

OBJECT

RELATIONS

THEORY



Object Relations Couple Therapy

Jill Savege Scharff, David E. Scharff



Object Relations Couple Therapy:

Short-Term Object Relations Couples Therapy James M. Donovan, 2013-08-21 First Published in 2003 Routledge is an imprint of Taylor Francis an informa company *Object Relations Couple Therapy* David E. Scharff, Jill Savege Scharff, 2000-04 In this landmark book David Scharff and Jill Savege Scharff both psychoanalysts develop a way of thinking about and working with the couple as a small group of two held together as a tightly knit system by a commitment that is powerfully reinforced by the bond of mutual sexual pleasure **Object Relations Family Therapy** David E. Scharff, Jill Savege Scharff, 1977-07-07 Offers an in-depth and thoughtful exploration of the relevance of psychoanalysis to family therapy

Crisis in the Family Roseann F. Umana, Steven Jay Gross, Marcia Turner McConville, Marcia B. Cherney, 1980

Repairing Intimacy Judith Siegel, 1992-06 Couples therapy is greatly enhanced when both the intrapsychic and interpersonal realms can be utilized Object relations theory allows linkages between the spouses subjective realities and their relationship in a way that allows the two worlds to be mutually informing In *Repairing Intimacy* the theories of the American object relations theorists are applied to couple dynamics The representational world is used to explain how primitive defense mechanisms and other intrapsychic phenomena contribute to marital conflict The structure function and content of the representational world all contribute to spousal expectations and the couple's capacity for intimacy Esteem soothing and the propensity of splitting strongly affect the ways in which spouses interact Projective identifications similarly provide explanations of the couple's interaction internalized conflicts and relationships with earlier objects This book explains how object relations concepts can be used in assessment and in planning treatment goals Treatment can provide stability or help the couple relate to each other with deepened understanding Object relations dynamics can help therapists assess which treatment objectives and goals are most applicable to the couples they treat The beginning and middle phases of couples treatment are given special consideration and include issues such as assessing the couple's commitment to each other and the importance of empathic listening Other treatment topics include analysis of projective identification and the use of countertransference Planned and unplanned terminations are also explored In each treatment section case material is provided to explicate the therapist's role The book also examines common therapy issues from an object relations perspective These include the consequences and advantages of conjoint concurrent and collateral treatment approaches Consideration is also given to the choice of focusing on the couple when the initial presenting problem is the family or an individual Individual psychotherapy and family therapy can no longer be viewed as competing and disparate treatment approaches This book creates an integrated approach so that couples can be understood in their totality A Jason Aronson Book **Object Relations and Relationality in Couple Therapy** James L. Poulton, 2012-11-16 During the course of psychoanalytic psychotherapy with couples the practicing clinician is commonly faced with problems and issues that at times can seem nearly insoluble In *Object Relations and Relationality in Couple Therapy Exploring the Middle Ground* James L Poulton PhD

surveys those problems and offers practical suggestions for their resolution Through the use of extensive clinical material from couple cases each chapter presents a specific issue reviews the theoretical background that is essential for understanding it and offers detailed illustrations of effective clinical interventions The issues addressed by this book include the following the influence of intergenerational trauma on the couple s functioning dynamics of violence and sacrifice within the couple the narcissistic couple and disillusionment with the therapeutic process intensification of emotional stress that results when both partners share unconscious anxieties appropriate and inappropriate uses of the therapist s self disclosure integration of cultural issues in couple therapy negotiating individual and shared transferences in couple therapy the place of truth and certainty in the couple s capacity to heal Object Relations and Relationality in Couple Therapy Exploring the Middle Ground draws upon leading edge innovations in both theory and technique to offer creative solutions to the common dilemmas in couple therapy In current discussions of psychoanalytic treatment two distinct but interrelated theoretical approaches predominate object relations and relational theory This book emphasizes the continuities and commonalities between these two approaches particularly in their application to the treatment of couples and argues that modern relational theories can be read as clinically useful elaborations of similar intuitions that have already been developing in the object relations oeuvre The chapters in this book illustrate that there is a firm middle ground in which ideas and techniques from both theories can be integrated into a consistent therapeutic approach that provides a broad foundation for conceptualizing couple interactions and for designing interventions that facilitate the couple s growth

A Three-Factor Model of Couples Therapy Robert Mendelsohn, 2017-08-07 Couple psychotherapy extends the work of the psychotherapist to the patient s most significant committed adult relationship yet the therapy is difficult both conceptually and technically One major reason for this difficulty is that in every couple s treatment there is a confusing array of psychological defenses as well as regressive and nonregressive couple object relations as distinct from the object relations that each individual member brings to the couple Further many of these processes are occurring outside consciousness and at the very same time This book is an attempt to clarify all the confusing issues by presenting a three factor model of couple psychotherapy within a psychodynamic framework This model has been found to be very effective with many different kinds of couples The book suggests that there are three powerful couple dynamics that shape every couple s treatment A the quality and quantity of the couple s projective identifications B the level of their couple object relations and C the presence or absence of the defense of omnipotent control These three variables are the most important factors in the therapy they determine the success or failure of every therapy with every couple These dynamics also determine quite a bit about how to conduct a couple therapy with regard to the therapist s level of activity tone the way of sorting the material in his or her head and even the kinds of interventions he she chooses whether or not for example the therapist will use certain resistance techniques Understanding these three variables and how they interact is key to the success of the therapy

Clinical Handbook of Couple Therapy.

Fourth Edition Alan S. Gurman, 2008-06-24 This authoritative handbook provides a definitive overview of the theory and practice of couple therapy. Noted contributors, many of whom developed the approaches they describe, combine clear conceptual exposition with thorough descriptions of therapeutic techniques. In addition to presenting major couple therapy models in step-by-step detail, the book describes effective applications for particular populations and problems. Chapters adhere closely to a uniform structure to facilitate study and comparison, enhancing the book's utility as a reference and text. See also Clinical Casebook of Couple Therapy, also edited by Alan S. Gurman, which presents in-depth illustrations of treatment.

New Paradigms for Treating Relationships Jill Savege Scharff, David E. Scharff, 2006-06-02 New Paradigms for Treating Relationships is a contemporary international perspective on the theory and practice of analytic couple and family therapy. It summarizes theory, sets it in context, and illustrates the concepts with clinical illustrations. This clearly written and engaging book is essential for practicing couple and family therapists, psychotherapists, and psychoanalysts, teachers of psychotherapy, as well as for students of psychoanalysis and philosophy.

Short-Term Object Relations Couples Therapy James M. Donovan, 2013-08-21 Brief therapies have become popular, indeed a necessity, in today's managed care environment. Perhaps because it is one of the more complex psychoanalytical models, object relations theory for couples has not been adapted to a short-term model until now. In this volume, James Donovan provides a model for short-term object relations couples therapy while, at the same time, offering an easy-to-read primer on object relations that gives the practitioner a step-by-step model replete with examples for using object relations in practice. The goal of this short-term therapy is that couples emerge with an awareness of these internalized object relations and their significance. This book builds on previously successful couples work by advising the therapist to focus on the core recurring impasse that threatens the couple's relationship and stirs old wounds, and gives detailed intervention strategies that focus on the mediation and resolution of the core fight. The five-step model outlines the ways to dismantle the conflict at the levels of the individual and the couple. Donovan integrates aspects of other successful couples therapies into his model in order to broaden its applicability to a greater diversity of treatment situations.

Object Relations Individual Therapy Jill Savege Scharff, David E. Scharff, 1998 Emphasizing the transformational possibilities that grow out of their relational model of therapy, David E. and Jill Savege Scharff invite us into the territory of interactive journeys with individual patients in this latest entry in their Library of Object Relations. A synergistic mix of clarity and passion informs their review of principles and procedures to land us on the continent of self and object relations that each dyad will explore anew. Each journey touches the therapist in a different way, drawing on and challenging different capacities. Co-directors of the International Institute for Object Relations Therapy, the Scharffs authoritatively introduce the origins of Fairbairn, Klein, Winnicott, Bion, key tenets, and recent advances in the evolution of analytic theory into relational form. Their integral elucidation of clinical practice, structure, technique, case examples, affirms and actualizes their vision of transference and countertransference as collateral, reciprocal, subjective experiences. A

contemporary classic *Scharff Notes* Jill Savege Scharff, David E. Scharff, 1992 This is a short primer on object relations therapy The content of the book derives from students most frequently asked questions together with the Scharffs responses In an easy dialogue format the Scharffs take readers beyond the forbidding aspects of theory and given them access to object relations therapy as a way of thinking and working that is easily understood and readily applicable to clinical practice

The Primer of Object Relations Jill Savege Scharff, David E. Scharff, 2005-05-03 In their groundbreaking *A Primer of Object Relations* Jill Savege Scharff and David E Scharff answered readers questions about this burgeoning field in remarkably clear and readable prose It is difficult to imagine any other team of authors who could provide such a comprehensive survey of the broad applications of object relations theory and in the second edition of this authoritative work the Scharffs draw from their years of clinical experience to create an inclusive and up to date manual for object relations theory that is certain to become a classic in the field **Keeping Couples in Treatment** Carl Bagnini, 2012-06-07

Keeping Couples in Treatment provides the theory and practice tools for the beginning to seasoned individual or couple therapist striving to keep couples in couple treatment and needing an in depth method of assessment and treatment to accomplish the task Object Relations Couples Therapy David and Jill Scharff, *Object Relations Couple Therapy* David E. Scharff, Jill

Savege Scharff, 1977-07-07 In this landmark book David Scharff and Jill Savege Scharff both psychoanalysts develop a way of thinking about and working with the couple as a small group of two held together as a tightly knit system by a commitment that is powerfully reinforced by the bond of mutual sexual pleasure Psychoanalytic Couple Therapy David E. Scharff, Jill

Savege Scharff, 2018-05-01 In this time of vulnerable marriages and partnerships many couples seek help for their relationships Psychoanalytic couple therapy is a growing application of psychoanalysis for which training is not usually offered in most psychoanalytic and analytic psychotherapy programs This book is both an advanced text for therapists and a primer for new students of couple psychoanalytic psychotherapy Its twenty eight chapters cover the major ideas underlying the application of psychoanalysis to couple therapy many clinical illustrations of cases and problems in various dimensions of the work The international group of authors comes from the International Psychotherapy Institute based in Washington DC and the Tavistock Centre for Couple Relationships TCCR in London The result is a richly international perspective that nonetheless has theoretical and clinical coherence because of the shared vision of the authors The Technique and

Practice of Object Relations Family Therapy Samuel Slipp, 1988 Object Relations Family Therapy David E. Scharff, Jill Savege Scharff, 1987-02-01 Offers an in depth and thoughtful exploration of the relevance of psychoanalysis to family therapy

Integrating D. and J. Scharff Object Relations Couple Therapy and H. Hendrix Imago Relationship Therapy
Robert H. Hayes-Bennett, 1994

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