

TRANSCENDING THE SELF

AN OBJECT

RELATIONS

MODEL OF

PSYCHOANALYTIC

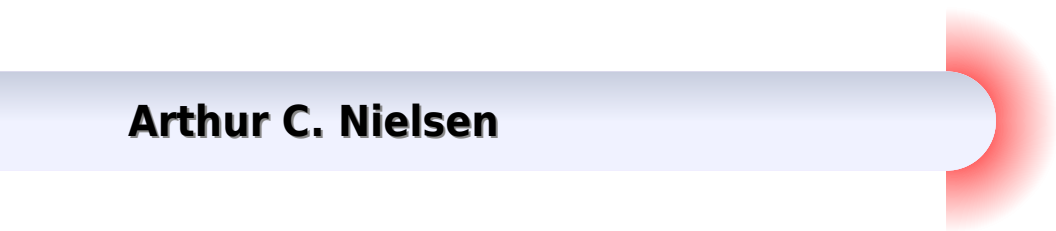
THERAPY



FRANK L. SUMMERS

Transcending The Self An Object Relations Model Of Psychoanalytic Therapy

Arthur C. Nielsen



Transcending The Self An Object Relations Model Of Psychoanalytic Therapy:

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

Self Creation Frank Summers, 2013-06-17 Insight and Change The problematic relationship between these two concepts to which the reality of psychoanalytic patients who fully understand maladaptive patterns without being able to change them attests has dogged psychoanalysis for a century Building on the integrative object relations model set forth in *Transcending the Self* 1999 Frank Summers turns to Winnicott's notion of potential space in order to elaborate a fresh clinical approach for transforming insight into new ways of being and relating For Summers understanding occurs within transference space but the latter must be translated into potential space if insight is to give rise to change in the world outside the consulting room Within potential space Summers holds the analyst's task shifts from understanding the present to aiding and abetting the patient in creating a new future This means that the analyst must draw on her hard won understanding of the patient to construct a vision of who the patient can become Lasting therapeutic change grows out of the analyst's and patient's collaboration in developing new possibilities of being that draw on the patient's affective predispositions and buried aspects of self In the second half of the book Summers applies this model of therapeutic action to common clinical syndromes revolving around depression narcissistic injuries somatic symptoms and internalized bad objects Here we find vivid documentation of specific clinical strategies in which the therapeutic use of potential space

gives rise to new ways of being and relating which in turn anchor the creation of a new sense of self **Self Creation** Frank Summers, 2013-06-17 Insight and Change The problematic relationship between these two concepts to which the reality of psychoanalytic patients who fully understand maladaptive patterns without being able to change them attests has dogged psychoanalysis for a century Building on the integrative object relations model set forth in Transcending the Self 1999 Frank Summers turns to Winnicott's notion of potential space in order to elaborate a fresh clinical approach for transforming insight into new ways of being and relating For Summers understanding occurs within transference space but the latter must be translated into potential space if insight is to give rise to change in the world outside the consulting room Within potential space Summers holds the analyst's task shifts from understanding the present to aiding and abetting the patient in creating a new future This means that the analyst must draw on her hard won understanding of the patient to construct a vision of who the patient can become Lasting therapeutic change grows out of the analyst's and patient's collaboration in developing new possibilities of being that draw on the patient's affective predispositions and buried aspects of self In the second half of the book Summers applies this model of therapeutic action to common clinical syndromes revolving around depression narcissistic injuries somatic symptoms and internalized bad objects Here we find vivid documentation of specific clinical strategies in which the therapeutic use of potential space gives rise to new ways of being and relating which in turn anchor the creation of a new sense of self 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 **Psychodynamic Psychiatry in Clinical Practice, Fifth Edition** Glen O. Gabbard, M.D., 2014-04-16 It is difficult to improve on a classic but the fifth edition of Psychodynamic Psychiatry in Clinical Practice does just that offering the updates readers expect with a deft reorganization that integrates DSM 5 with the author's emphasis on psychodynamic thinking The individual patient is never sacrificed to the diagnostic category yet clinicians will find the guidance they need to apply DSM 5 appropriately Each chapter has been systematically updated to reflect the myriad and manifold changes in the 9 years since the previous edition's publication All 19 chapters have new references and cutting edge material that will prepare psychiatrists and residents to treat patients with compassion and skill The book offers the following features Each chapter integrates new neurobiological findings with psychodynamic understanding so that clinicians can approach their patients with a truly biopsychosocial treatment plan Excellent writing

and an intuitive structure make complicated psychodynamic concepts easy to understand so that readers can grasp the practical application of theory in everyday practice The book links clinical understanding to the new DSM 5 nomenclature so that clinicians and trainees can adapt psychodynamic thinking to the new conceptual models of disorders New coverage of psychodynamic thinking with relation to the treatment of patients on the autism spectrum addresses an increasingly important practice area Posttraumatic stress and dissociative disorders have been combined to allow for integrated coverage of primary psychiatric disorders related to trauma and stressors A boon to clinicians in training and practice the book has been meticulously edited and grounded in the latest research The author firmly believes that clinicians must not lose the complexities of the person in the process of helping the patient Psychodynamic Psychiatry in Clinical Practice Fifth Edition keeps this approach front and center as it engages instructs and exhorts the reader in the thoughtful humane practice of psychodynamic psychiatry

Cognitive Justice in a Global World Boaventura de Sousa Santos, 2007-10-23 Cognitive Justice in a Global World Prudent Knowledges for a Decent Life is an edited collection that springs from the now dormant debates known as The Science Wars which questioned the nature of scientific theories Learning from the debates about the plurality of truths and opinions editor Boaventura de Sousa Santos has realized an opportunity for strengthening the relations between the natural and social sciences with more epistemological affinities and for opening up new transnational dialogues between scientists and other producers of knowledge This book analyses in detail some of the topics that amount to a set of problematic relations between science and ethics between objectivity and neutrality between the sociological and theoretical condition of production and the limits of scientific rigor between public faith in science and the economic powers that determine scientific priorities and between science and other kinds of knowledge existing in society Maintaining that global social injustice is by and large epistemological injustice and that there can be no global social justice without global cognitive justice Cognitive Justice in a Global World is an important collection for higher level students and researchers in the social sciences philosophy of science and intellectual history

Mutuality, Recognition, and the Self Christine C. Kieffer, 2018-05-01 This book examines emerging trends in contemporary psychoanalytic theory and practice highlighting inter subjective and relational models of the mind The author presents vivid and extended clinical vignettes that demonstrate the analyst's use of the self in building clinical momentum and continued development The author highlights the importance of mutuality and recognition in the development of the self illustrating the impact of family the larger group context and the contribution of the analytic encounter This book is divided into three sections First the contribution of family to development including some relatively neglected topics such as the importance of fathers in female development the role of siblings the experience of only children or singletons in the family and the impact of the extended family including grandparents upon the individual A second section examines the influence of unconscious group processes upon individual development and functioning and includes papers that highlight the contribution of group psychotherapy as a form of treatment

False Self

Linda Hopkins, 2020-09-15 Winner of the 2007 Gradiva Award and the 2006 Goethe Award for Psychoanalytic Scholarship
The definitive biography of one of the most engaging figures of British psychoanalysis Both gifted analyst and generational bete noire M Masud R Khan 1924 1989 exposed through his candor and scandalous behavior the bigotry of his proponents turned detractors The son of a wealthy landowner in rural India now Pakistan Khan grew up in a world of privilege that was radically different from the Western lifestyle he would adopt after moving to London Notorious for his flamboyant personality and at first widely acknowledged as a brilliant clinician Khan was closely connected to some of the most creative and accomplished individuals of his time including Donald Woods Winnicott Anna Freud Robert Stoller Michael Redgrave Julie Andrews Rudolph Nureyev and many more Khan's subsequent downfall which is powerfully narrated in this biography offers interesting insights not only into Khan's psychic fragility but into the world of intrigues and deceptions pervasive in the psychoanalytic community of the time In telling the story of this provocative man Linda Hopkins makes use of unprecedented access to a complete copy of Khan's unpublished Work Books which are quoted extensively Additionally she conducted innumerable interviews with Khan's peers relatives and analysts in order to provide an in depth and balanced account of Masud Khan as a talented and deeply conflicted individual

A Roadmap for Couple Therapy Arthur C. Nielsen, 2016-06-17
A Roadmap for Couple Therapy offers a comprehensive flexible and user friendly template for conducting couple therapy Grounded in an in depth review of the clinical and research literature and drawing on the author's 40 plus years of experience it describes the three main approaches to conceptualizing couple distress and treatment systemic psychodynamic and behavioral and shows how they can be integrated into a model that draws on the best of each Unlike multi authored texts in which each chapter presents a distinct brand of couple therapy this book simultaneously engages multiple viewpoints and synthesizes them into a coherent model Covering fundamentals and advanced techniques it speaks to both beginning therapists and experienced clinicians Therapists will find A Roadmap for Couple Therapy an invaluable resource as they help distressed couples repair and revitalize their relationships

Relational and Intersubjective Perspectives in Psychoanalysis Jon Mills, 2005-05-20 This volume is the first concentrated effort to offer a philosophical critique of relational and intersubjective perspectives in contemporary psychoanalytic thought The distinguished group of scholars and clinicians assembled here are largely preoccupied with tracing the theoretical underpinnings of relational psychoanalysis its divergence from traditional psychoanalytic paradigms implications for clinical reform and therapeutic practice and its intersection with alternative psychoanalytic approaches that are co extensive with the relational turn Because relational and intersubjective perspectives have not been properly critiqued from within their own schools of discourse many of the contributors assembled here subject advocates of the American Middle School to a thorough critique of their theoretical assumptions limitations and practices If not for any other reason this project is of timely significance for the field of psychoanalysis and the competing psychotherapies because it attempts to address the philosophical undergirding of the

relational movement Object Relations Theories and Psychopathology Frank Summers, 2024-01-31 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 Depression Mark A. Reinecke, Michael R. Davison, Michael Davison, 2007-01-29 This volume comprehensively compares and contrasts alternative models of and treatment approaches to clinical depression Each contributor a recognized expert in his or her modality analyzes the same case and provides an overview of the treatment model empirical evidence for both the model and treatment derived from it treatment strategies and interventions including termination issues relapse prevention and recommendations for follow up care Among the 12 approaches presented are Object Relations Cognitive Therapies Schema Focused Couple and Family Integrative Psychotherapy and Psychopharmacology A significant contribution to this volume is the chapter on cultural considerations for understanding assessing and treating depression **Depression** Mark A. Reinecke PhD, Michael R. Davison PsyD, 2007-01-29 This volume comprehensively compares and contrasts alternative models of and treatment approaches to clinical depression Each contributor a recognized expert in his or her modality analyzes the same case and provides an overview of the treatment model empirical evidence for both the model and treatment derived from it treatment strategies and interventions including termination issues relapse prevention and recommendations for follow up care Among the 12 approaches presented are Object Relations Cognitive Therapies Schema Focused Couple and Family Integrative Psychotherapy and Psychopharmacology A significant contribution to this volume is the chapter on cultural considerations for understanding assessing and treating depression **Essentials of Clinical Social Work** Jerrold R. Brandell, 2014-01-21 This brief version of Jerrold R Brandell s Theory Practice of Clinical Social Work assembles coverage of the most vital topics for courses in Clinical Social Work Advanced Practice Written by established contributors in the field this anthology addresses frameworks for treatment therapeutic modalities specialized clinical issues and themes and dilemmas encountered in clinical social work

practice Now available in paperback and roughly half the size of the full length version *Essentials of Clinical Social Work* comes at a reduced cost for students who need to learn the basics of the course

Formation and the Person Alessandro Manenti, Stefano Guarinelli, Hans Zollner, 2007 This book gathers the foundational concepts which characterise the approach to the person as human and as Christian which has been developed at the Institute of Psychology of the Pontifical Gregorian University during its more than 35 years of activity The book directs these concepts towards further paths for investigation and puts them in dialogue with sister schools of depth psychology and with other areas of scholarship in particular philosophy and theology which are equally interested in exploring the human mystery Hence the variety of authors psychologists philosophers and theologians brought together by a common interest in understanding and forming the human person in better ways The reflections contained in this book gain concrete expression in an educative therapeutic practice and they review the nodal points which are part of every journey of growth and of psychotherapy personal identity interaction with the external world and the attainment of personal truth inner imagination desires and affections conflicts Instruments are offered to enable the formator and the psychotherapist to make the best possible use of the great energies which are made available by their application how to identify the real problem where to concentrate one's attention what to listen to how to handle the relationship on what element to act in order to promote improvement cure what kind of change to propose While accompaniment and psychotherapy are different procedures they nevertheless have many similarities and points of contact The dynamic relations and the factors involved in growth which this book describes are valid for both modalities of intervention and will be of interest to anyone who wishes to help others in a more enlightened educative dialogue

Christianity & Psychoanalysis Earl D. Bland, Brad D. Strawn, 2014-03-11 The past 30 years has seen a theoretical and clinical renaissance in psychoanalysis as well as a flourishing of Christian engagement in the fields of psychology and anthropology This volume of essays stages a new conversation between Christianity and psychoanalysis that opens up new ways of thinking about the rich mosaic of human experience

Coasting in the Countertransference Irwin Hirsch, 2011-02-25 Winner of the 2009 Goethe Award for Psychoanalytic Scholarship Irwin Hirsch author of *Coasting in the Countertransference* asserts that countertransference experience always has the potential to be used productively to benefit patients However he also observes that it is not unusual for analysts to coast in their countertransferences and to not use this experience to help treatment progress toward reaching patients and analysts stated analytic goals He believes that it is quite common that analysts who have some conscious awareness of a problematic aspect of countertransference participation or of a mutual enactment nevertheless do nothing to change that participation and to use their awareness to move the therapy forward Instead analysts may prefer to maintain what has developed into perhaps a mutually comfortable equilibrium in the treatment possibly rationalizing that the patient is not yet ready to deal with any potential disruption that a more active use of countertransference might precipitate This coasting is emblematic of what Hirsch believes to be an ever present and

rarely addressed conflict between analysts self interest and pursuit of comfortable equilibrium and what may be ideal for patients achievement of analytic aims The acknowledgment of the power of analysts self interest further highlights the contemporary view of a truly two person psychology conception of psychoanalytic praxis Analysts embrace of their selfish pursuit of comfortable equilibrium reflects both an acknowledgment of the analyst as a flawed other and a potential willingness to abandon elements of self interest for the greater good of the therapeutic project *Integrative Couple Therapy in Action* Arthur C. Nielsen,2022-04-26 Integrative Couple Therapy in Action offers a comprehensive user friendly guide to handling the most common problems and crisis situations seen by couple therapists Drawing on the latest literature and the author s experience of over 40 years Nielsen investigates what makes certain issues such as sex or situations such as extramarital affairs so stressful for clients and challenging for therapists Unlike most graduate programs and texts on couple therapy that focus on theory and technique Integrated Couple Therapy in Action fills in the details The chapters cover common presenting problems sex money children and the stresses of time work and simply living together and then discuss catastrophic crisis situations couples reeling from affairs contemplating divorce divorcing or living in stepfamilies after divorcing Integrative Couple Therapy in Action provides one stop shopping for readers of all skill levels interested in understanding the subject matter that bedevils so many couples *The Wiley-Blackwell Handbook of the Psychology of Leadership, Change, and Organizational Development* H. Skipton Leonard,Rachel Lewis,Arthur M. Freedman,Jonathan Passmore,2016-09-06 A state of the art reference drawing on key contemporary research to provide an in depth international and competencies based approach to the psychology of leadership change and OD Puts cutting edge evidence at the fingertips of organizational psychology practitioners who need it most but who do not always have the time or resources to keep up with scholarly research Thematic chapters cover leadership and employee well being organizational creativity and innovation positive psychology and Appreciative Inquiry and leadership culture fit Contributors include David Cooperrider Manfred Kets de Vries Emma Donaldson Feilder Staale Einarsen David Day Beverley Alimo Metcalfe Michael Chaskalson and Bernard Burnes *Conscious And Unconscious* Edwards, David,Jacobs, Michael,2003-11-01 All forms of psychotherapy deal with the limitations of our awareness This book offers a comprehensive overview of the ways in which these discourses employ a rich variety of concepts to address the limits of our everyday consciousness

Enjoying the Tune of Phrase: An Psychological Symphony within **Transcending The Self An Object Relations Model Of Psychoanalytic Therapy**

In a global eaten by monitors and the ceaseless chatter of immediate transmission, the melodic beauty and emotional symphony created by the published word usually disappear in to the background, eclipsed by the constant noise and disturbances that permeate our lives. Nevertheless, set within the pages of **Transcending The Self An Object Relations Model Of Psychoanalytic Therapy** a stunning fictional treasure brimming with natural emotions, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, that captivating masterpiece conducts viewers on a psychological journey, well unraveling the concealed songs and profound affect resonating within each carefully constructed phrase. Within the depths of the poignant assessment, we will discover the book is key harmonies, analyze their enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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Transcending The Self An Object Relations Model Of Psychoanalytic Therapy Introduction

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