Psychodynamic Psychotherapy
Reading List

Comprehensive List

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With Special Thanks To
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I. CORE TEXTS


II. HISTORY


III. BASIC PRINCIPLES


**IV. THEORY OF MIND**

**A. The topographic model of the mind and the dynamic unconscious**


**B. Fantasy and psychic reality: conscious and unconscious**


**C. Structural Theory and Ego Psychology**


D. The id: psychosexuality, libido theory, the drives, aggression


E. The superego and the ego ideal


F. Ego, conflict, defense, compromise


G. Object relations theory


H. Self psychology


V. DEVELOPMENT

A. Core texts and overview


B. Infancy


**C. Attachment theory**


**D. The development of the self**


**E. Object relations**


**F. Separation individuation and transitional phenomena**


**G. Object constancy**


**H. Gender development**


**I. The oedipus complex**


**J. Play**


**K. Latency**


**L. Puberty and adolescence**


Psychoanalytic Study of the Child 26: 241-263.

Settlage, C. (1972). Cultural values and the superego in late adolescence, Psychoanalytic 

**M. Homosexuality**

Straus and Giroux.

developmental themes are more important in psychotherapy, Harvard Review of 
Psychiatry, 6(3): 160-164.

See also web link to the American Psychoanalytic Association Committee on Gay and 

**N. Post-adolescent development**

Blos, P. (1972) The Epigenesis of the Adult Neurosis, Psychoanalytic Study of the Child, 

Chused, J. (1987) Idealization of the Analyst by the Young Adult, Journal of the 

Psychoanalytic Inquiry, 15: 75-91.

**O. Parenthood and pregnancy**


Analysis, 41:585-595.

**P. Midlife and aging:**


**VI. PSYCHOPATHOLOGY**

**A. Core texts**


**B. Core concepts: Neurosis and character**


**C. Severe personality disorders**


**D. Pathological narcissism, narcissistic personality and antisocial personality:**


E. Masochism and masochistic personality


F. Hysterical and histrionic personality and dissociative disorders


G. Obsessional personality


**H. Anxiety and depression**


**I. Trauma and Loss**


**J. Paraphilias, Substance Abuse, Eating Disorders**


**K. Psychosis**

**VII. ASSESSMENT: INTERVIEWING AND FORMULATION**


**VIII. TREATMENT**

**A. Core Texts**


**B. Therapeutic Relationship, Engagement, Resistance**


C. Recognizing and Working with Transference and Countertransference


D. Interventions: questions, clarifications, interpretations


E. Working with fantasy, dreams
F. **Boundaries and mistakes**


G. **Middle phase and working through, mechanisms of change**


H. **Termination**


I. Suicidal patient


J. Experience of being a therapist


K. Relationship to other psychotherapies

a. CBT


b. Psychoanalysis


c. Couples/family/systems


d. Psychopharmacology


IX. THE PSYCHOTHERAPY EXPERIENCE: CASE DESCRIPTIONS


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


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

XI. NEW DIRECTIONS

A. Cognitive Neuroscience and Psychoanalysis


B. Evidence Base for Psychodynamic Psychotherapy

