

Psychoanalysis & Addictions

Course Syllabus

Instructor: William H. Gottdiener, PhD, ABPP, FIPA
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Class Meetings: Wednesdays 10am – 12pm

Course Readings: The course will use primary readings as noted below.

Course Description: This course provides an overview of some psychoanalytic views of addictive disorders and their treatment.

Course Objectives: The primary goal of the course is to help students to learn about the underlying psychodynamics of addictive disorders and how they can be treated using psychoanalytic therapies.

By the end of the course students should be able to:

- Describe psychoanalytic models of addictive disorders (e.g., the self-medication hypothesis).
- Understand the roles that drives, defenses, object relations, and attachments play in addictive disorders.
- Understand how to think about transference and its clinical use in treatment in addictive disorders.
- Describe the basic tenets of abstinence and harm reduction approaches to addictive disorders and how to integrate psychoanalytic treatments with these perspectives.
- Know when and how to integrate psychoanalytic therapy with adjunctive therapies such as, self-help groups, medication assisted therapy (methadone, buprenorphine, naltrexone, Antabuse, etc.).
- Appreciate the importance of being cognizant of countertransference reactions to patients who are diagnosed with an addictive disorder because countertransference reactions are often the biggest obstacle to effective treatment. In addition, students are encouraged to discuss their clinical experiences.

Attendance and participation:

Regular attendance is expected and necessary to get the most from the course. Students will be expected to read the material before the class and to come in to the class with questions, comments, critiques. Students are encouraged to bring in clinical

material as part of the class discussion. If clinical material is discussed keep the patient's identity and disguised so that confidentiality is maintained.

Weekly Course Outline

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| 06/10 | What is an addiction? |
| 06/17 | Psychoanalytic theories of addiction overview |
| 06/24 | Drives, defenses, and addiction |
| 07/01 | Self and object relations and addiction |
| 07/08 | Transference in addictions |
| 07/15 | Psychoanalytic therapy of addictions |
| 07/22 | Countertransference in addictions |
| 07/29 | Wrap-up |

Weekly Course Readings

Session 1: Defining Addiction

Questions: What defines an addiction? How do the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) and the Psychodynamic Diagnostic Manual (PDM) define addictions?

Required reading:

National Institute on Drug Abuse (NIDA) webpage and the High Times website on substance use. What differs across these sites?

Schaffer, H.J., et al. (2004). Toward a syndrome model of addiction: Multiple expressions, common etiology. *Harvard Review of Psychiatry*, 12, 367-374.

Khantzian, E. J. (2003). Reflections on Treating Addictive Disorders: A Psychodynamic Perspective. *The American Journal on Addictions*, 21, 274-279.

Recommended reading: Diagnostic and Statistical Manual of Mental Disorders-V on addictions and the Psychodynamic Diagnostic Manual-2

Session 2: Psychoanalytic Theories of Addiction

Questions: What causes addictive disorders? What are the main psychoanalytical theories of addiction?

Required reading:

Gottdiener, W. H. (2013). Understanding, treating, and preventing substance use disorders: A psychodynamic perspective. In N. E. Suchman, M. Pajulo, & L. C. Mayes (Eds.). *Parenting and Substance Abuse: Developmental Approaches to Intervention* (pp.87-99). Oxford, UK: Oxford.

Johnson, B. (1999). Three perspectives on addiction. *Journal of the American Psychoanalytic Association*, 47(3), 791-815.

Session 3: Drives, Defenses, and Addiction

Question: What are the roles of drives, defenses, and dreams in addiction?

Required reading:

Johnson, B. (2001). Drug dreams: a neuropsychanalytic hypothesis. *Journal of the American Psychoanalytic Association*, 49:75-96.

Khantzian, E. J. (2003). Reflections on Treating Addictive Disorders: A Psychodynamic Perspective. *The American Journal on Addictions*, 21, 274-279.

Dodes, L. (1996). Compulsion and addiction. *The Journal of the American Psychoanalytic Association*, 44, 815-835.

Session 4: Self and Object-Relations and Addiction

Questions: What role does the object have in an addiction? What is its relationship to the self?

Required reading:

Waska, R. (2006). Addictions and the quest to control the object. *The American Journal of Psychoanalysis*, 66(1), 43-62.

Director, L. (2002). The value of relational psychoanalysis in the treatment of chronic drug and alcohol use. *Psychoanalytic Dialogues*, 12(4), 551-579.

Solms, M. et al. (2012). Neuropsychanalytic notes on addiction. In G.F.R Ellis, D.J. Stein, K.G.F. Thomas, & E. M. Meintjes (Eds.). *Substance use and abuse in South Africa: Insights from behavioral and brain sciences* (pp. 175-184). Cape Town, SA: UCT Press

Session 5: Transference and Addictions

Questions: What is transference? How can transference be understood as a manifestation of drive, of self and object relations, of attachments, of conflict, of defense, of compromise formation, and of relationship patterns? Why is transference important in understanding and treating people who have an addiction diagnosis?

Required reading:

Book, H. (2004). The CCRT approach to working with patient narratives in psychodynamic psychotherapy. In L. E. Angus, & J. McLeod (Eds.). *The Handbook of Narrative and Psychotherapy* (pp. 1-43). Thousand Oaks, CA: Sage.

Session 6: Supportive-Expressive Psychodynamic Therapy of Addictions

Questions: How can psychodynamic psychotherapy with people who have an addiction diagnosis be done in a flexible way? Should abstinence be the treatment goal? Should you treat patients who are intoxicated? Do patients have to attend self-help groups? Should you be worried about regression? Do you have to be a specialist in addictions to treat someone with an addiction diagnosis?

Required reading:

Gottdiener, W. H. (In Press). Psychodynamic treatment of opioid use disorder using supportive-expressive therapy. *Psychoanalytic Study of the Child*.

Leichsenring, F., & Liebong, E. (2007). Supportive-expressive (SE) psychotherapy: An update. *Current Psychiatry Reviews*, 3, 57-64.

Rothschild, D. (2010). Partners in treatment: Relational psychoanalysis and harm reduction therapy. *Journal of Clinical Psychology*, 66(2), 136-149.

Weegman, M. (2002). Motivational Interviewing and addiction: A psychodynamic appreciation. *Psychodynamic Practice*, 8(2), 179-195.

Session 7: Countertransference in Addictions

Questions: Countertransference problems are a common impediment to effective psychodynamic treatments in general and addictions in particular. How do we notice our countertransference? How can we use our countertransference to understand and treat our patients and understand ourselves as clinicians and improve our clinical skills?

Book, H. (1998). How to practice brief psychodynamic psychotherapy: The core conflictual relationship theme method. Washington, DC: American Psychological Association. (Read sections on countertransference).

Session 8: Wrap-up

Topic: Summarize what we learned in the course and discuss unanswered questions.