

# **THE REAL SELF**

**A Developmental, Self,  
and Object Relations  
Approach**

Structure

Function

Development

Psychopathology

Treatment

Creativity

**By James F. Masterson, M.D.**

# Real Self A Developmental Self And Object Relations Approach

**James F. Masterson, M.D., Ralph Klein,  
M.D.**



## **Real Self A Developmental Self And Object Relations Approach:**

**The Real Self** James F. Masterson, M.D., 2013-08-21 First Published in 1985 This informative volume examines the clinical research linking normal separation individuation with object relations theory and developmental psychopathology. It focuses on the core problem: the lack of a concept of the self integrated with object relations theory. By adding a theory of the self to object relations theory, the book both enlarges and more acutely focuses the therapeutic perspective, thereby enhancing work with patients. It also further enables therapists to clarify their own real selves. Dr. Masterson's thesis is that for the real self to finally emerge from the symbiotic union and assume its full capacities, identification, acknowledgment, and support are required from the mother and father in early development and from the therapist in psychotherapy. Dr. Masterson describes and illustrates the therapeutic technique of communicative matching and provides the necessary acknowledgment while maintaining therapeutic neutrality. Part I reviews psychoanalytic theory of the ego and the emerging real self, its structure, function, development, and its psychopathology and treatment. Part II explores the relationship between maternal libidinal acknowledgment and the development of the real self by a cross-cultural comparison of child raising in Japan, Israel, and the United States. It then describes the influence of social and cultural factors on the functioning of the real self in the United States. Part III on Creativity and the Real Self draws upon fairy tales, Jean Paul Sartre, Edvard Munch, and the life and work of the novelist Thomas Wolfe to show how for some artists, creativity becomes a crucial vehicle in their search to establish a real self. This section illuminates the nature of personal and artistic creativity and describes how a professional interest in the functioning of the real self leads inevitably to an interest in the ultimate of self-expression: creativity. Of special interest are the numerous case illustrations drawn from Masterson's extensive clinical work showing how acknowledgment and support enable the real self to fully emerge from the symbiotic union and to assume its full capacities. Counseling Troubled Youth Robert C. Dykstra, 1997-01-01 Robert Dykstra uses case studies of four profoundly troubled young people from varied backgrounds to teach pastoral caregivers the theoretical knowledge and practical wisdom to offer youths effective ministry on the journey to find self. **The Emerging Self in Psychotherapy with Adults** Richard A. Mackey, 2009 No detailed description available for *The Emerging Self in Psychotherapy with Adults*. *Transpersonal Psychology in Psychoanalytic Perspective* Michael Washburn, 1994-07-01 In this book, Michael Washburn provides a psychoanalytic foundation for transpersonal psychology. Using psychoanalytic theory, Washburn explains how ego development both prepares for and creates obstacles to ego transcendence. Spiritual development, he proposes, can be properly understood only in terms of the ego development that precedes it. For example, many difficulties encountered in spiritual development can be traced to repressive underpinnings of ego development, and significant gender differences in spiritual development can be traced to corresponding gender differences that emerge during ego development. Washburn draws on a wide range of psychoanalytic perspectives in discussing ego development and uses both Eastern and Western

sources in discussing spiritual development In rethinking transpersonal psychology in psychoanalytic terms he explains how essential elements of Jungian thought can be grounded in psychoanalytic theory      **Psychotherapy of the Disorders of the Self** James F. Masterson, M.D., Ralph Klein, M.D., 2013-05-13 The Masterson Approach has evolved from 32 years of scientific inquiry including four formal research projects nine books and 75 papers this volume marks an important stage in a professional journey that has had many turnings Clinical concern and theoretical introspection evoke a wish to share which led to writing and teaching The deepening of this need to build a continuing community of ideas has impelled Masterson to invite those who have learned from him to join me This book represents their commitment and contribution to the Masterson Approach      **Self-in-Relationship Psychotherapy** Augustine Meier, Micheline Boivin, 2022-07-29 In this innovative book the authors set out their theory of Self in Relationship Psychotherapy SIRP advocating for the integration of relational self and physical intimacy needs in the conceptualization and treatment of psychological problems placing human needs at the center of treatment This marks a shift in how psychological and relational problems are understood currently being perceived in terms of affects cognitive processes and behaviors Using numerous illustrations from their own clinical practice Meier and Boivin contend that this understanding overlooks the pivotal role that needs play in all aspects of peoples personal lives and relationships Children adolescents and adults do not live primarily from feelings and thoughts but from basic psychological and relational needs such as wanting to be in a meaningful relationship having the autonomy and freedom to make decisions about their lives experiencing being competent being regarded as a significant and important person and experiencing emotional intimate and sensual and or sexual connections By taking such an approach this book stands out among other books on psychotherapy theories Authored by two seasoned psychologists who have provided therapeutic services to children adolescents and adults for 40 years this book comprises the foundational theory for practicing Self in Relationship Psychotherapy making it of interest to graduate students clinicians in training and practicing psychologists social workers and psychotherapists alike      **Self Psychology** Douglas Detrick, Susan Detrick, Arnold Goldberg, 2014-03-18 This collection of comparisons and contrasts explores Heinz Kohut s self psychology in relation to a wide ranging group of modern thinkers both inside and outside of analysis Separate sections analyze self psychology alongside Freud and the first generation of psychoanalytic dissidents British object relations theorists and contemporary theorists like Kernberg Mahler Lacan and Masterson      **The Self Under Siege** Robert Firestone, Lisa A. Firestone, Joyce Catlett, 2013 Noted clinical psychologist Robert Firestone and his co authors explore the struggle that all of us face in striving to retain a sense of ourselves as unique individuals      **Identity in Adolescence** Jane Kroger, 1996 Jane Kroger presents an updated and expanded critique of five of the most important theorists addressing adolescent identity Erickson Blos Kohlberg Loevinger and Kegan      **The Therapeutic Relationship** Petruska Clarkson, 2003-11-07 This text provides coverage of the uses and abuses of the therapeutic relationship in counselling psychology psychotherapy and related fields It provides a framework for integration pluralism or

deepening singularity with reference to five kinds of therapeutic relationship potentially available in every kind of counselling or psychodynamic work The work incorporates training and supervision perspectives and examples of course design uses in assessment and applications to group and couples as well as to organizations Dealing with an issue of increasing complexity the book should be of value and significance to psychotherapists psychoanalysts clinical and counselling psychologists and other professionals working in the field of helping human relationships such as doctors social workers teachers and counsellors

**The Klein-Winnicott Dialectic** Susan Kavalier-Adler, 2018-05-01 The Klein Winnicott Dialectic Transformative New Metapsychology and Interactive Clinical Theory brings together the theories of Melanie Klein and Donald W Winnicott two giants and geniuses of the British school of object relations clinical and developmental theory and psychoanalytic technique In this book The author attempts to integrate the theories of Klein and Winnicott rather than polarising them as has been done often in the past This book takes the best of Klein and Winnicott for use by clinicians on an everyday basis without having the disputes between their followers interfere with the full and rich platter of theoretical offerings they each of them provided In addition this book looks at the biographies of Klein and Winnicott to show how their theories were inspired by their contrasting lives and contrasting parenting and developmental dynamics By examining their theories in relation to their biographies one can see why their dialectical theoretical focuses emerged highly contrasted in their major emphasis and yet highly complementary when applied together to clinical work

**Person-Centred Therapy** Keith Tudor, Mike Worrall, 2006-09-27 The person centred approach is one of the most popular enduring and respected approaches to psychotherapy and counselling Person Centred Therapy returns to its original formulations to define it as radically different from other self oriented therapies Keith Tudor and Mike Worrall draw on a wealth of experience as practitioners a deep knowledge of the approach and its history and a broad and inclusive awareness of other approaches This significant contribution to the advancement of person centred therapy Examines the roots of person centred thinking in existential phenomenological and organismic philosophy Locates the approach in the context of other approaches to psychotherapy and counselling Shows how recent research in areas such as neuroscience support the philosophical premises of person centred therapy Challenges person centred therapists to examine their practice in the light of the history and philosophical principles of the approach Person Centred Therapy offers new and exciting perspectives on the process and practice of therapy and will encourage person centred practitioners to think about their work in deeper and more sophisticated ways

**Transforming Self and Community** Len Sperry, 2002 Offers a holistic approach to spiritual direction and pastoral counseling

**When Things Seem Odd** Michael Joseph Legare, 2016-01-13 As you will discover by reading this book the term stranger danger is not only misleading to children it actually does more harm than good By the constant reminder that a child encounters by media adults and television programs about never talking to strangers children are often left confused and powerless of how to deal with the many strangers they come across on a day to day bases

Secondly this book aims to teach children to become aware of their instincts feelings of uneasiness suspicion or otherwise their apprehension when it is appropriate and important to do so and when it comes to people and situations they encounter as they go about their lives Not just people of whom they do not know strangers but also of people of whom they may already know Finally this book is in two parts The first part are the three short stories of Polly a fictional character that describes in detail certain dilemmas she encounters when she becomes lost first at a grocery store next at the fair and then in the third story the close encounter she experiences of nearly being abducted by a stranger The stories go into detail about the positive aspects that Polly took each time to protect herself in each case scenario The encounters are based on a realistic chain of circumstances The second part of this book is aimed towards parents to look at self protection strategies suggested by some of the world s most prestigious experts on the subject of child safety and the criminal mind

### **Growing Yourself Back Up**

John Lee,2010-02-10 Someone pushes your buttons You feel rage fear sweaty palms unbidden tears you feel like a kid We ve all experienced moments when we lose control of a situation and ourselves Now in Growing Yourself Back Up the first book to explain the idea of emotional regression to the general reader bestselling author John Lee identifies the circumstances that cause these seemingly uncontrollable feelings and shows how they are directly tied to our experience as children No adult explains Lee need ever experience the helpless feelings of childhood again Here are his proven methods and visualization exercises developed in his popular workshops for recognizing preventing and diffusing regression in ourselves and others He teaches for example that adults cannot be abandoned they can only be left if we re feeling abandoned we re regressing He also reminds us that no matter how overwhelmed we are adults always have options if we believe we don t we re in a regression Growing Yourself Back Up will show you how to develop strong emotional boundaries and convey them to others learn the Detour Method that reverses regression confront without regressing communicate with the authority figures who push your buttons minimize regression at family functions Lee offers hope as well as practical strategies that work for conquering those childlike feelings of powerlessness that are almost always rooted in regression

### **Raising a Secure**

**Child** Kent Hoffman,Glen Cooper,Bert Powell,2017-02-03 Today s parents are constantly pressured to be perfect But in striving to do everything right we risk missing what children really need for lifelong emotional security Now the simple powerful Circle of Security parenting strategies that Kent Hoffman Glen Cooper and Bert Powell have taught thousands of families are available in self help form for the first time You will learn How to balance nurturing and protectiveness with promoting your child s independence What emotional needs a toddler or older child may be expressing through difficult behavior How your own upbringing affects your parenting style and what you can do about it Filled with vivid stories and unique practical tools this book puts the keys to healthy attachment within everyone s reach self understanding flexibility and the willingness to make and learn from mistakes Self assessment checklists can be downloaded and printed for ease of use

*The Circle of Security Intervention* Bert Powell,Glen Cooper,Kent Hoffman,Bob Marvin,2013-09-26 Presenting both a

theoretical foundation and proven strategies for helping caregivers become more attuned and responsive to their young children's emotional needs ages 0-5 this is the first comprehensive presentation of the Circle of Security COS intervention The book lucidly explains the conceptual underpinnings of COS and demonstrates the innovative attachment based assessment and intervention strategies in rich clinical detail including three chapter length case examples Reproducible forms and handouts can be downloaded and printed in a convenient 8 1/2 x 11 size COS is an effective research based program that has been implemented throughout the world with children and parents experiencing attachment difficulties The authors are corecipients of the 2013 Bowlby Ainsworth Award presented by the New York Attachment Consortium for developing and implementing COS See also the authors related parent guide Raising a Secure Child How Circle of Security Parenting Can Help You Nurture Your Child's Attachment Emotional Resilience and Freedom to Explore

**Psychotherapy and the Self-contained Patient** E. Mark Stern, 1989 Leading psychotherapists present a broad range of theoretical philosophical and clinical perspectives on the self contained person who seeks therapy With numerous enlightening case studies they explore the characteristics of the self contained patient often a bright dedicated hardworking and successful person who has decided to be self reliant and to achieve without needing or acknowledging help The experts also examine the provocations leading self contained persons to seek therapy This authoritative volume addresses the intricacies of working with the self contained person who is often competitive and ill at ease with experts and proposes successful interventions for treating the ever challenging and provocative self contained patient

*Falling Up* Thomas Holliday, 2013-01-25 Actors know about falling up a split second ignition from the wings propelling entrance as a new character an unwilling ascent to a different mode of being an in body experience that overlays preparation opportunity choice or chance *Falling Up* the first and only full length Floyd study is a metaphor for humanity's uncanny ability to rise from seeming disaster into rebirth Floyd's consistent succession of soars stumbles slides or wrenches sings of triumph over odds A modern Renaissance man Floyd is our greatest living opera composer and librettist a trained concert pianist a master stage director and a teacher In *Falling Up* Holliday offers an intimate account of the life that shaped the words and music Combining insights from hundreds of interviews with Floyd his family and many of the last half century's greatest singers conductors and opera administrators *Falling Up* traces Floyd's Southern roots and the struggles and sacrifices that accompanied his rise to operatic stardom With more than forty photographs the detailed evolution of Floyd's fourteen operas and in depth analysis of his nonoperatic works *Falling Up* is essential reading for opera fans and professionals alike a book that moves informs and entertains

*Culture And Self* Douglas B. Allen, 2018-02-02 Traditional scholars of philosophy and religion both East and West often place a major emphasis on analyzing the nature of the self In recent decades there has been a renewed interest in analyzing self but most scholars have not claimed knowledge of an ahistorical objective essential self free from all cultural determinants The contributors of this volume recognize the need to contextualize specific views of

self and to analyze such views in terms of the dynamic dialectical relations between self and culture. An unusual feature of this book is that all of the chapters not only focus on traditions and individuals East and West but include as primary emphases comparative philosophy, religion, and culture reinforcing individual and cultural creativity. Each chapter brings specific Eastern and Western perspectives into a dynamic comparative relation. This comparative orientation emphasizes our growing sense of interrelatedness and interdependency.



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