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## Psychoanalytic Theory and Practice

Second English + second Russian + first Georgian edition

### 1 Principles

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***Preface to the second English + second Russian + first Georgian Edition***

Our textbook of *Psychoanalytic Therapy* has occupied an established position since the publication of the first two volumes (1985/1988; 3. edition 2006a,b). These volumes are well regarded in the realm of training, treatment and research. Meanwhile a third volume has been published in German (2006c) and in English (2009). It records the long-standing work of our Ulm study group to implement the methodological paradigm of the single-case research. Our texts represent the current state of the leading trends in theory, clinical practice, and psychoanalytic research.

From the start we had in mind to publish a German (1985/1988) and an English version which was published under the title *Psychoanalytic Practice* (1987/1992). To date our book has been translated into many more different languages. We did not expect such wide distribution. It really has surpassed all our expectations.

A Hungarian group of psychoanalysts around Janos Harmatta was looking for a critical account of contemporary psychoanalytic theory and practice which to translate, and they decided on the *Ulm Textbook*. In 1987 and 1991 Ferenc Blümel, Janos Harmatta, Edit Szerdahelyi, and Gabor Szöny published *A Pszichoanalitikus Terápia Tankönyve*.

We owe the Spanish translation *Teoria y Practica del Psicoanálisis* (1989/1990) to Juan Pablo Jiménez who worked for the *Ulm Department of Psychotherapy* for several years. He and his wife Gabriella Blum undertook this task during their time in Ulm. Once he returned to Chile he at first was subject to criticism because he had adopted the Ulm position on clinic and research. According to Ricardo Bernardi (Uruguay) it was the one and the same Ulm Textbook which later played a crucial part in the research-orientated development of South American psychoanalysis.

Science-related contact to the group around Salvatore Freni (Mailand) in 1987 in connection with the Ulm International Conference of the Society for Psychotherapy Research (1987) led to the Italian translation: *Trattato di Terapia Psicoanalitica* (1990/1993).

Regular seminars on Psychoanalytic Psychotherapy Research by the junior author in Porto Alegre / Brazil resulted in the Portuguese publication of the first volume: *Teoria e Prática da Psicanálise* in 1992.

Jan Zenaty provided the Czech translation. He became familiar with the Ulm

textbook on his repeated study stays in Ulm and Frankfurt, and eventually produced the Czech edition: *Psychoanalytická Praxe* (1992/1996).

Anna Czovnitzka in Warsaw was responsible for the Polish translation: *Podrecnik Terapii Psychoanalitycznej* (1996, 1996), which was sponsored by the Robert Bosch Stiftung (Stuttgart).

Our contribution to the rebuilding of psychoanalysis in Moscow since the beginning of the Nineties funded the decision of our Russian colleagues to have the Ulm Textbook translated under the editorial leadership of Anna Kazanskaja and Igor Kadyrow. *Sovremenny Psikhoanaliz* (1997a,b) is now the standard textbook in many regions of the Russian speaking countries and is reprinted illegally.

The contact to the Roumanian analyst and publisher of psychoanalytic literature, Vasile Zamfirescu, resulted in the the Roumanian edition: *Tratat de Psihanaliza contemporana* (1999/2000) that has enjoyed a second update (2010).

We owe a Bulgarian translation of the first volume: *Utshebnik po Psichoanalititschna Terapija* (2009) to the initiative of Nicola Atanassov of the psychoanalytic IPA study group in Sofia.

The Persian translation of both volumes: *Amouzeshe Roykarde Darmanie Ravankavi* (2009, 2011), for which we must thank Said Pirmoradi aus Isfahan, was received with astonishment in the light of the political situation there.

And now thanks to the dedication of Andrey Khatchaturian and Anahit Krishchyan both volumes of the Ulm Textbook have been published even in the Armenian language: *Ardi Psichoanalisi Himunkner Hator* (2015a,b) after many years of work on their part.

And due to the enthusiastic work of Khatuna Invanshivili (Tiflis) we can anticipate the completion of the first volume in Georgian language (2017).

Instead of attempting to evaluate this international recognition ourselves we would like to quote some reviews. Philip Rubovitz-Seitz (Washington, DC) emphasized the innovative aspect of the Ulm Textbook saying:

Although distinctly a textbook, this work is radically and refreshingly different from any previous textbook of psychoanalysis (J Nerv Ment Dis 1988, p. 697).

The in the USA renowned psychiatrist, Richard Chessik, opened his very nuanced critique of the first volume with the following words:

This book is expensive, but it is worth every penny. The focus of the book is on the psychoanalyst's contribution to the therapy process; in the opinion of the authors, who are German psychoanalysts, the psychoanalyst influences all aspects of the treatment continuously. ... This is definitely not a book for

beginners. It is quite scholarly and some of the sentences become additionally difficult in translation. It assumes a considerable knowledge of the field and a substantial acquaintance with the psychoanalytic literature. However, for advanced therapists it is remarkably provocative and always interesting. The authors manage to bring up almost every currently controversial topic in the field (Am. J. Psychiatry 1988 p. 884).

He later added disapprovingly:

Although the authors are well acquainted with the different psychoanalytic theories, they state without evidence, "We believe we are justified in speaking of *convergences* between the different schools within psychoanalysis and also between psychoanalysis and neighboring disciplines". Certainly this will be a much disputed statement. In fact, some might argue that these schools and theories are diverging and polarizing rather than converging.

We will pick up on this critical comment later, when we define our current position in Chapter One. Further on he supports our demand that the results of psychoanalytic efforts should be verified empirically:

Their emphasis on the testing of effectiveness of psychoanalytic treatment by research scientists is consistent with their discussion of the situation of psychoanalysis in Germany, which is supported by third-party payment plans. In that sort of medical system these processes must be empirically demonstrated to be effective in order to convince the agencies that pay for them of their value (p. 885).

A Scandinavian review very accurately pinpointed our intention to create a textbook aimed at the „well-informed reader“ rather than a primer, which we have apparently achieved even though reports from all over the world show that beginners can also attain a thorough overview of the current issues with the help of this book:

I warmly recommend this book to everyone in need of a good overview as to what psychoanalysis has been and has developed into today. There is a need for a good basic understanding of psychoanalysis before this book becomes edible. I think it is a book for the well-informed reader. For the student of psychoanalysis, I think it could give a final rounded understanding of psychoanalysis. Use it to discuss the complexity of psychoanalysis at the end of a psychoanalytic training! (Anna Danielsson-Berglund, Scand Psychoanal Rev 1989, p. 92).

Another comment from this part of the world, this time from Eivind Haga from Norway, is also of the opinion that the Ulmer Lehrbuch does not provide an easy introduction for the uninitiated reader, however:

It is more of an inspiring challenge for the advanced and experienced practitioner and (I hope) much of a stumbling block for the orthodox psychoanalyst (Nord. J. Psychiatry 1992, p. 202).

A „stumbling block“ for orthodox psychoanalysts is something we would love the book to be; it is at least what we were aiming at.

Even before the term globalisation came into general use, psychoanalysis had become internationalised with local and regional modifications. In the year the first volume was published Wallerstein (1985) gave his presidential speech to the IPA in Montreal the title: „One psychoanalysis or many ?“. Two years later in Rome he

invoked the „common ground“. In our opinion this lies in the past namely in the work of S. Freud as the founding father. Even more than in the first edition we have tried harder to do justice to the many psychoanalyses of our time. The developments of the last thirty years took place in the way we thematised. Virtually all the issues we had problematised are being discussed in the international literature. The criteria for the selection of these questions are explained extensively in the preface. The aforementioned translations of the Ulm Textbook have made it into the epitome of self-critical research-orientated psychoanalysis.

Our thanks go to many colleagues all around the world who inspired us indirectly. Our special thanks go to all those who with their critical advice and collaboration have made a direct contribution to this update of our work. As the authors responsible for this book we would like to specifically emphasize that it would not have found its present form if our associates and external colleagues had not sometimes taken us by the hand, contributed independent passages and made corrections.

We are grateful to the Springer Publishing House for their dedicated support especially with the manifold translations. We hand over this Georgian edition with thanks to everyone who promoted us and now to the reader with the hope that it will continue to benefit those we wrote it for: the patients.

The senior author of this book did not live to see this revised edition; he died at an old age on the 3<sup>rd</sup> of August 2013. An appreciation of his work and his importance for the further development of psychoanalysis was published in the International Journal of Psychoanalysis (Geyer & Kächele 2015).

Ulm-Berlin, in Winter 2016

Horst Kächele

## Contents

Preface .....	IX
<i>1 Psychoanalysis: The Current State</i> .....	1
1.1 Our Position .....	2
1.2 The Psychoanalyst's Contribution .....	11
1.3 Crisis of Theory .....	19
1.4 Metaphors .....	44
1.5 Training .....	49
1.6 Directions and Currents .....	54
1.7 Sociocultural Change .....	62
1.8 Convergences .....	69
1.9 References.....	87
<i>2 Transference and Relationship</i> .....	111
2.1 Transference as Repetition .....	
2.2 Transference as Unconscious Schema	
2.3 Suggestion, Suggestibility, and Transference .....	
2.4 Dependence of Transference Phenomena on Technique .....	
2.5 Transference Neurosis as an Operational Concept . . .	
2.6 A Controversial Family of Concepts: Real Relationship, Therapeutic Alliance, Working Alliance, and Transference .....	
2.7 The New Object as Subject: From Object Relationship Theory to Two-Person Psychology .....	
2.8 The Recognition of Actual Truths .....	
2.9 The Here-and-Now in a New Perspective .....	
2.10 Intersubjectivity, Bifocality of Transference and the Third	
<i>3 Countertransference</i> .....	
3.1 Countertransference: The Cinderella in Psychoanalysis .....	
3.2 Countertransference in Its New Guise .....	

3.3 Consequences and Problems of the Comprehensive Conception .....	
3.4 Concordance and Complementarity of Countertransference .....	
3.5 Should the Analyst Admit Countertransference? .....	
<i>4 Resistance</i> .....	
4.1 General Factors .....	
4.1.1 Classification of the Forms of Resistance .....	
4.1.2 Function of Resistance in Regulating Relationships . . . . .	
4.1.3 Resistance and Defense .....	
4.2 Anxiety and the Protective Function of Resistance . . . . .	
4.3 Repression and Transference Resistance .....	
4.4 Id and Superego Resistance .....	
4.4.1 The Negative Therapeutic Reaction .....	
4.4.2 Aggression and Destructiveness: Beyond the Mythology of Instinct .....	
4.5 Secondary Gain from Illness .....	
4.6 Identity Resistance and the Safety Principle .....	
<i>5 Interpretation of Dreams</i> .....	
5.1 Dreams and Sleep .....	
5.2 Dream Thinking .....	
5.3 Day Residue and Infantile Wish .....	
5.3.1 Wish Fulfillment Theory: A Unifying Principle of Explanation .....	
5.3.2 Self-Representation and Problem Solving .....	
5.4 Self-Representation Theory and Its Consequences . . . . .	
5.5 Technique .....	
5.5.1 Freud's Recommendations and Later Extensions .....	
<i>6 The Initial Interview and the Latent Presence of Third Parties .</i> .....	
6.1 The Problem .....	
6.2 Diagnosis .....	
6.3 Therapeutic Aspects .....	
6.4 Decision Process .....	
6.5 The Patient's Family .....	
6.5.1 The Burden on the Family .....	
6.5.2 Typical Situations .....	
6.6 Third-Party Payment .....	

6.6.1 Psychoanalysis and the German Health Insurance System .....	
6.6.2 The Impact on the Psychoanalytic Process .....	
7 <i>Rules</i> .....	
7.1 The Multiple Functions of Psychoanalytic Rules .....	
7.2 Free Association: The Fundamental Rule of Therapy .....	
7.2.1 Features and Development .....	
7.2.2 Instructing the Patient About the Fundamental Rule.....	
7.2.3 Free Association in the Analytic Process .....	
7.3 Evenly Suspended Attention .....	
7.4 The Psychoanalytic Dialogue and the Counterquestion Rule: To Answer or Not to Answer, That Is the Question .....	
7.4.1 The Foundation and History of the Stereotype .....	
7.4.2 Rules Governing Cooperation and Discourse .....	
7.4.3 Object Finding and Dialogue .....	
8 <i>Means, Ways, and Goals</i> .....	
8.1 Time and Place .....	
8.2 Psychoanalytic Heuristics .....	
8.3 Specific and Nonspecific Means .....	
8.3.1 General Points of View .....	
8.3.2 Remembering and Reconstruction .....	
8.3.3 Intervention, Reaction, and Insight .....	
8.3.4 New Beginning and Regression .....	
8.4 Transference Interpretations and Reality .....	
8.5 Silence .....	
8.6 Acting Out .....	
8.7 Working Through .....	
8.8 Learning and Restructuring .....	
8.9 Termination .....	
8.9.1 General Considerations .....	
8.9.2 Duration and Limitation .....	
8.9.3 Criteria for Termination .....	
8.9.4 The Postanalytic Phase .....	
9 <i>The Psychoanalytic Process</i> .....	
9.1 Function of Process Models .....	
9.2 Features of Process Models .....	
9.3 Models of the Psychoanalytic Process .....	



9.4 The Ulm Process Model .....	
<i>10 Relationship Between Theory and Practice .....</i>	
10.1 Freud's Prize Question .....	
10.2 Psychoanalytic Practice in Light of the Inseparable Bond .....	
10.3 The Context of Justification of Change Knowledge .	
10.4 The Differing Requirements for Theories of Pure and Applied Science .....	
10.5 Consequences for Therapeutic Action and for the Scientific Justification of Theory .....	
<i>References .....</i>	
<i>Name Index .....</i>	
<i>Subject Index.....</i>	

