



# Object Relations Model Of Psychoanalytic Therapy

**David E. Scharff**



## **Object Relations Model Of Psychoanalytic Therapy:**

*Object Relations Theory and Practice* David E. Scharff, 1995-01-01 Object relations theory has caused a fundamental reorientation of psychodynamic thought In *Object Relations Theory and Practice* Dr David E Scharff acclimates readers to the language and culture of this therapeutic perspective and provides carefully selected excerpts from seminal theorists as well as explanations of their thinking and clinical experience He offers readers an unparalleled resource for understanding object relations psychotherapy and theory and applying it to the practice of psychotherapy and psychoanalysis The book s sequence establishes the centrality of relationships in this theory the internalization of experience with parents splitting projective identification the role of the relationship between mother and young child in development and transference and countertransference in the therapeutic action of psychoanalysis and psychotherapy This book will introduce students to the basics to the widening scope of object relations theory and to its application to psychoanalysis and individual group and family psychotherapy

*Object Relations Theories and Psychopathology* Frank Summers, 2014-03-18 In *Object Relations Theories and Psychopathology A Comprehensive Text* Frank Summers provides thorough lucid and critically informed accounts of the work of major object relations theorists Fairbairn Guntrip Klein Winnicott Kernberg and Kohut His expositions achieve distinction on two counts First the work of each object relations theorist is presented as a comprehensive whole with separate sections expounding the theorist s ideas and assumptions about metapsychology development psychopathology and treatment with a critical evaluation of the strengths and limitations of the theory in question Second the emphasis in each chapter is on issues of clinical understanding and technique Making extensive use of case material provided by each of the theorists he shows how each object relations theory yields specific clinical approaches to a variety of syndromes and how these approaches entail specific modifications in clinical technique Beyond his detailed attention to the theoretical and technical differences among object relations theories Summers penultimate chapter discusses the similarities and differences of object relations and interpersonal theories And his concluding chapter outlines a pragmatic object relations approach to development psychopathology and technique that combines elements of all object relations theories without opting for any single theory *Object Relations Theories and Psychopathology* is that rare event in psychoanalytic publishing a substantial readable text that surveys a broad expanse of theoretical and clinical landscape with erudition sympathy and critical perspective It will be essential reading for all analysts psychologists psychiatrists and social workers who wish to familiarize themselves with object relations theories in general sharpen their understanding of the work of specific object relations theorists or enhance their ability to employ these theories in their clinical work

[Transcending the Self](#) Frank Summers, 2013-11-12 Despite the popularity of object relations theories these theories are often abstract with the relation between theory and clinical technique left vague and unclear Now in *Transcending the Self An Object Relations Model of Psychoanalytic Therapy* Summers answers the need for an integrative object relations model that can be understood

and applied by the clinician in the daily conduct of psychoanalytic therapy Drawing on recent infancy research developmental psychology and the works of major theorists including Bollas Benjamin Fairbairn Guntrip Kohut and Winnicott Summers melds diverse object relational contributions into a coherent viewpoint with broad clinical applications The object relations model emerges as a distinct amalgam of interpersonal relational and interpretive perspectives It is a model that can help patients undertake the most gratifying and treacherous of personality journeys that aiming at the transcendence of the childhood self Self transcendence in Summers sense means moving beyond the profound limitations of early life via the therapeutically mediated creation of a newly meaningful and authentic sense of self Following two chapters that present the empirical and theoretical basis of the model he launches into clinical applications by presenting the concept of therapeutic action that derives from the model Then in three successive chapters he applies the model to patients traditionally conceptualized as borderline narcissistic and neurotic He concludes with a chapter that addresses more broadly the craft of conducting psychoanalytic therapy Filled with richly detailed case discussions *Transcending the Self* provides practicing clinicians with a powerful demonstration of how psychoanalytic therapy informed by an object relations model can effect radical personality change It is an outstanding example of integrative theorizing in the service of a real world therapeutic approach

*Object Relations in Psychoanalytic Theory* Jay R. Greenberg, Stephen A. Mitchell, 1983-11-23 *Object Relations in Psychoanalytic Theory* provides a masterful overview of the central issue concerning psychoanalysts today finding a way to deal in theoretical terms with the importance of the patient s relationships with other people Just as disturbed and distorted relationships lie at the core of the patient s distress so too does the relation between analyst and patient play a key role in the analytic process All psychoanalytic theories recognize the clinical centrality of object relations but much else about the concept is in dispute In their ground breaking exercise in comparative psychoanalysis the authors offer a new way to understand the dramatic and confusing proliferation of approaches to object relations The result is major clarification of the history of psychoanalysis and a reliable guide to the fundamental issues that unite and divide the field Greenberg and Mitchell both psychoanalysts in private practice in New York locate much of the variation in the concept of object relations between two deeply divergent models of psychoanalysis Freud s model in which relations with others are determined by the individual s need to satisfy primary instinctual drives and an alternative model in which relationships are taken as primary The authors then diagnose the history of disagreement about object relations as a product of competition between these disparate paradigms Within this framework Sullivan s interpersonal psychiatry and the British tradition of object relations theory led by Klein Fairbairn Winnicott and Guntrip are shown to be united by their rejection of significant aspects of Freud s drive theory In contrast the American ego psychology of Hartmann Jacobson and Kernberg appears as an effort to enlarge the classical drive theory to accommodate information derived from the study of object relations *Object Relations in Psychoanalytic Theory* offers a conceptual map of the most difficult terrain in psychoanalysis and a history of its most

complex disputes In exploring the counterpoint between different psychoanalytic schools and traditions it provides a synthetic perspective that is a major contribution to the advance of psychoanalytic thought

**Psychoanalytic Object Relations Therapy** Althea J. Horner,1999-11-01 This ebook is now available from Bloomsbury Academic Bloomsbury Academic publish acclaimed resources for undergraduate and postgraduate courses as well as the general reader across a broad range of subjects including Archaeology Art Visual Culture Biblical Studies Business Management Drama Performance Studies Economics Education Film Media History Linguistics Literary Studies Music Sound Studies Philosophy Politics International Relations Psychology Religious Studies Social Work Social Welfare Sociology Study Skills Theology and Wellbeing Health Lifestyle Visit [bloomsbury.com](http://bloomsbury.com) for more information

[Fairbairn's Object Relations Theory in the Clinical Setting](#) David P. Celani,2010-04-07 W R D Fairbairn 1889 1964 challenged the dominance of Freud s drive theory with a psychoanalytic theory based on the internalization of human relationships Fairbairn assumed that the unconscious develops in childhood and contains dissociated memories of parental neglect insensitivity and outright abuse that are impossible the children to tolerate consciously In Fairbairn s model these dissociated memories protect developing children from recognizing how badly they are being treated and allow them to remain attached even to physically abusive parents Attachment is paramount in Fairbairn s model as he recognized that children are absolutely and unconditionally dependent on their parents Kidnapped children who remain attached to their abusive captors despite opportunities to escape illustrate this intense dependency even into adolescence At the heart of Fairbairn s model is a structural theory that organizes actual relational events into three self and object pairs one conscious pair the central ego which relates exclusively to the ideal object in the external world and two mostly unconscious pairs the child s antilibidinal ego which relates exclusively to the rejecting parts of the object and the child s libidinal ego which relates exclusively to the exciting parts of the object The two dissociated self and object pairs remain in the unconscious but can emerge and suddenly take over the individual s central ego When they emerge the other is misperceived as either an exciting or a rejecting object thus turning these internal structures into a source of transferences and reenactments Fairbairn s central defense mechanism splitting is the fast shift from central ego dominance to either the libidinal ego or the antilibidinal ego a near perfect model of the borderline personality disorder In this book David Celani reviews Fairbairn s five foundational papers and outlines their application in the clinical setting He discusses the four unconscious structures and offers the clinician concrete suggestions on how to recognize and respond to them effectively in the heat of the clinical interview Incorporating decades of experience into his analysis Celani emphasizes the internalization of the therapist as a new good object and devotes entire sections to the treatment of histrionic obsessive and borderline personality disorders

**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 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 An Introduction to Object Relations Lavinia Gomez,1997-03 What does it mean to be human Object relations the British based development of classic Freudian psychoanalytic theory is based on the belief that the human being is essentially social the need for relationship is central to the definition of the self Object relations theory forms the base of psychoanalysts work including Melanie Klein D W Winnicott W R D Fairbairn Michael Balint H J S Guntrip and John Bowlby Lavinia Gomez here provides an introduction to the main theories and applications of object relations Through its detailed focus on internal and interpersonal unconscious processes object relations can help psychotherapists counselors and others in social service professions to understand and work with people who may otherwise seem irrational unpredictable and baffling Relational Perspectives in Psychoanalysis Neil J. Skolnick,Susan C. Warshaw,2015-01-28 A watershed in the articulation of the relational psychoanalytic paradigm this volume offers a rich overview of issues currently being addressed by clinicians and theoreticians writing from a variety of complementary relational viewpoints Chapter topics cover the roots of the relational orientation in early psychoanalytic thinking the impact of relational consideration on developmental theory relational conceptions of self and other and clinical applications of relational perspectives **Object Relations Theory and Clinical Psychoanalysis** Otto F. Kernberg,1995-06-01 Object Relations Theory and Clinical Psychoanalysis is a collection of Kernberg s papers published or presented during the period from 1966 to 1975 with some new material included as well **Object Relations Theories and Psychopathology** Frank Summers,2023 Twenty nine years since the first edition was released Frank Summers has renewed his lucid and thorough clarification of the various object relations theories to demonstrate their evolution and continued significance for therapeutic practice This volume includes elucidation of the major scholarship that has advanced the ideas of object relations theorists such as Fairbairn Klein Winnicott Kernberg and Kohut since the publication of the first edition A thorough and detailed new chapter devoted to the emergence and development of relational psychoanalysis has been added to make this volume a state of the art articulation of current object relations thinking The ideas and assumptions of each theory relative to metapsychology psychopathology and treatment are expounded alongside a critical evaluation of the strengths and limitations of each approach With extensive use of historic case material Summers shows how each object relations theory yields specific clinical approaches to a variety of syndromes and how these approaches entail specific modifications in clinical

technique This volume will be essential reading for all analysts psychologists psychiatrists and social workers who wish to familiarize themselves with object relations theories in general sharpen their understanding of the work of specific object relations theorists or enhance their ability to employ these theories in their clinical work **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

**Underlying Assumptions in Psychoanalytic Schools** Bernd Huppertz, 2023-04-05 This book offers a comparative study of the major schools of psychoanalysis by exploring their historical development their differences and similarities and the underlying assumptions made by each Encompassing the expertise of colleagues from different schools of psychoanalytic thought each chapter explores a particular perspective defining specific theoretical assumptions theories of etiology and implications for technique as well as providing each author's view on the historical development of key psychoanalytic concepts With contributions from leading authors in the field and covering both historical and international schools the book provides an enlightening account that will prove essential to psychoanalytic practitioners and students of psychoanalysis and the history of medicine

*Case Conceptualization in Couple Therapy* Michael D Reiter, 2024-08-20 This textbook provides undergraduate and graduate students with a comprehensive and in depth exploration of the primary models of couples counseling allowing them to compare and contrast each theory alongside a single case Designed to be the core text for couple therapy courses the book begins by introducing the field as well as presenting Carissa and Steve a couple whom readers will follow as each model is applied to their case The chapters focus on 11 different theoretical models such as Bowen family systems theory emotionally focused couple therapy the Gottman method solution focused couples counseling narrative couple therapy and more with expert therapists writing on each of these unique models Each chapter addresses the history of the model the conceptualization of problem formation diversity considerations and the conceptualization of problem resolution With session transcripts throughout this book allows training therapists to easily compare contrast and apply the most prevalent models in couples counseling This textbook is a core text for graduate marriage and family therapy mental health counseling clinical psychology and social work students The book is also useful for practicing professionals who want to explore how to apply a specific model of counseling to couples

**The Object Relations Lens** Christopher W.T. Miller, M.D., 2022-10-25 With a mix of theory practical advice and illustrative clinical material The Object Relations Lens is a compelling and indispensable resource for any clinician interested in applying the object relations model to their clinical

or academic work As accessible to trainees as it is to experienced clinicians Dr Christopher Miller clearly outlines object relations theory leveraging clinical vignettes to underline the framework s applicability both in therapy and acute care settings Readers in academic settings will also find experience near ways of assimilating the concepts introduced in the book as well as best practices for utilizing supervision and extensive literature recommendations With a detailed discussion of the neuroscientific model of object relations and the integration of concepts from other schools of psychoanalytic thought that help consolidate certain discussion points this volume will provide readers with an updated and scientifically informed understanding of how object relations theory can be harmonized with psychiatric theory and practice

**Object Relations and Social Relations** Simon Clarke,Herbert Hahn,Paul Hoggett,2018-03-26 This book has two essential aims First to introduce some of the key assumptions behind relational psychoanalysis to an international audience and to outline the points where this approach counters complements or extends existing object relations Kleinian and Independent traditions Second to consider some of the implications of the relational turn for the application of psychoanalytic concepts and methods beyond the consulting room The emergence of what has become known as the relational turn in psychoanalysis has interesting implications not just for clinical practice but for other psychoanalytically informed practices such as group relations the human service professions and social research Relational forms of psychoanalysis have emerged primarily in the USA and as a result their core concepts and methods are less well known in other countries including the UK Moreover even within the USA few attempts have so far been made to consider the wider implications of this development for social and political theory intervention in groups and organizations and the practice of social research

Lev Vygotsky Peter Lloyd,Charles Fernyhough,1999

**Object Relations and Intersubjective Theories in the Practice of Psychotherapy** Bruce Brodie,2019-12-06 The evolution of psychoanalytic psychodynamic psychotherapy has been marked by an increasing disconnect between theory and technique This book re establishes a bridge between the two In presenting a clear explanation of modern psychodynamic theory and concepts and an abundance of clinical illustrations Brodie shows how every aspect of psychodynamic therapy is determined by current psychodynamic theory In Object Relations and Intersubjective Theories in the Practice of Psychotherapy Brodie uses the theoretical foundation of the work of object relations theorist D W Winnicott showing how each of his developmental concepts have clear implications for psychodynamic treatment and builds on the contributions of current intersubjective theorists Thomas Ogden and Jessica Benjamin Added to this is Brodie s vast array of clinical material ranging from delinquent adolescents to high functioning adults and drawing on nearly 40 years of experience in psychotherapy These contributions are fresh and original and crucially demonstrate how clinical technique is informed by theory and how theory can be illuminated by clinical material Written with clarity and detail this book will appeal to graduate students in psychology and psychotherapy medical residents in psychiatry and young practicing psychotherapists who wish to fully explore why psychotherapists do what they do and the dialectical relationship between

theory and technique that informs their work *Psychoanalytic Theory, Therapy, And The Self* Harry Guntrip, 2008-08-04 Dr Guntrip concerns himself specifically with the self and its interpersonal and object relations Through the work of Freud Sullivan Erikson Horney and other theorists he thoroughly explores the origin and development of the psychoanalytic theory and its relevance and application to modern therapeutic methods As a result of his extensive work with schizoid patients who are detached withdrawn and unable to form real human relations Dr Guntrip has come to regard the self as the fundamental psychological concept and psychoanalysis as the study of its growth According to Dr Guntrip modern psychoanalytic therapy provides a kind of personal relationship in which the alienated stunted self is given the potential for a healthy growth and development which put it in touch with other persons and objects The author firmly believes that the analyst through careful insight recognition and a mental awareness of the emergence of the inner core of isolation can enable the patient to find his own reality as a person

**From Inner Sources** N. Gregory Hamilton, 1992 Clinical theory is becoming a way of understanding oneself and one's patients rather than a tool for determining the best technical intervention as a thing in itself This change has brought increased recognition that different therapists need different theories with their patients and that even the same clinician may need different theories at different times As a result there is a new tolerance for and even an encompassing of divergent viewpoints Today is an age of multiple models in psychotherapy From Inner Sources New Directions in Object Relations Psychotherapy includes chapters by the most prominent contributors to this change Kernberg Adler Ogden McDougall Pine and the Scharffs These clinicians among others included originally laid the base for object relations theories in the United States Their ideas about how individuals grow and change by internalizing and externalizing experience were derived from psychoanalytic investigations into severe mental disorders As these concepts have been more widely understood and accepted they have been applied to a wider range of disorders and problems Each chapter reflects in a different way how object relations psychotherapies are moving in new directions while maintaining their connection with the original inner source The central concepts such as empathy containment object identification splitting counter transference and the examination of internal object relations newness are emphasized in each of the contributions The chapters are clinically relevant and contain significant case material Although it is not an introduction to object relations theory this book is understandable to beginning therapists while containing sufficient depth and controversial discussion for advanced clinicians The focus of this book is on individual psychotherapy with emphasis on examination of the therapist's intersubjective experience in relation to the patient as opposed to focusing on the patient's experience alone

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