. (1960). *The aims of psychoanalytic treatment*. In D. W. Winnicott, (1965). *The Maturation Process and the Facilitating Environment*. pp. 166-170.

Fosha, D. (2000). *The Transforming Power of Affect: A Model For Accelerated Change*. Basic Books

Fosha, D, Siegel, D., Solomon M., eds. (2009). *The Healing Power of Emotion: Affective Neuroscience, Development & Clinical Practice*. New York: W.W. Norton & Co.

#### Additional Reading Material:

Hesse, E. & Main, M. (2000). *Disorganized infant, child, and adult attachment: Collapse in behavioral and attentional strategies*. *Journal of the American Psychoanalytic Association*, 48(4), 1097-1127.

Main, M., Hesse, E. & Goldwy, R. (2008). *Studying differences in language usage in recounting attachment history: An introduction to the AAI*. In Steele, H. & Steele, M. (Eds.), *Clinical Applications of the Adult Attachment Interview*. N.Y.: The Guilford Press. pp.31-68

Main, M (2000). *The organized categories of infant, child, and adult attachment: Flexible vs. inflexible attention under attachment-related stress*. *Journal of the American Psychoanalytic Association*. 48(4), 1055-1096.

Marvin, R., Cooper, G., Hoffman, K. & Powell, B. (2002). *The Circle of Security project: Attachment-based intervention with caregiver-pre-school child dyads*. *Attachment & Human Development*, 4, 107-124.

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Fonagy, P. & Target, M. (2007). The rooting of the mind in the body: New links between attachment theory and psychoanalytic thought. *Journal of the American Psychoanalytic Association*, 55, 411-456.

Fonagy, P. & Target, M. (2007). Playing with Reality: IV. A theory of external reality rooted in intersubjectivity. *International Journal of Psychoanalysis*, 88, 917-937.

Winnicott, D.W. (1964, 1968). The Squiggle game. In Winnicott, C., Shepherd, R. & Davis, M. (Eds.) (1989). *D. W. Winnicott: Psychoanalytic Explorations*. Cambridge, Mass. Harvard University Press. pp.299-317.

ד.ו. ויניקוט (1971). מושגים בני זמננו על התפתחות המתבגר והשלכותיהם על החינוך הגבוה. בתוך ד.ו. ויניקוט, משחק ומציאות. הוצאת ספרים עם עובד בע"מ. תל אביב. פרק 11. עמודים 152-163

Winnicott, D.W. (1964). Deduction drawn from a psychotherapeutic interview with an adolescent. In Winnicott, C., Shepherd, R. & Davis, M. (Eds.) (1989). *D. W. Winnicott: Psychoanalytic Explorations*. Cambridge, Mass. Harvard University Press. pp. 325-340.

Course/Module evaluation:

End of year written/oral examination 0 %

Presentation 0 %

Participation in Tutorials 25 %

Project work 50 %

Assignments 0 %

Reports 25 %

Research project 0 %

Quizzes 0 %

Other 0 %

Additional information:

Prior to each class, students are expected to read the assigned reading materials and to write a short commentary relating the reading materials to their own going clinical case. The written commentary should also include thoughts and questions that the students may have and NOT a summary of the reading materials.

Written assignments should be sent to Prof. Yirmiya at YirmiyaNurit@gmail.com by Friday noon before each class. Please make sure that you have your name and page number as a header on your assignment and that your file name includes your name and the assignment number. For example Nurit1.doc for the first assignment.