

# Psychodynamic Case Formulation

## Main Texts

**McWilliams, Nancy.** (1999). *Psychodynamic Case Formulation* New York: The Guilford Press.

**Gabbard, Glen.** (2010) *Long-term Psychodynamic Psychotherapy*. Washington: American Psychiatric Publishing.

## Supplemental Papers and Texts (can be downloaded from the website)

**Fenichel, O.** (1945). *The Psychoanalytic Theory of Neurosis*. New York: W. W. Norton and Company.

**Dewald, P.** (1994). *The Supportive and Active Psychotherapies: A Dynamic Approach*. Northvale: Jason Aronson.

**McWilliams, N.** (1994). *Psychoanalytic Diagnosis*. New York: The Guilford Press.

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

**Cabiness, D., Cherry, S., Douglas, C., Schwartz, A.** (2011). *Psychodynamic Psychotherapy: A Clinical Manual*. Chichester: Wiley-Blackwell.

**Main, M.** (2000). The Organized Categories of Infant, Child, and Adult Attachment. *J. Amer. Psychoanal. Assn.*, 48(4):1055-1095

**Freeman, C.** (2016). What is Mentalizing? An Overview. *Brit. J. Psychother*, 32(2):189-201

**Killingmo, B.** (1989). Conflict and Deficit: Implications for Technique. *Int. J. Psychoanal.*, 70:65-79

**Kilborne, B.** (1995). Of Creatures Large And Small: Size Anxiety, Psychic Size, Shame, And The Analytic Situation. *Psychoanal. Q.*, 64:672-690

**Lansky, M.R.** (1994). Shame. *J. Am. Acad. Psychoanal. Dyn. Psychiatr.*, 22(3):433-441

**Blatt, S.J.** (1974). Levels of Object Representation in Anaclitic and Introjective Depression. *Psychoanal. St. Child*, 29:107-157

**Stern, M.M.** (1951). Anxiety, Trauma, and Shock. *Psychoanal. Q.*, 20:179-203

Each week, we will review concepts. We have a lot of ground to cover so this will be very much as an introduction and overview. Many of these concepts will be taken up in more depth in subsequent courses. The instructor and each student will select one or two patients they have worked with to present a psychodynamic formulation. These patient do not necessarily need to

be cases suitable for psychodynamic work. These principles can apply to all patients we work with in a variety of places.

## **Weeks One and Two – Introduction**

### **Readings**

Cabaniss et. al. Chapter 1 The Treatment for a Mind in Motion

Gabbard Chapter 1 Key Concepts

Dewald Chap 4 symptom formation

Fenichel, Chap 2 The dynamic, the economic and the structural point of view

### **Topics**

What is psychodynamic?

1. Much of mental life is unconscious
  - a. Early Freudian model (topographic) - unconscious, pre-conscious and conscious
  - b. Structural model – id, ego and superego
  - c. Dynamic unconscious conflict
  - d. Memory studies
  - e. Declarative v procedural memory
2. Childhood experience shape adult functioning
  - a. Conflict v deficit
  - b. Traumatic childhood experience
  - c. Unconscious fantasy
  - d. Attachment patterns
3. How does childhood experience get expressed as an adult
  - a. Repetition compulsion or internal scripts
  - b. Return of the repressed
  - c. Transference
  - d. Action
  - e. Maladaptive relationship patterns
  - f. Personality styles
4. Counter-transference
5. Symptom formation

What factors can be helped with a psychodynamic approach? A biopsychosocial model

A stance of suspicion toward the conscious.

How does psychodynamic differed from other psychotherapies? Supportive, CBT, DBT

## **Week Three – the bio and social**

## **Readings**

McWilliams Case Formulation Chap 3 Assessing what cannot be changed

Stern (1951). Anxiety, Trauma and Shock

## **Topics**

Temperament, genetic and medical conditions, irreversible consequences of head trauma, chronic illness and pain, substance abuse

Physical reality and life circumstance, economic, class and race, education, work and disability

Severe trauma

Motivation for treatment and change

## **Week Four – developmental issues**

### **Readings**

McWilliams Case Formulation Chap 4 Assessing Developmental Issues

McWilliams Psychiatric Diagnosis Chap 3 Developmental Levels of Personality Organization

Gabbard Table 1-3 Developmental Models

### **Secondary**

Main, M. (2000). The Organized Categories of Infant, Child, and Adult Attachment.

Freeman, C. (2016). What is Mentalizing? An Overview.

Killingmo, B. (1989). Conflict and Deficit: Implications for Technique.

Dewald, Chap 2 Psychic conflict and the dynamic steady state

### **Topics**

Phases of development

Freudian stages, oral, anal, oedipal

Kleinian stages schizoid and depressive

Conflicts v developmental arrests

Dimensions of adult personality functioning: psychotic, borderline, neurotic

Different kinds of anxiety: signal anxiety, paranoid anxiety, separation anxiety, annihilation anxiety, unrepresentable anxiety and panic

Attachment styles

Ability to mentalize

## **Week Five – defenses**

### **Readings**

McWilliams Case Formulation Chap 5 Assessing Defenses

Gabbard Table 2-1 A hierarchy of defense mechanisms

### **Secondary**

McWilliams Psychoanalytic Diagnosis Chap 5 Primary Defensive Processes

McWilliams Psychoanalytic Diagnosis Chap 6 Secondary Defensive Process

### **Topics**

Defenses based on repression

Defenses based on splitting and projection

Defenses based on denial and exclusion

Defenses based on actions

Adaptive defenses

Anything can be a defense

## **Week Six – Affects**

### **Readings**

McWilliams Case Formulation Chap 6 Assessing affects

### **Secondary**

Kilborne, B. (1995). Of Creatures Large And Small: Size Anxiety, Psychic Size, Shame, And The Analytic Situation.

Lansky, M.R. (1994). Shame

Blatt, S.J. (1974). Levels of Object Representation in Anaclitic and Introjective Depression.

### **Topics**

Different kind of affects: rage, sadness, guilt, depression, fear

Depression and its varieties

Can affects be represented in words?

Shame and guilt

Anger and rage

Deadness and lack of affect

## **Week Seven – Relationship patterns**

### **Reading**

McWilliams Case Formulation Chap 7 Assessing Identifications

McWilliams Case Formulation Chap 8 Assessing Relationship Patterns

### **Topics**

Internal representations

Predominate relationship patterns

Identifications: with parental figures, siblings, mentors

Counter identifications

Ethnic and racial identifications

## **Week Eight – Self-esteem**

### **Readings**

McWilliams Case Formulation Chap 9 Assessing Self-esteem

McWilliams Case Formulation Chap 10 Assessing Pathological Beliefs

### **Topics**

Narcissistic styles and defenses

Envy and destructiveness

Idealized identifications and fantasies