

Clinical Psychoanalysis

Brief description of course content (according to the programme's verification report)

Psychoanalysis, science and handling subjectivity. The unconscious and its relationship with health and disease. Diagnosis and psychoanalytic treatment.

Learning outcomes

- **Training Objectives:**

1. To acquire theoretical and methodological knowledge about psychoanalysis and dynamic psychology and their techniques.
2. To apply this knowledge to assessing and treating cognitive, affective and behavioural problems.
3. To learn to integrate research in the area of subjectivity with clinical practice.

In addition, the specific objectives to attain upon finishing the subject are the following (expressed in terms of “Knowledge”, “Skills” and “Attitudes/Values”):

- **Knowledge (To know)**

1. To understand the relationships of psychoanalysis with neuroscience and the language sciences.
2. To know how the unconscious is constructed and what its main processes are.
3. To understand the relationships of the unconscious with infancy, the body and the family structure.
4. To learn about the psychoanalytic methodology in order to understand the psychic reality of the patient and thereby transform the person who suffers into an active agent able to modify their reality.
5. *To understand the basic processes and skills for establishing a therapeutic relationship.*
6. To understand the relationship of unconscious desire with health and disease.
7. To understand the basic elements of psychoanalytic treatment.
8. To understand the relationships of the subject in the different clinical structures.
9. *To understand psychoanalysis applied to individual and group clinical practice.*

- **Skills (Know how)**

1. To acquire skills which allow the transference relationships therapy is based on to be understood, identifying interactions with other disciplines and making intervention techniques (individual and group) available which allow the work with the patient in different areas to be addressed.
2. To know how to distinguish which of the conceptual and methodological contributions from different schools are relevant for the general study of personality.
3. To know how to infer results in different fields of application from studying the processes and elements of personality.

4. To handle analytical techniques and instruments for personality processes and phenomena.
5. To know how to transfer theoretical approaches to research criteria.
6. To create or interpret profiles or personality styles from assessment data.
7. To know how to handle the main general ethical principles and commonly accepted criteria to resolve ethical conflicts which are presented to the psychologist in fields related to research and social responsibility.

- **Attitudes and values (Knowing how to be)**

1. To value and respect theoretical and human diversity.
2. To develop a relativist, critical and reflective attitude for studying the unconscious and subjective reality.
3. To respect and recognise differences between people.
4. To respect knowledge.
5. To develop an ethical attitude in the assessment and interpretation of the psychic reality.
6. To value knowledge attained from the different scientific methodologies.
7. To have an interest in research and the creation of new data in Psychology, both as a recipient or evaluator of the innovations and creator of them.
8. To keep in mind the quality of the work performed as a reference of the intervention itself.
9. To understand and value the theoretical and practical diversity of Psychology.
10. To be critical of the social system from the principles of psychological diversity.
11. To respect the criteria gathered in the code of ethics for the profession of Psychology.

Planned learning activities

Theory Syllabus

THEORETICAL SYLLABUS:

Thematic unit 1: INTRODUCTORY ASPECTS: Psychoanalysis and science.

- Topic 1. Psychoanalysis and science. Psychoanalysis and Dynamic Psychology: Research, assessment and handling subjectivity.
- Topic 2. The unconscious and its processes: relationships with neuroscience and the language sciences.
- Topic 3. The formations of the unconscious. Its relationship with health and disease.

Thematic unit 2: Biography, imprints and psychological markers.

- Topic 4. Infancy and its influence on emotional and affective organisation. The body and its relationship with image.
- Topic 5. Infancy and its influence on emotional and affective organisation. The body, sexuality and its representation.
- Topic 6. The family structure and its complex knot of relationships.

Thematic unit 3: Psychoanalysis applied to clinical practice, therapeutic devices and clinical structures.

- Topic 7. Elements of clinical psychoanalysis: symptom; free association; listening; interpretation; transference and subject supposed to know in the therapist-patient relationship.
- Topic 8. Clinical structures. The dynamic of the subject in the different clinical structures..
- Topic 9. Psychoanalysis applied to clinical practice: key points when working with patients.

Practical Syllabus

PRACTICAL SYLLABUS:

- Practical exercise 1.- Exercise on group dynamics: speaking about oneself (the private and the public). Listening to others (the place for silence). Blame and shame.
- Practical exercise 2.- Defence mechanisms.
- Practical exercise 3.- Assessment: projective tests.
- Practical exercise 4.- Crisis intervention: end of life, mourning and psychological first-aid.

Seminars/ workshops.

- **Seminar: Love and hate. Contemporary subjectivity**

Activities to be carried out

1. Analyse affection, sense of humour and laughter and their relationships with the unconscious, health and disease.
2. Analyse aggression, abuse and violence and their relationships with the unconscious, health and disease.

Work method

- Seminar attendance. Personal work on questions related to the field of emotion, after reading specific texts on the love/hate topic and drive in the area of health and disease.