

**Ambedkar University Delhi**

**Course Outline**

**Winter Semester (January –May 2018)**

<b>School:</b>	Human Studies			
<b>Programme with title:</b>	MPhil Psychoanalytic Psychotherapy			
<b>Semester to which offered: (I/ III/ V)</b>	11 Semester			
<b>Course Title:</b>	Psychoanalytical Psychotherapy in Indian Context			
<b>Credits:</b>	4 Credits			
<b>Course Code (new):</b>	<b>Course Code (old):</b>			
<b>Type of Course:</b>	Compulsory	yes	Cohort	MPhil Psychoanalytic Psychotherapy
	Elective	yes	Cohort	

**For SUS only** (Mark an X for as many as appropriate):

1. Foundation (Compulsory)
2. Foundation (Elective)
3. Discipline (Compulsory) X
4. Discipline (Elective) X
5. Elective

**Course Coordinator and Team:** Prof Ashok Nagpal  
**Email of course coordinator:** [ashonag@aud.ac.in](mailto:ashonag@aud.ac.in)

**Pre-requisites:**

**Aim:** Psychoanalysis and psychoanalytic psychotherapy have gone through a long chequered history, with contributions from cultures other than non- European and North American enriching the body of knowledge. Questions of culture and psyche are foregrounded, even as the healing tradition seeks to establish its imprints in terrains and soils which differ from where it had taken birth. A reflection on the therapeutic process in Indian context will be at the forefront of this course.

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The main purpose of this course will be to set in place a thinking and preparing students to questions of critical import even as they set themselves up for clinical work in the Indian setting.

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**Brief description of modules/ Main modules:**

A four-fold emphasis will anchor the course.

1. History of psychotherapy and emotional processing of experience across psychotherapies: This unit will deepen the discussion of the previous semester, even as the course facilitator will focus on a range of way sin experience is worked with in the therapeutic process.
2. History of psychoanalysis and psychoanalytic psychotherapy: In this unit, the instructor will help students look at the history of psychoanalytic psychotherapy in cultures European and North American (the major discourse) as well as those which depart from there. Latin American, Asian (Indian, Japanese and Chinese) and East European (Russian and other cultural questions to the main body of psychoanalysis will be given salience. Of significance in this historical journey would be questions which the psychoanalytic tradition has generally ignored and avoided.
3. The course will continue the thrust of the previous course in semester 1, "On becoming a practitioner". Students would share their concerns about patients they are seeing at the clinic. They would also be required to focus on Assessing Developmental Issues, Developmental Levels of Personality Organization and Clinical Implications of Developmental Levels of Organization. All of this would help them to form a psychoanalytically oriented diagnosis. An emphasis on oedipal issues, object relations and the manifestation of unconscious clinical phenomena in the consultation room will help them prepare for responding to emotional crisis in brief work while keeping the axis of long term work alive. Emerging issues in clinical work
4. Concerns with respect to culture and psyche would be foregrounded. Based on experience of working with Indian patients, this part of the course would take care of attending to the subtle ways in which expressions of emotional life are lived out in our particular context. The experience of clinical practice and the thinking around it would help students reflect on- the kinds of patients who come for help in India, the issues they bring forth, their needs, their worldview, the relationship between psychotherapy, faith, religion and traditional forms of healing. The possibility of dialoguing between culture, psychotherapy and psychoanalysis would be explored. Some additional questions to be thought through could be -Who gets missed out- how do we reach out to them. Is there a life historical dimension through which Indians talk about their self? How is the mystical cosmic notion of self lived out here? Who is the analytical subject here? Questions around transference, representation of unconscious material, issues related to sexuality and termination of clinical work will be touched upon. Of particular relevance here would be the contributions of Sudhir Kakar and other Indian psychoanalysts. Of relevance here will also be experience of the psychoanalytic forays in cultures similar to ours.
5. Even as core values and ethics of clinical practice are delved in, the relationship between psychoanalysis and psychotherapy would be highlighted. From principles of psychoanalytic psychotherapy to processes of therapy, this part of the course would lay the ground from

where practice in our context could take its roots. As against psychoanalysis proper, variations of psychoanalytic psychotherapy would be of focus herein. Students would be acquainted with Balint's model of brief psychodynamic work.

## References:

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**Tentative Assessment schedule with details of weightage:**

S.No	Assessment	Date/period in which Assessment will take place	Weightage
1	ClassParticipation	Ongoing	25%
2	Mid Semester Written Assignment	early October	35%
3	End Term Viva	End Semester	40%