

Autumn Term 2025

Anouchka Grose

4 October

Time, Machines and Adaption

For this standalone seminar, please could everyone watch this short film by Mike Stubbs and Roland Denning for a discussion about time, machines, intelligence, cure, cultural specificity, adaptation and the so-called 'reality principle'.

<https://vimeo.com/1085990231/1731c6e21c?ts=0&share=copy>

Laura Chernaik

11 & 18 October, 1 November

Bion

In these three weeks, we'll look at the range of Bion's work. Roughly speaking, there are three periods: Firstly, Bion's group work with Rickman at Northfield. Secondly, middle period Bion, where he focused on moves from what he called 'beta', concrete thinking and unprocessed 'affect', to what he called 'alpha' thinking, both conceptual and emotional, which we might call 'processing'. Thirdly, "O", something hard to put into words: perhaps mysticism, perhaps "unknowing", and/or perhaps Deleuzean flow.

I suggest you start with the relevant chapters from *Experiences in Groups, Learning from Experience, Second Thoughts, Attention and Interpretation*, and *Transformations* (all on PepWeb) and bring examples from your own clinical experience to discuss in our seminar. However, Bion's clinical seminars are excellent, and I've included them in secondary reading.

1. Week 1, Bion, Group dynamics and therapeutic communities

Required Reading:

Bion, *Experiences in Groups* On PepWeb

The Pre-View pp 11-17 and the Re-View pp 141-190 are Bion's discussion of his theory. The middle chapters, the 'experiences', are the detailed clinical discussions, linked to the theory. We are all in groups, and if Bion is right, the work of the group is affected by what he calls 'basic assumptions', "certain other mental activities that have in common the attribute of powerful emotional drives" p. 146. What do you think? Does reading Bion help us to understand group dynamics?

Secondary Reading:

eds Aguayo, Pistiner de Cortinas, and Regeczkey. 2018. *Bion in Buenos Aires, Seminars*,

Case Presentation and Supervision. Routledge.

T. Harrison 2000. *Bion, Rickman, Foulkes and the Northfield Experiments: Advancing on a Different Front*. Jessica Kingsley Books

Civitarese G. 2021. *Experiences in Groups* as a key to "late" Bion. *Int J Psychoanal*. 2021 Dec;102(6):1071-1096.

Further Reading:

Tom Main:

The Ailment (available on scribd)

Knowledge, Learning, and Freedom from Thought (PepWeb)

Foulkes:

Foulkes, S. H. (1946) On Group Analysis. *International Journal of Psychoanalysis* 27:46-51

2. Week 2, Bion, from concrete, rigid thinking to 'processing', with reference to both emotions and conceptual thought

I'd suggest you start with Chapters 8 and 9 of *Second Thoughts*, in which Bion explains his theory of thinking. This is not just a theory of mind; it's a discussion of how the most flexible and 'process-y' kinds of thinking develop in session. Bion argues that these kinds of transformations can happen with regard to affects, which can become emotions, as well as notions, which become concepts. Contemporary Bionian Field Theorists draw on both the Latin American Field Theorists and Bion to develop this further, and I've listed a few key articles about the transference field and interpretation below.

As Bion's ideas about philosophy of science are relevant, you might have a look at his use of quasi-algebraic notation and the grid, if you have time. I've suggested a few key readings in *Learning from Experience* and *Elements of Psychoanalysis* that are examples of his thoughts on science and formalism that include examples of how he uses the quasi-algebraic notation and the grid in a psychoanalytical argument.

Required Reading:

Bion, *Second Thoughts*, Chapter 8, Attacks on Linking, pp 93-109 and Chapter 9, A Theory of Thinking, pp 110-120. On PepWeb

Secondary reading:

Bion, *Learning from Experience* (key reading, Chapter 4, pp. 8-9) On PepWeb

Bion, *Elements of Psychoanalysis* (key reading, Chapter 6, pp. 22-27, and chapter 19, pp. 91-97). On PepWeb

Aguayo and Malin, eds. 2013. *Wilfred Bion, Los Angeles Seminars and Supervisions*, Routledge

Howard Levine, 2025, Affect, emotion, sensations, feelings: Notes towards a metapsychology of the psychoanalytical experience, in Ithier, Beatrice, *In Session, on the Thread of Affect and Emotion, contemporary approaches*, Karnac Books, 2025

Bezoari, M. & Ferro, A. (1989) Listening, Interpretations and Transformative Functions in the Analytical Dialogue. *Rivista di Psicoanalisi* 35:1014-1050

Bezoari, M., Ferro, A. & Politi, P. (1994) Listening, Interpreting and Psychic Change in the Analytic Dialogue. *International Forum of Psychoanalysis* 3:35-41

And, if you haven't read Freud's *Mourning and Melancholia*, please do.

3. O—

Bion discusses what he calls O clinically, philosophically, and by allusions to mystical experience. Could Bion's O, 'unknowing', the 'oceanic feeling' that Freud said he'd never experienced, Deleuze and Guattari's notion of 'flow', and Lacan's notion of 'Other Jouissance' be different vertexes for thinking about human experience/s that in some ways are unthinkable? Have any of your sessions been in O? Have you experienced O? Bion ends Chapter 11 of *Attention and Interpretation*, *Lies and the Thinker*, thus:

Since the analyst's concern is with the evolved elements of O and their formulation, formulations can be judged by considering how necessary his existence is to the thoughts he expresses. The more his interpretations can be judged as showing how necessary his knowledge, his experience, his character are to the thought as formulated, the more reason there is to suppose that the interpretation is psychoanalytically worthless, that is, alien to the domain O (p. 105).

That is, the ways in which my self-hood has become more or less fixed by my reactions to my life-experience and the 'knowledge' I have built up, profoundly affects the transference field. If I speak about Being as a particular being, me, I'm caught, dragged and dragging myself away from O, whatever O is. Whenever I ask whatever O is, I'm caught. And part of that 'caught' is shame—or guilt. My interpretations, I think, are 'worthless' (either shame or guilt, depending on what 'worthlessness' is for me).

Can we step out of our shame or guilt and be in O? Can we think what Bion calls thinking 'thoughts without the thinker'?

Required Reading,

Bion, W.R. (1965). *Transformations*. Karnac Books, and Bion W.R. (1970). *Attention and Interpretation*. Karnac Books have Bion's fullest discussions of O. On PepWeb

If you only have time for one chapter, please read Chapter 11 of *Attention and Interpretation*, *Lies and the Thinker*, pp. 97-105.

Bion, W.R. (1965). *Transformations*. Karnac Books (Chapter 11 writes very abstractly about O; Chapters 2, 3, 3, and 4 discuss O clinically; Chapter 8 is about no-thing.)

Bion W.R. (1970). *Attention and Interpretation*. Karnac Books (Chapter 9, Ultimate Reality and 11, *Lies and the Thinker* are about O).

Secondary reading

Junqueira de Mattos, de Mattos Brito, and Levine, eds. 2017. *Bion in Brazil, Supervisions and Commentaries*. Routledge.

Manica, Mauro, and Oldoini, Maria Grazia. 2025. Emotions and affects in analysis: Becoming O. In Ilthier, Beatrice, *In Session, on the Thread of Affect and Emotion, contemporary approaches*, Karnac Books.

Civitarese, Giuseppe. 2019. Bion's O and His Pseudo-Mystical Path. *Psychoanalytic Dialogue*, Vol. 29, No. 4, 388-403

Civitarese, G. 2020. The Names of O—is Bion a mystic, *The Italian Psychoanalytical Annual*, <https://www.spiweb.it/wp-content/uploads/2020/03/civitarese-eng.-3.pdf>

Further Reading:

Alisobhani, Afsaneh and Costorphine. 2019. *Explorations in Bion's 'O' Everything We Know Nothing About*. Routledge.

Aguayo, Joseph, and Hinshelwood, R.D., 2024. *Bion in the Consulting Room: An Implicit Method of Clinical Inquiry*. Routledge.

Ithier, Beatrice. 2025. *In Session, on the Thread of Affect and Emotion, contemporary approaches*. Karnac Books.

Andie Newman and Barbara Cawdron
8, 15, 22 & 29 November

Narcissism

In these seminars, we will be exploring the psychoanalytic concept of narcissism; tracing its roots back to Freud's introduction of the concept in 1914, through to post-Freudian and post-Kleinian elaborations; and concluding with some contemporary perspectives.

We encourage the trainees to read the core texts as preparation, and if they have time and inclination, to explore the further suggested reading, either before or following the seminars.

We would also ask that trainees prepare the following – *please let us know which text you are preparing a presentation for*.

- **1 or 2 questions** arising from their reading
- **5 minute presentation** on one of the core texts offering your response to the paper

Core Reading

Freud S (1914) "On Narcissism: An Introduction" SE XIV: 67-102 (on pep web)

Kernberg, Otto F "Factors in the Psychoanalytic Treatment of the Narcissistic Personality" (1970) *J. Amer. Psychoanal. Assn.*, (18):51-85 (on pep web)

Kohut, Heinz & Wolf, Ernest F "The Disorders of the Self and their Treatment: An Outline" (1978) *International Journal of Psychoanalysis*, (59): 413-425 (on pep web)

Mitchell, Stephen "The Wings of Icarus and the Problem of Narcissism" (1986) *Contemporary Psychoanalysis*, 22:107-132 (on pep web)

Green, Andre "A Dual Conception of Narcissism" (2002) *Psychoanal. Q.*, (71)(4):631-649 (on pep web)

Finell, Janet "Narcissistic Problems in Analysts" (1985) *International Journal of Psycho-Analysis* 66:433-445 (on pep web)

Phillips, Adam (2002) 'Narcissism For and Against' in *Promises Promises*, Faber and Faber

Further suggested reading

Narcissism - A Critical Reader (2007) edited by Anastasios Gaitanidis with Polona Curk, Karnac, particularly Chapter One Gaitanidis, Anastasios (2007) "Narcissism and the Autonomy of the Ego"

Kohut, Forms & Transformations of Narcissism (1966). *Journal of the American Psychoanalytic Association*, (14):243-272

Training Workshop

6 December

Winnicott in Play

An experiential workshop using the creative arts to explore Winnicottian ideas of play, communication, transitional space and clinical practice.

Venue: Highbury Counselling Centre (HCC) Islington, 12 Woodfall Road, London N4 3JD

Comfortable shoes and clothing recommended.

Reading

Our aim is to emphasise curiosity, exploration and experience over an academic/intellectual approach. We are not planning to do close textual discussion, but it would be most helpful to have read the starred papers at least.

* Winnicott, D. W. (1971) 1. Transitional Objects and Transitional Phenomena. *Playing and Reality* 17:1-25

* Winnicott, D. W. (1971) Playing: A Theoretical Statement. *Playing and Reality* 17:38-52

* Winnicott, D. W. (1949) Hate in the Counter-Transference. *International Journal of Psychoanalysis* 30:69-74

Bechdel, Alison (2012) *Are You My Mother?* Jonathan Cape

Winnicott, D. W. (1971) 6. The Use of an Object and Relating through Identifications. *Playing and Reality* 17:86-94

Further reading

Khan, M. 'Introduction' in Winnicott, D. W. (1975) *Through Paediatrics to Psycho-Analysis*. *Through Paediatrics to Psycho-Analysis*, xi-xxxviii.

Winnicott, D. W. (1974) Fear of Breakdown. *International Review of Psychoanalysis* 1:103-107

Spring Term 2026

Keith Armitage

10, 17, 24 & 31 January, 7 February

Border Crossings: Thinking about "Borderline" Patients

As a general introduction and contemporary overview for those who might find it helpful, I would recommend Chapter 12 "Between Actual pathology and Psychopathology: Post-Traumatic Stress Disorder and Borderline" in Verhaeghe, P (2004) **On Being Normal and Other Disorders: A Manual for Clinical Psychodiagnostics** London: Karnac (p.313-350)

Week One - Early Formulations

Stern, A "Psychoanalytic Investigation of and Therapy in the Border Line Group of Neuroses", in Stone, MH, ed. (1986) **Essential Papers on Borderline Disorders: One Hundred Years at the Border** New York: New York University Press (p 54-73)

Deutsch, H "Some Forms of Emotional Disturbance and their Relationship to Schizophrenia" in Stone, MH ed. (1986) (p. 74-91)

Week Two - Object Relations Perspectives

Balint, M Excerpts from "The Basic Fault" in Stone, MH ed (1986) (p385-409)

Little, M "R- The Analyst's Total Response to his Patient's Needs" **Towards Basic Unity: Transference Neurosis and Transference Psychosis** (1986) London: Free Association Books

Little, M "Winnicott Working in Areas where Psychotic Anxieties Predominate: A Personal Record" (1985) **Free Associations Vol I-3**

Week Three - Kernberg And his Critics

Kernberg, O "Borderline Personality Organisation" in Stone MH ed. (1986) (p.279-319)

Kohut, H Chapter 1 "Introductory Considerations" in **The Analysis of Self: A Systematic Approach to the Psychoanalytic Treatment of Narcissistic Personality Disorders** (1971) Chicago: University of Chicago Press (p.1-34)

Kohut, H "Clinical Vignette" in **How Does Analysis Cure?** (1984) Chicago University of Chicago Press (p. 178-184)

Searles, HF "The Countertransference with the Borderline Patient" in Stone MH (ed) (1986) (p488-525)

Week Four - Fonagy and Mentalization

Fonagy, P; Gergely, G; Jurist EL; Target, M (2004) Chapters 9. 10 & 11 in **Affect Regulation, Mentalization and the Development of the Self** London: Karnac

Week Five - **Game of the Other**

Roustang, F (1983) Chapters 5 & 6 in **Psychoanalysis Never Lets Go** (trans. Ned Lukacher) Baltimore: Johns Hopkins University Press (p93-133)

Rob Weiss

14, 21 & 28 February, 7 & 14 March

Freud's Case Studies (Diagnosis and Technique)

Summer Term 2026

Katia Houghton

25 April, 9, 16 & 30 May, 6 June

Seminars on Technique

'There is, without doubt, a world of difference between what we actually do in this sort of den where the patient talks to us and where, from time to time, we talk to him – and the theoretical account that we give of it' (Lacan). What exactly is technique – what we actually do, what we think we're doing, what we think we ought to do, or what we say we've done (or wish we had done) after thinking about it, and what we take (don't take or wish we didn't have to take) to supervision? Are there aspects of technique, the setting and the frame that we are at risk of taking so much for granted that we don't think about them at all? What might be at risk if we don't take them seriously enough? How can we think about the reflexive relationship between the conscious clinical decisions we make and the unconscious (and (counter)transferential) dynamics between analyst and analysand? In these seminars – considering examples, dilemmas and experiences from our own practice, as well as revisiting some classical papers – we will explore everyday but preoccupying and important questions of psychoanalytic work, and their practical implications and meaning for each of us. There is a general outline for each seminar but I hope the discussion will be driven primarily by the group's current clinical interests and concerns.

Week 1 - On beginning the treatment: 'the simple rules of the game'

Freud, S. (1912) Recommendations to Physicians Practising Psycho-Analysis. The Standard Edition of the Complete Psychological Works of Sigmund Freud 12:109-120

Freud, S. (1913) On Beginning the Treatment (Further Recommendations on the Technique of Psycho-Analysis I). The Standard Edition of the Complete Psychological Works of Sigmund Freud 12:121-144

Freud, S. (1914) Remembering, Repeating and Working-Through (Further Recommendations on the Technique of Psycho-Analysis II). The Standard Edition of the Complete Psychological Works of Sigmund Freud 12:145-156

Lacan, J.(1991) Introduction to the commentaries on Freud's Papers on Technique, in Seminar 1 Freud's Papers on Technique 1953–1954 (Norton): 7–18

Lacan, J.(2006) The Direction of the Treatment and the Principles of Its Power, in *Écrits* (Norton): 489–542

Week 2 - Boundaries and the frame.

Bleger, J. (1967) Psycho-Analysis of the Psycho-Analytic Frame. *International Journal of Psychoanalysis* 48:511-519

Bass, A. (2007) When the Frame Doesn't Fit the Picture. *Psychoanalytic Dialogues* 17:1-27

Lomas, P. (1994) *Is Psychotherapy Real?, Cultivating Intuition*, Penguin 105-20. Pdf to be supplied.

Further Reading

Tylim, I. and Harries, A. (2018) *Reconsidering the Moveable Frame in Psychoanalysis* (Routledge).

Moguillansky, C. and Howard B. Levine (2023) *Psychoanalysis of the Psychoanalytic Frame Revisited* (Routledge).

Week 3 - The talking cure? pt 1: communication with and without words: interpretation, self-disclosure, silence, enactment, creativity, difference, etc.

Reik, T. & Altman, K. M. (1968) The Psychological Meaning of Silence. *Psychoanalytic Review* 55:172-186

Winnicott, D. W. (1971) 4. Playing: Creative Activity and the Search for the Self. *Playing and Reality* 17:53-64

Gherovici, P. (2022) Hate up to My Couch: Psychoanalysis, Community, Poverty and the Role of Hatred. *Psychoanalysis and History* 24:269-289

Horney, K. (1991) The Goals of Analytic Therapy. *American Journal of Psychoanalysis* 51:219-226

Week 4 - The talking cure? pt 2: communication with and without words, to touch or not to touch, difficult/unexpected situations, ethical dilemmas, mistakes, etc.

Milner, M. (1987) 13. 1957: The Ordering of Chaos. *The Suppressed Madness of Sane Men: Forty-four Years of Exploring Psychoanalysis* 3:216-233

Oakley, H. (1989) Touching and Being Touched: The Negotiated Boundaries and the 'Extended' Consulting Room, in *Thresholds between Philosophy and Psychoanalysis*, Free Association, 146-66

Casement, P. (1985) Analytic Holding Under Pressure, in *On Learning From the Patient*, Routledge, 155-167

Week 5 - Analysis terminable and interminable. Endings of all kinds and the complexities they raise.

Freud, S. (1937) Analysis Terminable and Interminable. The Standard Edition of the Complete Psychological Works of Sigmund Freud 23:209-254

Gabbard, G. O. & Ogden, T. H. (2009) On Becoming a Psychoanalyst. International Journal of Psychoanalysis 90:311-327

Roustang, F. (1983) The Effects of Analysis. In Psychoanalysis Never Lets go. Johns Hopkins 117-33. PDF to be supplied.

Mark Maclean

13, 20 & 27 June, 4 July

Navigating Intersubjectivity in the Therapeutic Encounter

Training Weekend

11 & 12 July

More Information to Follow..