

Recommended Reading in Psychodynamic Psychotherapy
UTSW Adult Psychiatry Residency

(If you can't get the articles easily off the UTSW library website or PEP archive in the resource room computer, come by my office - I have them on file)

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I. Introductions and Generally Helpful Books:

Psychoanalytic Psychotherapy Nancy McWilliams (a very readable, down to earth primer about what we're trying to do). Her book Psychodynamic Formulation is also very helpful.

Psychotherapy: The Art of Wooing Nature Sheldon Roth (very good at introducing the neophyte to the poetry of psychotherapy, and the centrality of problems of love)

Doing Psychotherapy Michael Basch (a very workmanlike, un-flashy, easy to follow introduction to the work)

Long Term Psychodynamic Psychotherapy: A Basic Text Glen Gabbard. Very clear, very basic.

Semrad: The Heart of a Therapist ed. Rako and Mazer (aphorisms and pearls from a master- eg. Psychotherapy defined as a big mess sitting with a bigger mess). Borrow from me.

Persuasion and Healing Jerome and Julia Frank (classic about the common mechanisms that are at work in all psychotherapies)

II. Advice about What to Actually Say to Patients:

Making Contact Leston Havens (brief, readable review of the building blocks of empathic interviewing)

Therapeutic Communication Paul Wachtel (thoughtful, practical guide to exploring difficult topics, confronting patients, making interpretations, etc)

III. Readings to Help Make Sense of Inpatient Work (especially good for PGY1-2):

****Psychodynamic Psychiatry in Clinical Practice, Fourth Edition by Glen O. Gabbard (excellent source for making the crucial connection between DSM diagnostic thinking and dynamic formulation)

Some Really Useful Articles:

"The Beginning of Wisdom is Never Calling a Patient a Borderline: The Clinical Management of Primitive Defenses" George Vaillant

"The Theory of the Crunch" Paul Russell (unpublished gem about the patients who make you sweat – come to me for a copy)

"Hate in the Counter-Transference" DW Winnicott

"Countertransference Hatred in the Treatment of Suicidal Patients" Maltzberger and Buie

"Sociopathy as a Human Process" George Vaillant

IV. Developing your Thinking About Dynamic Therapy: (readings for PGY 3-4)

Psychoanalytic Case Formulation Nancy McWilliams

Freud and Beyond Stephen Mitchell (outstanding overview of psychoanalytic thinking; core text in the reading elective)

Learning from the Patient Patrick Casement (really helpful; lots of vignettes, little jargon. Highly recommended).

The Mind in Conflict Charles Brenner (classic exposition of classical psychoanalytic theory)

Playing and Reality DW Winnicott (see especially the papers on playing and on the 'use of an object'. Winnicott was incredibly important in helping us appreciate the 'playful' aspects of therapy, and in understanding the different uses patients have for us).

The Restoration of the Self Heinz Kohut (if you want to get deep into self psychology)

The Analytic Attitude Roy Schafer

The Primitive Edge of Experience Thomas Ogden (thinking about the primitive character in all of us, from a Kleinian perspective)

Some Articles:

"The Classic and Romantic Vision in Psychoanalysis" Carlo Strenger

"The Two Analyses of Mr. Z" Heinz Kohut

"My experience of Analysis with Fairbairn and Winnicott (How complete a Result Does Psychoanalytic Therapy Achieve?)" Harry Guntrip

"Valuing and Devaluing in the Psychotherapeutic Process" Gerald Adler

"Theoretical Models and the Analysts Neutrality" Jay Greenberg (updating the idea of neutrality)

"On the Therapeutic Action of Psychoanalysis" Hans Loewald

"The Patient as Interpreter of the Analyst's Experience" Irwin Hoffman (postmodern critique of the 'blank screen' conception of the therapist)

"Projective Identification" Thomas Ogden

"Analyzing the Matrix of Transference" Thomas Ogden

"Helping Patients by Analyzing Self Criticism" Anton Kris

"Clinical and Theoretical Aspects of Enactment" James T. McLaughlin

"On the question of self disclosure: Error or Advance in Technique?" Theodore Jacobs

"Wishes, Needs, and Interpersonal Negotiations" Stephen Mitchell

V. Freud:

Reading almost anything in Freud is enormously helpful; even when he's wrong he's brilliantly wrong. The "Introductory Lectures" are an excellent place to start. ("Interpretation of Dreams" is good too but you can skip the long, tedious literature review). All should be available on the PEP archive.

Here are some specific papers worth returning to again and again:

"Recommendations to Physicians Practicing Psychoanalysis"

"Observations on Transference Love"

"Mourning and Melancholia"

"Inhibitions, Symptoms, and Anxiety"

"Civilization and its Discontents"

VI. Specific Types of Patients:

1. Obsessional Patients:

Chapter on obsessive style in Neurotic Styles David Shapiro

"Character and Anal Erotism" S. Freud

2. Hysterical/Histrionic Patients:

Chapter on histrionic style in Neurotic Styles David Shapiro

“Getting in the Act: The Hysterical Solution” Ronald Britton
“Grudge and the Hysteric” Masud Kahn
“A Matrix of Hysteria” N. Yarom

3. Borderline Patients

Authors worth reading about Borderline pathology: Otto Kernberg,
“The So-Called Good Hysteric” Elizabeth Zetzel
“Helplessness in the Helpers” Gerald Adler

4. Erotic transferences

“Love and Lust in Erotic Transference” Glen Gabbard

5. Narcissistic Patients

“On Narcissism” S. Freud
“Shame, the Ideal Self, and Narcissism” Andrew Morrison
“Two Approaches to the Treatment of Narcissistic Patients” Gerald Adler
“The Disorders of the Self and their Treatment: An outline” Heinz Kohut
and Ernest Wolf

6. Traumatized Patients

******Trauma and Recovery Judith Herman (profoundly helpful book about**
working with traumatized patients)
Soul Murder Leonard Shengold