
Object Relations in Psychoanalytic Theory

Jay R. Greenberg and Stephen A. Mitchell

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Object Relations In Psychoanalytic Theory

David P. Celani



Object Relations In Psychoanalytic Theory:

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.

Relational Concepts in Psychoanalysis Stephen A. Mitchell, 1988-11-15 There are more psychoanalytic theories today than anyone knows what to do with, and the heterogeneity and complexity of the entire body of psychoanalytic thought have become staggering. In Relational Concepts in Psychoanalysis, Stephen A. Mitchell weaves strands from the principal relational model traditions: interpersonal psychoanalysis, British school object relations theories, self psychology, and existential psychoanalysis into a comprehensive approach to many of the knottiest problems and controversies in theoretical and clinical psychoanalysis. Mitchell's earlier book, Object Relations in Psychoanalytic Theory, co-authored with Jay Greenberg, set the stage for this current integration by providing a broad comparative analysis of important thinking on the nature of human relationships. In that classic study, Greenberg and Mitchell distinguished between two basic paradigms: the drive model in which relations with others are generated and shaped by the need for drive gratifications, and various relational models in which relations themselves are taken as primary and irreducible. In Relational Concepts in Psychoanalysis, Mitchell argues that the drive

model has since outlived its usefulness The relational model on the other hand has been developed piecemeal by different authors who rarely acknowledge and explore the commonality of their assumptions or the rich complementarity of their perspectives In this bold effort at integrative theorizing Mitchell draws together major lines of relational model traditions into a unified framework for psychoanalytic thought more economical than the anachronistic drive model and more inclusive than any of the singular relational approaches to the core significance of sexuality the impact of early experience the relation of the past to the present the interpenetration of illusion and actuality the centrality of the will the repetition of painful experience the nature of analytic situation and the process of analytic change As such his book will be required reading for psychoanalytic scholars practitioners candidates in psychoanalysis and students in the field 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 *Self and Other* Robert Rogers,1991 In *Self and Other* Robert Rogers presents a powerful argument for the adoption of a theory of object relations combining the best features of traditional psychoanalytic theory with contemporary views on attachment behavior and intersubjectivity Rogers discusses theory in relation both to actual psychoanalytic case histories and imagined selves found in literature and provides a critical rereading of the case histories of Freud Winnicott Lichtenstein Sechehaye and Bettelheim At once scientific and humanistic *Self and Other* engagingly draws from theoretical clinical and literary traditions It will appeal to psychoanalysts as well as to literary scholars interested in the application of psychoanalysis to literature **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 in Psychoanalytic Theory** Jay R. Greenberg,Stephen A. Mitchell,2013-12-01 *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

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 Love and Reality Arnold H. Modell, 1968

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

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.

The Corrective Emotional Experience Revisited Richard C. Marohn, 2014-05-12 First published in 1994. This issue of *Psychoanalytic Inquiry* Volume 10 number 3 re-examines the theoretical and clinical implications of the corrective emotional experience concept. It contains the varied viewpoints of psychoanalysts who consider the therapeutic process and to give us their assessment of Franz Alexander's ideas and recommendations as well as their own views of therapy.

Empirical Perspectives on Object Relations Theory Joseph M. Masling, Robert F. Bornstein, 1994. As was true of the earlier volumes in the *Empirical Studies of Psychoanalytic Theories* series all of the contributors to the present volume have through their research efforts worked to keep psychoanalytic theory alive and consistent with modern scientific canon. Our goal is not to defend psychoanalytic constructs nor to focus only on those data that support psychodynamic hypotheses. Rather we hope to test to refine and to extend psychoanalytic theory allowing the data to lead us wherever they must. In this way the *Empirical Studies* series can help to reinvigorate psychoanalytic theory and practice and can contribute to the ongoing effort to provide psychoanalysis with a rigorous empirical foundation.

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.

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 Self and Others

N. Gregory Hamilton,1988 A handbook of this new development in psychoanalysis **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 Subject Relations Naomi G.

Rucker,Karen L. Lombardi,1998 First Published in 1998 Routledge is an imprint of Taylor Francis an informa company

The Use of the Object in Psychoanalysis David E. Scharff,2019-06-28 Using Winnicott s classic paper as its starting point this fascinating collection explores a range of clinical and theoretical psychoanalytic perspectives around relating to the object Each author approaches the topic from a different angle switching among the patient s use of others in their internal and external lives their use of their therapist and the therapist s own use of their patients The use of objects is susceptible to wide interpretation and elaboration it is both a normal phenomenon and a marker for certain personal difficulties or even psychopathologies seen in clinical practice While it is normal for people to relate to others through the lens of their internal objects in ways that give added meaning to aspects of their lives it becomes problematic when people live as if devoid of a

self and instead live almost exclusively through the others who form their internal worlds often leading them to feel that they cannot be happy until and unless others change Assessing the significance of objects among adult and child patients groups and the group as object and exploring Freud's own use of objects The Use of the Object in Psychoanalysis will be of significant interest both to experienced psychoanalysts and psychotherapists and to trainees exploring important theoretical questions Object Relations in Gestalt Therapy Gilles Delisle, 2018-04-19 This book focuses on the psychoanalytic theory of object relations in order to integrate certain pertinent elements of Fairbairn's theory of object relations to achieve the proposed revision by Perls et al of Gestalt therapy's theory of the Self *Relational Psychoanalysis* Stephen A. Mitchell, Lewis Aron, 1999 Over the course of the past 15 years there has been a vast sea change in American psychoanalysis It takes the form of a broad movement away from classical psychoanalytic theorizing grounded in Freud's drive theory toward models of mind and development grounded in object relations concepts In clinical practice there has been a corresponding movement away from the classical principles of neutrality abstinence and anonymity toward an interactive vision of the analytic situation that places the analytic relationship with its powerful reciprocal affective currents in the foreground These developments have been evident in virtually all schools of psychoanalysis in America from the most traditional to the most radical The wellspring of these innovations is the work of a group of psychoanalysts who have struggled to integrate aspects of interpersonal psychoanalysis various British object relations theories and psychoanalytic feminism Although not self selected as a school these theorists have generated a distinct tradition of psychoanalytic thought and clinical practice that has become extremely influential within psychoanalysis in the United States *Relational Psychoanalysis The Emergence of a Tradition* brings together for the first time the seminal papers of the major authors within this tradition Each paper is accompanied by an introduction in which the editors place it in its historical context and a new afterward in which the author suggests subsequent developments in his or her thinking This book is an invaluable resource for any clinical practitioner teacher or student of psychoanalysis interested in exploring the exciting developments of recent years

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