

The British Middle School: Fairbairn and Winnicott

2024-2025 Winter Trimester, 8:30am - 10:00am

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Course Description:

In this course, we will study significant works by two important British Middle School theorists and clinicians, WR Fairbairn and D Winnicott. We will focus on key concepts in the articles, considering what they indicate theoretically, how they can apply clinically and how they compare to ideas proposed by other significant writers both before and after Fairbairn and Winnicott. We also will see how their ideas are reflected in two fascinating case reports by their analysands, two contributors in the field in their own write, Margaret Little and Harry Guntrip. In the process, we will better and better appreciate how and why Fairbairn and Winnicott have been and remain so influential in how psychoanalysis has evolved.

Course objectives:

1. The candidates will understand how Fairbairn recast basic motivation in terms of how we are object-seeking instead of pleasure-seeking and how he sees us building our internal worlds out of responding to early trauma.
2. The candidates will better understand Fairbairn's concept of the moral defense and Winnicott's ideas about the holding environment and be able to apply them clinically.
3. The candidates will be able to distinguish the two fates of infantile omnipotence in Winnicott's theorizing in terms of transitional experiencing and the use of the object and be able to apply these implications clinically.

Reading List:

Class 1	Ogden, T. (2010) Why Read Fairbairn? <i>International Journal of Psychoanalysis</i> . 91(1) pp. 101-118.
Class 2	Fairbairn, WR (1944) The Repression and the Return of the Bad Objects (with Special Reference to the War Neuroses). pp. 102-136.
Class 3	Fairbairn, WR (1958) On the Nature and Aims of Psychoanalytic Treatment. <i>International journal of Psychoanalysis</i> , 39, pp. 374-385.
Class 4	Winnicott, DW (1960) The Theory of the Parent-infant Relationship. <i>International Journal of Psychoanalysis</i> , 41, pp.585-595.
Class 5	Winnicott, DW (1953) Transitional Objects and Transitional Phenomena-A Study of The First Not-Me Possession. <i>International Journal of Psychoanalysis</i> ,34, pp.89-97.
Class 6	Winnicott, DW (1969) The Use of the Object, <i>International Journal of Psychoanalysis</i> , 50, pp.711-716. Winnicott, DW (1949) Hate in the Countertransference. <i>International Journal of Psychoanalysis</i> , 30, pp.69-74.
Class 7	Winnicott, DW (1974) Fear of Breakdown. <i>International Review of Psychoanalysis</i> , 1, pp. 103-107. Ogden, T. (2014) Fear of Breakdown and the Unlived Life. <i>International journal of Psychoanalysis</i> , 95, pp.205-223. <i>Optional Reading: Winnicott, C. (1980) Fear of Breakdown: A Clinical Example. International Review of Psychoanalysis. 6, pp.351-356.</i>
Class 8	Little, M. (1985) Winnicott: Working in Areas Where Psychotic Anxieties Predominate. A Personal Record. <i>Free Associations</i> , pp. 9-42.
Class 9	Guntrip, H. (1975) My Experience of Analysis with Fairbairn and Winnicott-(How Complete a Result Does Psychoanalysis Achieve?). <i>International Review of Psychoanalysis</i> , 2, pp.145-156.
Class 10	Kaufmann, P. (2023) When Empathy Opens. <i>Psychoanalytic Perspectives</i> .