

# Psychodynamic Psychotherapy Reading List

## *Essential List*

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## **I. CORE TEXTS**

Gabbard, G.O. (2000) Psychodynamic Psychiatry in Clinical Practice, Third edition, Washington, D.C.: American Psychiatric Press.

Gabbard, G.O. (2004) Long-Term Psychodynamic Psychotherapy: A Basic Text, Washington, DC: American Psychiatric Press.

McWilliams N. (1999) Psychoanalytic Case Formulation, New York: The Guilford Press, Inc.

McWilliams N. (2004) Psychoanalytic Psychotherapy, New York: Guilford Press.

Mitchell, S.A., Black, M.J. (1995) Freud and Beyond: A History of Modern Psychoanalytic Thought, New York: Basic Books.

Moore, B.E. (1995) Psychoanalysis: The Major Concepts, New Haven, Yale University Press.

Moore, B.E., Fine, B.R., eds. (1990) Psychoanalytic Terms and Concepts, New Haven: Yale University Press.

Schwartz, H., et al. (1995) Psychodynamic Concepts in General Psychiatry, Washington, D.C.: American Psychiatric Press.

## **II. HISTORY**

Eagle, M. (2000) "Psychoanalysis: History of the Field," in Encyclopedia of Psychology, ed. A. Kazdin, New York: Oxford University Press.

Gay, P. (1988). Freud: A Life for Our Time, New York: W. W. Norton & Co.

Jones, E. (1961) The Life and Work of Sigmund Freud, ed. L. Trilling & S. Marcus, New York: Basic Books, Harper.

## **III. BASIC PRINCIPLES**

"Psychoanalysis, psychodynamics and psychic determinism," (1990) in Psychoanalytic Terms and Concepts, ed. Moore, B.E, Fine, B.R., New Haven: Yale University Press.

Auchincloss, E.L., Glick, R.A. (1998) "The psychoanalytic model of the mind," in Psychiatry, (Chapter 1) ed. R. Michels, Philadelphia: Lippincott.

Cooper, A. (1985) An historical review of psychoanalytic paradigms, in Models of the Mind, ed. A. Rothstein, Madison CT, International Universities Press, pp. 5-20.

Gabbard, G.O. (2000) Psychodynamic Psychiatry in Clinical Practice, Third edition, Washington, D.C. American Psychiatric Press, ch. 1-2.

Michels, R. (1995) Basic principles of psychodynamic psychiatry in Psychodynamic Concepts in General Psychiatry, ed. H. Schwartz et al, Washington D.C.: American Psychiatric Press, pp. 3-12.

Westen, D. (2000) Psychoanalysis: theories, in Encyclopedia of Psychology. Ed. A. Kazdin, New York: Oxford University Press.

#### **IV. THEORY OF MIND**

Arlow, J., Brenner, C. (1964) Psychoanalytic Concepts and Structural Theory, New York: International Universities Press, ch. 2-3.

Arlow, J. (1995) Unconscious fantasy, in Psychoanalysis : The Major Concepts, ed. Moore, B.E., Fine, B.R., New Haven: Yale University Press.

Arlow, J. (1969) Unconscious fantasy and disturbances of mental experience, Psychoanalytic Quarterly, 38:1-27.

Arlow, J., Brenner, C. (1964) Psychoanalytic Concepts and Structural Theory, New York: International Universities Press, ch. 4-5.

Brenner, C. (1955) An Elementary Textbook of Psychoanalysis, New York: International Universities Press.

Kernberg, O. (1995) Psychoanalytic object relations theories, in Psychoanalysis: The Major Concepts, eds. Moore, B.E., Fine, B.R., New Haven: Yale University Press.

Wiedeman, G. (1995) Sexuality in Psychoanalysis : The Major Concepts, ed. Moore, B.E., Fine, B.R. New Haven: Yale University Press.

“Aggression, Conflict, Compromise formation, Defense, Ego, Ego function, Ego ideal, Fantasy, Instinctual drive, Infantile sexuality, Id, Libido theory, Object, Object constancy, Object relations theory, Psychic reality, Psychosexual development, Representational world, Self, Self psychology, Structure, Structural theory, Superego, Topographic Point of View, Unconscious” (1990) in Psychoanalytic Terms and Concepts, eds. Moore, B.E, Fine, B.R., New Haven: Yale University Press.



## **V. DEVELOPMENT**

“Development,” (1990) in Psychoanalytic Terms and Concepts, ed. Moore, B.E, Fine, B.R., New Haven: Yale University Press.

Fraiberg, S.H. (1996) The Magic Years, New York: Scribner.

Greenspan, S., Pollock, G. eds (1989, 1990) The Course of Life, 2nd edition, Madison, CT: International Universities Press. Volume I: Infancy, Volume II: Early Childhood, Volume III: Childhood, Volume IV: Adolescence, Volume V: Adulthood and the Aging Process.

Tyson, P., Tyson, R. (1995) Development, in Psychoanalysis : The Major Concepts, eds. Moore, B.E., Fine, B.R., New Haven, Yale University Press, 1995

Tyson, P., Tyson, R. (1990) Psychoanalytic Theories of Development: An Integration, New Haven: Yale University Press , ch.1-2.

## **VI. PSYCHOPATHOLOGY**

Ahktar, S. (1992) Broken Structures: Severe personality disorders and their treatment, New Jersey, Jason Aronson.

Gabbard, G.O. (2000) Psychodynamic Psychiatry in Clinical Practice, Third edition, Washington, D.C.: American Psychiatric Press.

MacKinnon, R., Michels, R. (1971) The Psychiatric Interview in Clinical Practice, Philadelphia: W.B. Saunders.

McWilliams, N. (1999) Psychoanalytic Case Formulation, New York: The Guilford Press, Inc., pp. 200-209.

Schwartz, H, et al. (1995) Psychodynamic Concepts in General Psychiatry, Washington D.C.: American Psychiatric Press.

Shapiro, D. (1965) Neurotic Styles, New York: Basic Books.

## **VII. ASSESSMENT: INTERVIEWING AND FORMULATION**

Lister, E., Auchincloss, E.L., Cooper, A. (1995) The Psychodynamic Formulation, in Psychodynamic Concepts in General Psychiatry, eds. Schwartz, H., et al., Washington D.C.: American Psychiatric Press.

MacKinnon, R.A., Michels, R. (1971) The Psychiatric Interview in Clinical Practice. Philadelphia, PA: W. B. Saunders Co.

McWilliams, N. (1999) Psychoanalytic Case Formulation, New York: The Guilford Press, Inc., pp. 200-209.

Peebles-Kleiger, M.J. (2002) Beginnings: The Art & Science of Planning Psychotherapy, Hillsdale, NJ: The Analytic Press, Inc., ch. 3.

Summers, R.F. (2003) "The Psychodynamic Formulation Updated," American Journal of Psychotherapy, 57:1.

## **VIII. TREATMENT**

Gabbard, G.O. (2004) Long-Term Psychodynamic Psychotherapy: A Basic Text. Washington, D.C.: American Psychiatric Press.

Greenson, R. (1967) The Theory and Technique of Psychoanalysis, New York: International Universities Press.

McWilliams, N. (2004) Psychoanalytic Psychotherapy: A Practitioner's Guide. New York: Guilford Press.

Rockland, L. (1989) Supportive Psychotherapy: A Psychodynamic Approach. New York: Basic Books.

## **IX. RELATIONSHIP TO OTHER THERAPIES**

Cutler, J., et al. (2004) Comparing Cognitive Behavior Therapy, Interpersonal Psychotherapy, and Psychodynamic Psychotherapy, American Journal of Psychiatry, 161 (9): 1567.

Williams, P. (2004) What is psychoanalysis? What is a psychoanalyst? Textbook of Psychoanalysis, eds. Person, E., et al., Washington, D.C.: American Psychiatric Press.

Graller, J., et al. (2001). Concurrent therapies: analysts' collaboration with other therapists, J. Amer. Psychoanal. Assn., 49:607-628.

Mintz, D. (2002) Meaning and medication in the care of treatment-resistant patients, Am J Psychother. 56(3):322-37.

Busch, F., Auchincloss, E.L., (1995) The Psychology of Prescribing and Taking Medication, in Psychodynamic Concepts in General Psychiatry, ed. Schwartz, H., et al, Washington D.C., American Psychiatric Press, ch. 25.

## **X. THE PSYCHOTHERAPY EXPERIENCE: CASE DESCRIPTIONS**

Druss, R. (2000) Listening to Patients: Relearning the Art of Healing in Psychotherapy. New York: Oxford Univ. Press.

Luepnitz, D.A. (2003) Schopenhauer's Porcupines: Intimacy and It's Dilemmas. New York: Basic Books, Ch. 3.

Malan, D.M. (1979) Individual Psychotherapy and the Science of Psychodynamics, London: Butterworths, 1979, ch. 1-3.

McWilliams, N. (2004) Psychoanalytic Psychotherapy: A Practitioner's Guide. New York: Guilford Press, ch. 8,9.

Vaughan, S.C. (1997) The Talking Cure. New York: Henry Holt and Co.

## **XI. CLASSIC FREUD PAPERS (Most of these papers can be found in Gay, P., ed., (1989) The Freud Reader, New York: W.W. Norton.**

Breuer, J., Freud S. (1893-5) Case histories: Fraulein Anna O. in Studies on Hysteria, Standard Edition 2:21-47 (*The invention of the "talking cure."*)

Freud, S. (1900) The method of interpreting dreams: An analysis of a specimen dream, in The Interpretation of Dreams, Standard Edition 4:96-121 (*Freud's self-analysis: the dream of Irma's injection.*)

Freud, S. (1900) Material sources of dreams-Typical dreams, in The Interpretation of Dreams, Standard Edition 4:255-266 (*Freud introduces the Oedipus complex.*)

Freud, S. (1905 [1901]) Fragment of an analysis of a case of hysteria, Standard Edition 7:1-22 (*The case of Dora: transference and countertransference in the clinical situation.*)

Freud, S. (1911-15) Papers on technique, Standard Edition 12: 89-171 (*Words of wisdom from Freud on beginning treatment, interpreting dreams, the dynamics of transference, understanding enactment, and other topics.*)

Freud, S. (1910 [1909]) Five lectures on psychoanalysis, Standard Edition 11:1-55 (*Freud's lectures at Clark University: a concise and fun-to-read summary of core concepts.*)

Freud, S. (1916) Some character types met with in psychoanalytic work, Standard Edition 14:309-336 (*Introduction to the concept of character types, especially those with self-defeating behaviors.*)

Freud, S. (1917 [1915]) Mourning and melancholia, Standard Edition 14:237-258 (*Introduction to the concepts of internalization and the super-ego.*)



Freud, S. (1924) The dissolution of the Oedipus complex, Standard Edition: 19:173-182 (*The Oedipus complex, development, and structure formation.*)

Freud, S. (1925[1924]) An autobiographical study, Standard Edition 20:1-70 (*Freud's life story in his own words.*)

## **XII. NEW DIRECTIONS**

### **A. Cognitive Neuroscience and Psychoanalysis**

Westen, D. (1999) The scientific status of unconscious processes: is Freud really dead? Journal of the American Psychoanalytic Association, 47(4): 1061-1107.

Westen, D., Gabbard, G.O. (2002) Developments in Cognitive Neuroscience : I. Conflict, Compromise, and Connectionism. Journal of the American Psychoanalytic Association, 50(1): 53-98.

Westen, D., Gabbard, G.O. (2002) Developments in Cognitive Neuroscience : II. Implications for Theories of Transference, Journal of the American Psychoanalytic Association, 50(1): 53-98.

### **B. Evidence Base for Psychodynamic Psychotherapy**

Leichsenring, F., Rabung, S., Leibing, E. (2004) The Efficacy of Short-term Psychodynamic Psychotherapy in Specific Psychiatric Disorders: A Meta-analysis, Arch Gen Psychiatry, Dec., 61: 1208 – 1216.

Monsen, J., et al. (1995) Personality Disorders and Psychosocial Changes After Intensive Psychotherapy: A Prospective Follow-Up Study of an Outpatient Psychotherapy Project, 5 Years After End of Treatment, Scandinavian Journal of Psychology, 36:256-268.

Wilzcek, A., Barber, J.P., Gustavsson, J.P., Asberg, M., Weinryb, R.M. (2004) Change after Long-term Psychotherapy, Journal of the American Psychoanalytic Association, 52(4): 1163-1184.