

# **An Exploration of the Interplay between the External and Internal Worlds**

Spring 2010

Faculty of Social Studies MU.

**Teacher:** Michael Friedrich MSc, post MSc, Counselling Psychologist,  
Psychoanalytic Psychotherapist

## **Objectives of the Course/Abstract**

The course is an exploration of the interface between the internal worlds of people in close emotional relationships. It argues that our internal world can be beneficial in allowing us to enjoy, experience and get informative feedback in close emotional encounters, but that we bring a lot of baggage to close encounters and this baggage can damage the relationship.

## **Syllabus**

### **1) *The Unconscious***

Literature: Freud, S. (1915). The Unconscious, pp. 159-222. In S. Freud *On Metapsychology*. London: Penguin Books.

### **2) *Evolution, ethology, physiology and anatomy of the spirit, mind, brain and nervous system.***

I have no bibliography for this topic and have limited expertise in it. Please do your own search.

### **3) *External injury and its impact on the internal world. The fight/flight/defensive response to developmental injury.***

Literature: Bell, D. (1998). External Injury and the Internal World, ch. 11, pp. 167-180. In C. Garland (Ed) *Understanding Trauma: a psychoanalytical approach*. London: Duckworth.

### **4) *Narcissistic, schizoid and hysterical personality disorders as extreme forms of relating styles we all use.***

Literature: Dostoyevsky, F. (1864). *Notes from Underground*.

### **5) *Avoidance of reality and of relating as a form of relating we all use.***

Literature: Steiner, J. (1993). *Psychic Retreats – Pathological Organizations in Psychotic, Neurotic and Borderline Patients*. Chapter 8: The relationship to reality in psychic retreats, pp. 88-102. London & New York: Routledge.

### **6) *Containing and processing feelings as the opposite of fight and flight as a response to present trauma and the memory of past trauma.***

Literature: Casement, P. (1985). *On Learning from the Patient*. Chapter 6: The key dynamics of containment, pp. 132-154. London: Routledge.

Selye, H. (1991). *Stress without Distress*, published by Sygnet might also be useful.

**7) *Countertransference and transference as a metaphor for the way we might relate in a more healthy way as a consequence of being more in touch with our internal world.***

Literature: Casement, P. (1985). *On Learning from the Patient*. Chapter 2: The internal supervisor, pp. 29-56. London: Routledge.

**8) *A marriage of two internal worlds – addressing and working through difficulties in intimate emotional relationships.***

Literature: Skinner, R., Cleese, J. & Handelsman, B. (1993). *Families and how to survive them*. Vermillion. I think this is translated into Czech.

**Teaching Methods**

The knowledge, skills and abilities contained within the objectives of this course will be taught using direct teaching of theory, seminar discussion of this theory and discussion of clinical presentations.

**Assessment Methods**

All students will need to participate in doing a presentation for one of the seminars in order to pass the course. Please let Michaela Porubanova and Michael Friedrich know which one you are interested in presenting and Michaela will let you know which students are presenting the same seminar so that you will be able to liaise with them to do the same presentation as a group. The presentation will be about 20 minutes long. If there are too many students applying to present a particular topic and not enough for another, Michaela Porubanova in consultation with Michael Friedrich will help to divide it up more evenly. The presentation will enable the students to demonstrate their grasp of the objectives of the course and the relationship and interaction of the elements within these objectives.

**Requirements and course enrolment limitations**

The course will be taught in English. The course will only be offered to students of Psychology. The maximum number of students is 30.

*Students are required to attend 100% of classes to pass the course.*