

# *The Race Against Time*

PSYCHOTHERAPY AND  
PSYCHOANALYSIS IN THE  
SECOND HALF OF LIFE

ROBERT A. NEWMAN, M.D., and  
CHRONA GOLDBERG, M.D.



# Race Against Time Psychotherapy And Psychoanalysis In The Second Half Of Life

**A Gutmann**



## **Race Against Time Psychotherapy And Psychoanalysis In The Second Half Of Life:**

**The Race Against Time: Psychotherapy and Psychoanalysis in the Second Half of Life** Robert A. Nemiroff, Calvin A. Colarusso, 1985-01-31 This is the second book in the pioneering investigation of adult development by Robert A. Nemiroff and Calvin A. Colarusso. The first, *Adult Development: A New Dimension in Psychodynamic Theory and Practice*, arrived to critical acclaim in 1981. It presented a psychodynamic theory of development during the second half of life and a model of normal adult functioning. This book is the logical sequel, expanding and elaborating the original formulations and applying them to the clinical practice of psychotherapy and psychoanalysis. Nemiroff and Colarusso demonstrate that these are appropriate techniques for patients in the second half of life regardless of age. They lay to rest many stereotypes and myths that have long interfered with the dynamic treatment of older patients and they propose exciting new conceptualizations such as that of adult developmental arrests. The genetic approach reaches beyond childhood and adolescence and takes on important new meaning by incorporating an adult developmental past that influences both psychopathology and transference. The relationship between theory and therapy is richly demonstrated in the clinical presentations including ten detailed case histories of patients between the ages of 40 and 80. These and other clinical discussions provide ample evidence that a psychodynamic approach that is based on a sound adult developmental psychology can be extraordinarily effective. They also demonstrate both the similarities and differences in working with older versus younger patients. This work is a major contribution in a long neglected dimension of clinical psychiatry. SHERWYN M.

*The Race Against Time* Robert A. Nemiroff, Calvin A. Colarusso, 2013-11-21 This is the second book in the pioneering investigation of adult development by Robert A. Nemiroff and Calvin A. Colarusso. The first, *Adult Development: A New Dimension in Psychodynamic Theory and Practice*, arrived to critical acclaim in 1981. It presented a psychodynamic theory of development during the second half of life and a model of normal adult functioning. This book is the logical sequel, expanding and elaborating the original formulations and applying them to the clinical practice of psychotherapy and psychoanalysis. Nemiroff and Colarusso demonstrate that these are appropriate techniques for patients in the second half of life regardless of age. They lay to rest many stereotypes and myths that have long interfered with the dynamic treatment of older patients and they propose exciting new conceptualizations such as that of adult developmental arrests. The genetic approach reaches beyond childhood and adolescence and takes on important new meaning by incorporating an adult developmental past that influences both psychopathology and transference. The relationship between theory and therapy is richly demonstrated in the clinical presentations including ten detailed case histories of patients between the ages of 40 and 80. These and other clinical discussions provide ample evidence that a psychodynamic approach that is based on a sound adult developmental psychology can be extraordinarily effective. They also demonstrate both the similarities and differences in working with older versus younger patients. This work is a major contribution in a long neglected dimension of clinical psychiatry. SHERWYN M.

*Child and Adult Development* Calvin A. Colarusso, 2013-11-21 Developmental theory is the essence of any psychodynamic psychotherapy and certainly of psychoanalysis. It is through an understanding of progressive life events and the way these events relate to associated biological and social events that we come to understand both psychopathology and psychological strengths. For a long time we have needed a clinically oriented book that surveys normal development in both childhood and adulthood. This book should be particularly helpful to all mental health professionals whose daily work requires a constant awareness and appraisal of developmental issues. Dr. Colarusso has integrated and summarized a tremendous amount of theoretical, empirical, and clinical material in a format that makes it come alive through clinical examples. This book should be of great interest to all students of human behavior as well as to seasoned clinicians. SHERWYN M. WOODS, M.D., Ph.D. vii

Preface Each year as I gave a lecture series on child and adult development to the adult and child psychiatric residents at the University of California at San Diego, someone inevitably would ask, "Is there a book that I could understand that has all of this information in it?" I would reply that I did not know of any single source but I could refer the person to many articles and books on development.

**The Ways We Love** Sheila A. Sharpe, 2004-01-28 This volume delineates a developmental theory of love relationships that provides a comprehensive approach to treating couples. Drawing on her 30 years of clinical experience, Sheila A. Sharpe conceptualizes marriage and other committed partnerships as comprising multiple patterns of relating that develop over time in a parallel though interconnected fashion. Seven universal patterns of intimate relating are identified: nurturing, merging, idealizing, devaluing, controlling, competing for superiority, and competing in love triangles. Sharpe demonstrates how these patterns originate in a person's early experience and are reworked in different ways throughout life and express everyone's basic needs for both connection and separateness. Supplying vital insights and tools for therapeutic work, the volume offers the clinician a multifaceted perspective on how couple relationships grow and what happens when their growth becomes derailed.

**Fear** Salman Akhtar, 2018-05-11 Beginning with Freud's celebrated case of Little Hans, psychoanalysts and psychotherapists have been intrigued with the topic of fear. Eclipsed in theoretical writings by the term anxiety, fear remains a pervasive expression in day-to-day clinical work. Patients constantly talk about it. One implores that we cure him of his fear of dogs. Another offers the fear of aloneness as the rationale of her staying in a bad marriage. Yet another avoids all athletic activity due to the fear of physical injury. And a fourth one lives in utter denial of passing time to avoid facing his fear of death. Despite its ubiquitous presence, fear has received little direct attention in psychoanalytic literature. This book aims to fill this lacuna. It explicates various intensities of fear: e.g., apprehension, dread, panic, and terror. It delineates the boundaries between fear and anxiety and demonstrates how phobic states constitute an admixture of these two emotions.

*Taboo*, 2004 **Taboo**, 2004 **Becoming Gay** Richard Isay, 2010-11-17 Now revised and updated for the 21st century, *Becoming Gay* is the classic guide on how to accept one's homosexuality. By exploring the psychological development of gay men through personal case histories, including his own, Dr. Isay shows how disguising one's sexual identity can induce anxiety.

depression and low self esteem Individual chapters tackle acceptance in any stage or circumstance of life whether it be adolescence married with children retirement age or living with HIV and AIDS Dr Isay s insights provide invaluable support to gay men and will enliven families friends and therapists who want to better understand the process of coming out and help their loved ones or patients to embrace a positive gay identity From the Trade Paperback edition     Emergency Psychiatry Ellen L. Bassuk,2012-12-06 This eagerly awaited volume occupies an important place in the series Critical Issues in Psychiatry Most mental health professionals are quite at home with ordinary day to day crises of clinical practice but relatively unprepared for the true psychiatric emergency Such emergencies are too infrequent for most of us to experience a real sense of competence On the other hand emergency room psychiatrists as well as residents and other trainees have long wished for a truly comprehensive textbook that would cover the spectrum of emergency psychiatry This book is just such a definitive and comprehensive volume for the specialist while at the same time a clear succinct and comprehensive reference for the clinician of emergency care The authors consistently present a systematic model emphasizing the interconnection between the process of emergency intervention and the specific features of clinical crisis They are true to the principle that one s system of care should be built on priorities It is immediately apparent that these are highly experienced clinicians as well as teachers It is difficult to imagine a clinical situation that is not addressed by this book It includes chapters on triage assessment and treatment planning emergencies associated with all the various psychopathologies age groups from childhood to old age the emergency management of violent and suicidal patients as well as rape and disaster victims emergencies secondary to substance abuse and prescribed medications psychotherapeutic and psychopharmacologic intervention as well as the relevant legal social and community issues in emergency care     *Fall of an Icon* Joel Paris,2005-01-01 In *The Fall of an Icon* Joel Paris narrates the history of this transition placing it in the context of current trends in science and medicine     Reading Goethe at Midlife Paul Bishop,2020-07-13 This book explores the history of the idea of the midlife crisis using the writings of C G Jung and Goethe to investigate its relevance for today Tracing how the ages of humankind became the stages of life in which the midlife crisis represents a pivotal moment Paul Bishop offers a detailed analysis of a paper by Jung on this subject He then shifts the focus to Goethe s interest in Orphic wisdom and one of Goethe s major later poems *Primal Words* *Orphic Urworte* *Orphisch* Using Jungian ideas to explore the psychological implications of this poem Bishop draws on Goethe s own commentary and other background material to uncover its vital message *Reading Goethe at Midlife* reveals the remarkable symmetry between the ideas and Jung and Goethe Jung s analysis of the stages of life and his advice to heed the call of the self are brought into the conjunction with Goethe s emphasis on the importance of hope showing an underlying continuity of thought and relevance from ancient wisdom via German classicism to analytical psychology At a time when many Jungians are turning to neuroscience to provide an external underpinning for Analytical Psychology this scholarly book is very welcome it returns to psychology s home territory placing Jung firmly in a

long cultural tradition Impressively well read in many fields extending from literature and the history of ideas to psychoanalysis and Jungian studies Paul Bishop allows a text by Jung and a late poem by Goethe to mirror and enhance each other demonstrating Jung's intellectual proximity to the tradition of German classicism The wealth of amplifications that Bishop brings to the many themes treated allows us to experience a living reality a continuity of ideas across different times and cultures

**Fathers and Their Families** Stanley H. Cath, Alan R. Gurwitt, Linda Gunsberg, 2013-05-13 In 28 chapters and extensive editorial commentary this book explores the changing roles of fathers changes prompted partly by societal shifts and partly by changes in the family and in traditional parental roles Among the topical studies concerning *Research in Psychiatry* L.K. George Hsu, Michel Hersen, 2013-11-11 This multiauthored textbook is directed to the psychiatric resident and other professionals who are interested in the issues strategies and methods of psychiatric research Although the field of psychiatry has not attained the scientific rigor and clinical sophistication of some of its sister disciplines in the medical arena considerable progress has been made in the last decade or two and a full understanding of the types of articles that now appear in such publications as the American Journal of Psychiatry the Archives of General Psychiatry and the Journal of the American Academy of Child and Adolescent Psychiatry requires a fair amount of knowledge about research design and strategy Whereas articles in psychiatric journals 20 years ago dealt mainly with psychodynamic topics and utilized nonexperimental observations today their counterparts are concerned mostly with psychobiology clinical features diagnosis and treatment and employ scientific experimental designs The trend of applying scientific methodology to research in psychiatry is increasing and undoubtedly will continue to do so in the future

**Case Studies in Insomnia** P.J. Hauri, 2013-06-29 If ever a book could be called timely this is it Sleep disorders medicine has made rapid advances in recent years The field has attained growing respectability with a textbook recently published a congressionally mandated National Commission on Sleep Disorders Research and a growing public awareness of the importance of sleep disorders However this rapid growth has made the discrepancy among certain components of the field all the more obvious Thus we find that patients who complain of insomnia are almost never in the majority of those seen in sleep disorders centers in spite of the well known fact that the prevalence of such individuals in our society is by far the largest Current articles on insomnia abound but they tend to be facile recitations of diagnosis and impractical global recommendations for treatment without providing the essential details Indeed the clinical professions really do not know what to do about insomnia This is reflected in a number of observations I have made in the recent past For example the majority of individuals who complain of insomnia take alcohol aspirin over the counter medications hot baths and a host of other nostrums but rarely seek a physician In the unlikely event that a physician is consulted he is likely to prescribe a sleep medication but without any particular consistency or any clear instructions on its use

*Psychological Assessment and Therapy with Older Adults* Bob G. Knight, Nancy A. Pachana, 2015-01-08 Due to improvements in health and healthcare the elderly population is expanding rapidly within the

developed world However more and more elderly people require some form of psychological support at some point in their later years The types of problems faced by this population are quite distinct and often more complex than those faced by younger adults and throw up many new challenges in both assessment and treatment Though there are books available that focus individually on assessment or treatment few have combined the two into a single framework Within this book Knight and Pachana argue that psychological assessment needs to be more tightly integrated with therapy especially with older adult clients Using the Contextual Adult Lifespan Theory for Adapting Psychotherapy CALTAP as a framework for applying our knowledge about developmental social contextual and cohort generational factors that influence age differences in response to psychological assessment and therapy they present an integrated framework for psychological assessment and therapy with older adults This text is valuable for practitioners looking for a solid theoretical basis for the practice of assessment and therapy with older clients students in graduate courses looking at later lifespan issues and educators looking for material to enhance generalist psychotherapy courses with a lifespan perspective

**Women's Mental Health Across the Lifespan** Kathleen A. Kendall-Tackett, Lesia M. Ruglass, 2017-03-16 Women's Mental Health Across the Lifespan examines women's mental health from a developmental perspective looking at key stressors and strengths from adolescence to old age Chapters focus in detail on specific stressors and challenges that can impact women's mental health such as trauma addictions and mood and anxiety disorders This book also examines racial and ethnic disparities in women's physical and mental health mental health of sexual minorities and women with disabilities and women in the military and includes valuable suggestions for putting knowledge into practice

**Evaluation of the Psychiatric Patient** Seymour L. Halleck, 2013-11-09 A few months before the final manuscript of this book was sent to the publisher Dr Karl A Menninger died shortly before his ninety seventh birthday Thus when I sat down to write this preface he was very much on my mind I remembered that it had been almost forty years since he wrote A Manual for Psychiatric Case Study not one of his well known but probably the most practical of his books The psycho analytically trained part of me began to wonder what had motivated me to write a book on a topic so similar to that which had earlier drawn the attention of my revered teacher There is no pressing need for another book on psychiatric evaluation furthermore evaluation is a very difficult subject to write about in a straightforward way Whatever my unconscious motivations may have been I hope they were less significant than those of which I was aware I wrote this book mainly as part of an effort to reverse certain trends in psychiatric education In the last decade psychiatrists have increasingly been trained in an environment that emphasizes brief evaluation of patients and deemphasizes teaching about the complexity of human behavior and experience Trainees no longer study psychiatric evaluation in a systematic manner They take fewer intensive histories fill out forms instead of describing the patient's mental status and with rare exceptions are not taught how to conceptualize biological and psychosocial interactions

*On Being Old* Graham Stokes, 2013-10-31 Presents the foundations for understanding gerontology Chapter by chapter it addresses

different aspects of ageing such as personality changes and adjustments cognitive loss in old age and abnormal ageing It is aimed at A level and BSc students lecturers nurses social workers and therapists      *Human Development* Eric Rayner,Angela Joyce,James Rose,Mary Twyman,Christopher Clulow,2005-11-17 A new edition of a classic text This new edition of Human Development has been thoroughly revised and updated to incorporate recent developments in the field New material is introduced on the development of a sense of self the social self and moral development Beginning with a discussion of birth and childhood the reader is lead through each of the crucial stages in human development The authors reveal the intricate interplay between physical emotional and psychological factors that contribute to the individual patterns of development that make each of us unique All of the major milestones of life are covered including adolescence work parenthood and old age Employing psychoanalytic theories of development this book reveals the richness that these ideas bring to well known everyday phenomena This highly accessible and jargon free introduction to human development combines scientific objectivity with a sensitive and sympathetic approach to the subject It will prove invaluable to anyone involved in the helping professions      Engaging Paulo Freire's Pedagogy of Possibility César Augusto Rossatto,2004-12-01 Engaging Paulo Freire s Pedagogy of Possibility is a cross cultural case study of how people experience schooling in relation to their sense of time and optimism C sar Augusto Rossatto examines how real life situations and social structures influence people s construction of notions of possibilities Positionality or perceptions about life and projections of the future has great impact on students success in school These perceptions how they interpret the past live in the present and foresee the future are in turn greatly influenced by their intellectual locality By the same token how educators see their position in the world and their classroom roles determines their operandum beliefs The findings of this study suggest that a curriculum based on Freirean critical pedagogy and time theories can be used to enhance time consciousness values in contemporary social life



## Unveiling the Magic of Words: A Overview of "**Race Against Time Psychotherapy And Psychoanalysis In The Second Half Of Life**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Race Against Time Psychotherapy And Psychoanalysis In The Second Half Of Life**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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