



MICHIGAN PSYCHOANALYTIC INSTITUTE

Psychoanalytic Development: Developmental Challenges in Later Life

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***Available on PepWeb**

All assigned readings can be accessed on the Pep-Web and are to be read before the meeting. Papers not on the Pep-Web, will be sent to you by email.

Session#1 –September 12 Overview

Special Section on Working with Late-Life Patients: *The American Psychoanalyst* - Quarterly Magazine of the American Psychoanalytic Association. Fall 2017, Volume 51, No. 3.

- Kavka, Audrey: Introduction and Twenty-first Century Perspectives on Aging. Pages 7, 8, 14, 15.
- Plotkin, Daniel: Historical Psychoanalytic Views of Aging. Pages 9, 10, 11, and 13.

Lipson, C.T. (2011). Longer version of a paper presented at MPS Scientific Meeting. Paper will be sent to you. (24 pages plus references).

Objective: Review history of psychoanalytic views on and attitudes toward aging and later life, including twenty-first century perspectives.

Optional:

*Lipson, C.T. (2002). Psychoanalysis in Later Life. *Psychoanal Q.*, 71:751-775.

Session #2 –September 19 Time and Development

*Colarusso, Calvin A. (1998). A Developmental Line of Time Sense: In Late Adulthood and throughout the Life Cycle. *Psychoanal. St. Child*, 53:113-138. (25 pages)

* Settlege, C.F., Curtis, J., Lozoff, M., Lozoff, M., Silberschatz, G. and Simburg, E.J. (1988). Conceptualizing Adult Development. *J. Amer. Psychoanal. Assn.*, 36:347-369 (20 pages)

*Sandler, A. (1984). Problems of Development and Adaptation in an Elderly Patient. *Psychoanal. St. Child*, 39:471-489. (18 pgs.)

Objective: Conceptualize adult development, using an analytic model stressing adaptation to internal and external changes, including how one's sense of time changes throughout the life cycle. Recognize the value of reminiscing and life review. We will use this model to discuss a clinical report illustrating developmental arrest.

Session #3 –September 26 Early, Middle, and Old Adulthood: Differences in individual responses and adaptation to aging

* Lax, Ruth (2001). Psychic and Social Reality in Aging. *Psychoanal. Review.* 88(6):755-770. (14 pages)

* Lax, Ruth (2008). Becoming really old: The indignities. *Psychoanalytic Quarterly*, 77: 835-857. (22 pgs.)

*Bolgar, Hedda (2002). When the Glass is Full. *Psychoanal. Inq.*, 22(4): 640-651. (11 pgs.)

*Settlage, C.F. (1996). Transcending old age: Creativity, development and psychoanalysis in the life of a centenarian. *International Journal of Psychoanalysis* 77:549-564. (15 pgs.)

Objective: Recognize and evaluate similarities and differences in individual responses to aging, from “young-old to old-old”.

Optional:

Link to research from Northwestern University research on “superagers”:

<https://www.nm.org/healthbeat/healthy-tips/4-habits-super-agers>

Hedda Bolgar: The Beauty of Aging. YouTube video.

Session #4 – October 3 Loss and Mourning and Inner Life

***Binder, P. and Nielsen, G.H.** (2005). Balancing Losses and Growth. *J. Am. Acad. Psychoanal Dyn. Psychiatr.* 33(3):431-451

Krystal, H. (1988). Alexithymia, Anhedonia, and Integrity in Old Age. In *Integration and Self-Healing*, The Analytic Press, pp.232-241.(9 pgs.)

***Schachter, J., Kächele, H. and Schachter, J.S.** (2014). Psychotherapeutic/Psychoanalytic Treatment of the Elderly. *Psychodyn. Psychiat.*, 42(1):51-63

*Klein, M. (1940). Mourning and its Relation to Manic-Depressive states. *IJP* 21: 125-153 (28 pgs). Since our class may have read this article before, we will substitute other articles but review Klein’s concept of the “good internal object”. The article by Segal will illustrate some of her concepts.

***Segal, H.** (1958). Fear of Death—*Notes on the Analysis of an Old Man*. *Int. J. Psycho-Anal.*, 39:178-181

Objective: Focus on multitude of losses characteristic of late life and the crucial importance of the capacity to mourn in order to make a successful adaptation. Different analytic perspectives will be reviewed, such as the Kleinian concept of “the good internal object” and its importance in maintaining inner security and integration, as well as relational, interpersonal, etc.

Optional:

*Hagman, G. (1996). The Role of the Other in Mourning. *PSQ* 65:327-352. (25 pgs)

Session #5 – October 10 Older Patients in Psychoanalysis and Psychoanalytic Psychotherapy

*Valenstein, A.F. (2000). The Older Patient in Psychoanalysis. *J. Amer. Psychoanal. Assn.*, 48:1563-1589. (26 pgs.)

*Plotkin, Daniel (2014). Older Adults and Psychoanalytic Treatment: It's About Time. *Psychodynamic Psychiatry*, 42(1) 23-50 (minus references, 22 pgs.)

*Waddell, Margot (2000). Only connect: Developmental issues from early to late life. *Psychoanalytic Psychotherapy*, 14(3):239-252 (12 pgs)

Objective: Review, evaluate, and discuss recent and past research (study groups) and clinical experience reports about doing analytic work with older patients, noting the applicability, effectiveness, and relevance of analytic work with older patients. The Waddell article addresses, in particular, how one can use developmental analytic understandings in working with patients with early stages of dementia.

Optional:

*Evans, Sandra (2008). 'Beyond forgetfulness': How psychoanalytic ideas can help us to understand the experience of patients with dementia, *Psychanal. Psychotherapy*, 22(3): 155-176.

*Cath, S., Miller, N.E. (1986) The Psychoanalysis of the Older Patient. *J. Amer. Psychoanal. Assoc.*, 34:163-177. (14 pgs.)

Session #6 – October 17 Transference and Countertransference

*Plotkin, Frieda (2000). Treatment of the Older Adult: The Impact on the Psychoanalyst. *J. Amer. Psychoanal. Assn.*, 48:1591-1616. (25 pgs.)

*Chessick, Richard D. (2013). *J. Amer. Psychoanal. Assn.*, 61:67-92. (25 pgs.)

*Wagner, J.W. (2005). Psychoanalytic Bias Against the Elderly Patient. *Contemp. Psychoanal.*, 41:77-91. (14 pgs.)

Objective: Explore and discuss transference and countertransference issues in psychoanalytic work with older adults and with older analysts. We will discuss sexuality as it is expressed in the aged and address defensive myths as they affect patients and therapists.

Optional:

*Hinze, E. (1987). Transference and Countertransference in the Psychoanalytic Treatment of Older Patients. *Int. Rev. Psycho-Anal.*, 14:465-474

*Yu, M. (2007). Across generations, genders, and cultures. *Contemp. Psychoanal.*, 43(3):421-444.

Session #7-October 24: Death, Mortality and Responsibility of the Analyst

Akhtar, Salman: Talking of Death. *The American Psychoanalyst* - Quarterly Magazine of the American Psychoanalytic Association. Fall 2017, Volume 51, No. 3., Pages 12 and 13.

*Norton, J. (1963). Treatment of a Dying Patient. *Psychoanal. St. Child*, 18:541-560.(19 pgs.)

Solomon, B. (12 March 2019). Conundrums and Complexities: Treating the Dying Analyst. *Psychoanalysis, Self and Context*, <https://www.tandfonline.com/eprint/adyAJTDlerMMc6V4kpwN/full?target=10.1080/24720038.2019.1570208>

Firestein, Steven, TAP article on the Analytic Will.
(1 page)

*Leavy, Stanley (2011). The Last of Life: Psychological Reflections on Old Age and Death. *Psychoanal. Q.*, 80(3):699-715. (16 pgs)

Objective: Address and discuss how aging individuals, patients, and analysts face and deal with death and mortality, in themselves, with their patients and colleagues. Discuss the need and responsibility for a Professional Will.

Optional:

*Kantrowitz, Judy L.(2017). Reflections on Mortality: A Patient Faces Death. *Jour. of Amer. Psychoanal Associat.*, 65(4):673-685. (12 pages)

*Pinsky, Ellen (2002). Mortal Gifts. A Two-Part Essay on the Therapist's Mortality. Part 1: Untimely Loss. *J. Amer. Acad. Psychoanaly.*, 30(2):173-204.(31 pgs.)

*DeMasi, Franco (2004). Making Death Thinkable: A Psychoanalytic Contribution to the Problem of the Transience of Life, London, Free Association Books.

*Poland, W.S. (2016). Slouching towards Mortality: Thoughts on Time and Death. *J. Amer. Psychoanal. Assn.*, 64(4):795-802.

*Marguiles, A., with discussants Shelly Orgel and Warren S. Poland (2014). After the Storm: Living and Dying in Psychoanalysis. *J. Amer. Psychoanal. Assoc.* 62: 863-904. (41 pgs.)

*Minerbo, V. (1998). The Patient Without a Couch: An Analysis of a Patient with Terminal Cancer. *Int. J. Psycho-Anal.*, 79:83-9.

Reflections by Erik Erikson on the last stage of life:

“.....So we return to what we claimed to be the dominant syntonic trait in the last stage, namely, Integrity. This in its simplest meaning is, of course, a sense of coherence and wholeness which is no doubt at risk under such terminal conditions of a loss of linkages in somatic, psychic, and social organization. What is demanded here could be simply called "Integrality," a readiness to "keep things together," the best wording of which I owe to a little boy who had asked his mother what was going to happen when he died. "Your soul will go to heaven," she said, "and your body into the ground." "Mommy," he said, "if you don't mind, I'd like to keep my stuff together." Throughout life, then, we must allow for a human being's potential capacity under favorable conditions to let the integrative experience of earlier stages come to fruition; and so our chart allows along the right-most vertical, from infancy up, the gradual maturation of a quality of being, for which integrity does seem to be the right word.

Our anchor point in earliest childhood, however, remains the newborn's and the infant's developmental readiness for *mutuality*, which today is being demonstrated in all detail by the best workers in the area of child development and pediatrics: by which we mean the surprising power of potential unfolding born with this vulnerable creature, if only it is met in its readiness for energizing as well as instructive interplay, as it and its caretakers (literally) face each other. Only when such potentialities are studied exhaustively can clinical observers know what potentials are endangered in early situations at risk or where mutuality was, in fact, broken in misdevelopment.”

Erikson, E.H. (1984). Reflections on the Last Stage—And the First. *Psychoanal. St. Child*, 39:162-63.