

How  
Therapists  
Heal  
Their  
Patients

# Optimal Responsiveness

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HOWARD A. BACAL  
EDITOR

# Optimal Responsiveness How Therapists Heal Their Patients

**Howard A. Bacal, Lucyann Carlton**



## **Optimal Responsiveness How Therapists Heal Their Patients:**

*Optimal Responsiveness* Howard A. Bacal, 1998-04 A new generation of dynamic therapists is taking a fresh look at what actually heals the patient In contrast to the classical vision whose essential feature is intervention by interpretation in an ambience of optimal frustration Bacal's conception of optimal responsiveness legitimizes a whole repertoire of professional behaviors empathic attunement confrontation support self disclosure validation or invalidation Everything the therapist does or does not do does or does not say is experienced by the patient as some kind of response Because the relational dynamic is unique to each therapist patient dyad the therapist's responses can be tailored to meet the patient's needs enhancing specificity And because optimal responsiveness implies recognition of the therapeutic process as a reciprocal system it also implies reconstrual of what we know as countertransference

### **Discovering Therapeutic Efficacy**

Howard A. Bacal, 2025-07-31 *Discovering Therapeutic Efficacy* brings together selected papers and book chapters by Howard Bacal spanning 40 years as a psychoanalyst psychiatrist and psychotherapist The book includes several key pieces of writing influenced by psychoanalytic figures Bacal had the rare opportunity to study under including Michael Balint Wilfred Bion Heinz Kohut Marion Milner J D Sutherland and Donald Winnicott The chapters variously describe how the concept of optimal responsiveness is pivotal to the uniqueness of therapeutic need and how each psychoanalytic dyad discovers its unique capacity to implement it Bacal describes how this led him to develop specificity theory a process theory of therapeutic possibility *Discovering Therapeutic Efficacy* is replete with illustrative clinical examples It will be of great interest and of practical usefulness not only to psychoanalysts but to every practitioner of dynamic psychotherapy as they strive to be as optimally responsive as they can to their patients and students The Open Access version of this book available at <http://www.taylorfrancis.com> has been made available under a Creative Commons Attribution Non Commercial No Derivatives CC BY NC 4.0 license

*Optimal Responsiveness* Howard A. Bacal, 1998-04 A new generation of dynamic therapists is taking a fresh look at what actually heals the patient There is a growing awareness among practitioners of what patients have always known that the successful therapeutic experience derives not only from the insight rooted in interpretation

*Progress in Self Psychology, V. 14* Arnold I. Goldberg, 2013-05-13 Volume 14 of *Progress in Self Psychology* The World of Self Psychology introduces a valuable new section to the series publication of noteworthy material from the Kohut Archives of the Chicago Institute for Psychoanalysis In this volume From the Kohut Archives features a selection of previously unpublished Kohut correspondence from the 1940s through the 1970s The clinical papers that follow are divided into sections dealing with Transference and Countertransference Selfobjects and Objects and Schizoid and Psychotic Patients As Howard Bacal explains in his introduction these papers bear witness to the way in which self psychology has increasingly become a relational self psychology a psychology of the individual's experience in the context of relatedness Coburn's reconstrual of countertransference as an experience of self injury in the wake of unresponsiveness to the analyst's own selfobject needs

Livingston's demonstration of the ways in which dreams can be used to facilitate a playful and metaphorical communication between analyst and patient Gorney's examination of twinship experience as a fundamental goal of analytic technique and Lenoff's emphasis on the relational aspects of phantasy selfobject experience are among the highlights of the collection Enlarged by contemporary perspectives on gender and self experience and a critical examination of Kohut Loewald and the Postmoderns Volume 14 reaffirms the position of self psychology at the forefront of clinical developmental and conceptual advance

*Empathy in Psychotherapy* Frank-M. Staemmler, 2012 In *Empathy in Psychotherapy How Therapists and Clients Understand Each Other* Frank M Staemmler brings together neuropsychology the psychotherapy literature the developmental psychology literature and philosophical literature to rigorously and thoroughly present a new view of the nature of empathy that makes it clear how the relationship can be healing The book is an impressive effort of scholarship in which Staemmler has thoroughly grounded his ideas in the literatures that he brings to bear

*PsycCRITIQUES* Staemmler's new book on empathy *Empathy in Psychotherapy How Therapists and Clients Understand Each Other* is a tour de force Rarely have I read a book surely not in psychoanalysis or psychotherapy so scholarly and so accessible so theoretically challenging and so humanistically rich

*International Journal of Psychoanalytic Self Psychology* People intuitively know that we travel the byways of life jointly Dr Staemmler takes this common sense perspective and through professionally astute examination transforms it into a dependable guideline for living His demystification and humanization of the elusive dynamics of communal existence returns the reader to the old adage that we are all in the same boat and further that it is emotionally imperative to let ourselves be there

Erving Polster PhD Director The Gestalt Institute of San Diego According to large scale studies on therapeutic outcomes psychotherapists ability to understand their clients has been considered the second most important healing factor in all therapies The author of this scholarly volume seeks to improve our understanding of the immense therapeutic potential that the human capacity for empathy holds and to improve our use of it in therapeutic practice Drawing from the work of great thinkers in philosophy literature theology psychology and social sciences and recent discoveries in neuroscience the author provides a critique of traditional concepts of empathy and creates a new more expansive definition More specifically the author exposes the basic characteristics of current individualistic ideologies that are concealed within traditional concepts of empathy and focuses on the concept that empathic relating between human beings does not just take place in the psyche but is an embodied process The book also considers scientific phenomena from the field of parapsychology such as telepathy and clairvoyance which can be thought of as special cases of empathy The potential for certain types of meditation to increase our empathic abilities is also explored

**Key Features** Improves our understanding of the potential for empathy to greatly enhance therapeutic practice Draws from philosophy literature theology psychology social sciences and neuroscience to create a new definition of empathy Critiques traditional concepts of empathy and highlights their strengths and weaknesses

*On Deaths and Endings* Brent Willock, Lori C. Bohm, Rebecca C.

Curtis,2007-05-07 Winner of the 2008 Gradiva Award Can something as negative as loss also be a positive transformative experience Is it possible that not only individuals but also societies can be developmentally arrested by problematic mourning On Deaths and Endings brings together the work of psychoanalytic scholars and practitioners grappling with the manifold issues evoked by loss and finality The book covers the impact of endings throughout the life cycle including effects on children adolescents adults those near death and entire societies New psychoanalytic perspectives on bereavement are offered based on clinical work scholarly research and the authors own deeply personal experiences The contributors present compelling often moving enquiries into subjects such as the reconfiguration of self states subsequent to mourning the role of ritual and memorials the tragic impact of unmourned loss modern conceptualisations of the death instinct and terror based losses In that much psychotherapy is conducted with people who have suffered some form of loss this book will be an invaluable resource for all mental health professionals The emphasis on the potential of working through the vicissitudes of these experiences will provide inspiration and hope both to those who have endured personal loss and to anyone working with grieving patients

New Developments in Self Psychology Practice Peter Buirski,Amanda Kottler,2007-10-23 It has been 35 years since the publication of Heinz Kohut s monumental book The Analysis of the Self in 1971 and in this period self psychology has undergone a vibrant and exciting evolution that has significantly influenced and expanded the range of psychoanalytic thinking While undergoing this change self psychology has kept the developmental importance of self object relatedness and the primacy of subjective experience as central tenets of the theory But where other theories of mind can tend to stagnate and resist innovations that transcend their founding figure Kohut s self psychology continues to grow in depth complexity and richness Indeed one of the great strengths of the self psychology movement has been the openness of the succeeding generations to push the theoretical envelope to entertain examine and integrate new understandings and perspectives New Developments in Self Psychology Practice gives voice to many of these developments reflected in its four sections The first section examines complexity theory attachment theory and the work of the Boston Change Study Group The second section is concerned with the treatment of children while the third section examines various treatment modalities such as family therapy group therapy and supervisory process The final section looks at diversity difference and otherness within both the therapeutic dyad and therapeutic community and considers how shame enactments and traumatic experiences influence the therapeutic process

**The Power of Specificity in Psychotherapy** Howard A. Bacal,Lucyann Carlton,2010-12-28 In The Power of Specificity in Psychotherapy When Therapy Works And When It Doesn t Howard Bacal presents specificity theory a contemporary process theory of psychotherapy that holds that therapy happens at the fit between the patient s particular therapeutic needs and the therapist s capacity to respond to them both of which will emerge and change within the unique process of each particular dyad Specificity theory challenges the traditional method and epistemology of psychoanalysis wherein the understanding of the patient and the therapeutic response are apprehended

through rules and prescriptions that are generated through the application of structure theories The therapeutic engagement must necessarily and continually be monitored and adjusted to fit the specific and changing needs capacities and limitations of both participants regardless of the therapist s formal working theories Grounded in the innovative thinking of Sandor Ferenczi and drawing as well from the creative work of Michael Balint Wilfred Bion Donald Winnicott Marion Milner and Heinz Kohut the perspectives of specificity theory are corroborated by cutting edge findings in contemporary neurobiology and infant research The Power of Specificity in Psychotherapy challenges psychotherapists to reconsider how treatment is optimally practiced

*The Self Psychology of Addiction and its Treatment* Richard B. Ulman, Harry Paul, 2013-04-03 In the time of Freud the typical psychoanalytic patient was afflicted with neurotic disorders however the modern day psychotherapy patient often suffers instead from a variety of addictive disorders As the treatment of neurotic disorders based on unconscious conflicts cannot be applied to treatment of addictive disorders psychoanalysis has been unable to keep pace with the changes in the type of patient seeking help To address the shift and respond to contemporary patients needs Ulman and Paul present a thorough discussion of addiction that studies and analyzes treatment options Their honest and unique work provides new ideas that will help gain access to the fantasy worlds of addicted patients The Self Psychology of Addiction and Its Treatment emphasizes clinical approaches in the treatment of challenging narcissistic patients struggling with the five major forms of addiction Ulman and Paul focus on six specific case studies that are illustrative of the five forms of addiction They use the representative subjects to develop a self psychological model that helps to answer the pertinent questions regarding the origins and pathway of addiction This comprehensive book links addiction and trauma in an original manner that creates a greater understanding of addiction and its foundations than any clinical or theoretical model to date

A Rumor of Empathy Lou Agosta, 2015-06-05 Empathy is an essential component of the psychoanalyst s ability to listen and treat their patients It is key to the achievement of therapeutic understanding and change A Rumor of Empathy explores the psychodynamic resistances to empathy from the analyst themselves the patient from wider culture and seeks to explore those factors which represent resistance to empathic engagement and to show how these can be overcome in the psychoanalytic context Lou Agosta shows that classic interventions can themselves represent resistances to empathy such as the unexamined life over medication and the application of devaluing diagnostic labels to expressions of suffering Drawing on Freud Kohut Spence and other major thinkers Agosta explores how empathy is distinguished as a unified multidimensional clinical engagement encompassing receptivity understanding interpretation and narrative In this way he sets out a new way of understanding and using empathy in psychoanalytic theory and clinical practice When all the resistances have been engaged defences analyzed diagnostic categories applied prescriptions written and interpretive circles spun out in empathy one is quite simply in the presence of another human being Agosta depicts the unconscious forms of resistance and raises our understanding of the fears of merger that lead a therapist to take a step back from the experience of their patients using

ideas such as altruistic surrender and compassion fatigue which are highlighted in a number of clinical vignettes Empathy itself is not self contained It is embedded in social and cultural values and Agosta highlights the mental health culture and its expectations of professional organizations This outstanding text will be relevant to psychoanalysts psychotherapists who wish to make a contribution to reducing the suffering and emotional distress of their clients and also to trainees who are more vulnerable to the professional demands on their capacity for empathic listening Lou Agosta Ph D teaches empathy in systems and the history of psychology at the Illinois School of Professional Psychology at Argosy University He is the author of numerous articles on empathy in human relations aesthetics altruism and film He is a psychotherapist in private practice in Chicago USA See [www.aRumorOfEmpathy.com](http://www.aRumorOfEmpathy.com)

**Progress in Self Psychology, V. 16** Arnold I. Goldberg, 2013-06-17

Volume 16 of Progress in Self Psychology How Responsive Should We Be illuminates the continuing tension between Kohut's emphasis on the patient's subjective experience and the post Kohutian intersubjectivists' concern with the therapist's own subjectivity by focusing on issues of therapeutic posture and degree of therapist activity Teicholz provides an integrative context for examining this tension by discussing affect as the common denominator underlying the analyst's empathy subjectivity and authenticity Responses to the tension encompass the stance of intersubjective contextualism advocacy of active responsiveness and emphasis on the thoroughgoing bidirectionality of the analytic endeavor Balancing these perspectives are a reprise on Kohut's concept of prolonged empathic immersion and a recasting of the issue of closeness and distance in the analytic relationship in terms of analysis of the tie to the negative selfobject Additional clinical contributions examine severe bulimia and suicidal rage as attempts at self state regulation and address the self reparative functions that inhere in the act of dreaming Like previous volumes in the series volume 16 demonstrates the applicability of self psychology to nonanalytic treatment modalities and clinical populations Here self psychology is brought to bear on psychotherapy with placed children on work with adults with nonverbal learning disabilities and on brief therapy Rector's examination of twinship and religious experience Hagman's elucidation of the creative process and Siegel and Topel's experiment with supervision via the internet exemplify the ever expanding explanatory range of self psychological insights

**Progress in Self Psychology, V. 20** William J. Coburn, 2013-07-04

Transformations in Self Psychology highlights the manner in which contemporary self psychology has become in the words of series editor William Coburn a continuing series of revolutions within a revolution Of special note are contributions that explore the bidirectional influences between self psychology and other explanatory paradigms The volume begins with Stern's thoughtful attempt to integrate self psychological and relational perspectives on transference countertransference enactments Fosshage and Munschauer's presentation of a case of extreme nihilism and aversiveness elicits a series of discussions that constructively highlights divergent perspectives on the meaning and role of enactment in treatment and on the so called empathy authenticity dichotomy The productive exploration of theoretical differences also enters in the redefinition of notions of gender and sexuality a topic of increasing interest to self

psychologists Differing perspectives which give rise to differing clinical emphases emerge in the exchanges of Clifford and Goldner and of VanDerHeide and Hartmann The special contextualist demands of work with intercultural couples foster a more integrative sensibility with self psychological borrowings from interpretive anthropology and attachment theory Clinical contributors to Volume 20 explore manifestations of a tension that permeates all analytic work that between the patient's newly emerging ability to expand the self in growth consolidating ways and the countervailing dread to repeat Enlarged by Malin's personal reflections of Fifty Years of Psychoanalysis and by book review essays focusing on the writings of Lachmann and Stolorow respectively Transformations in Self Psychology bespeaks the continuing vitality of contemporary self psychology

**Progress in Self Psychology, V. 19** Mark J. Gehrie, 2013-05-13 The contributors to Explorations in Self Psychology volume 19 of the Progress in Self Psychology series wrestle with two interrelated questions at the nexus of contemporary discussions of technique How authentic and relationally invested should the self psychologically informed analyst be and what role should self disclosure play in the treatment process The responses to these questions embrace the full range of clinical possibilities Dudley and Walker argue that empathically based interpretation precludes self disclosure whereas Miller argues in favor of authentic self expression and against the self psychologist's frustrating attempt to decenter from frustration or anger Consideration of the utility of a consistently empathic stance continues with Weisel Barth's clinical presentation and the discussions that it elicits about management of her patient's primary destructiveness Lenoff's critical rereading of Kohut's Examination of the Relationship Between Mode of Observation and Theory and Rieveschl's self psychological work with adolescents and Neville Symington's theory of narcissism Contributions to applied analysis explore topics as diverse as an exchange of dreams between John Adams and Benjamin Rush Mann's Death in Venice the films of Ingmar Bergman psychotherapy of the elderly and disabilities in the sensory motor integration in children And Volume 19 concludes with Constance Goldberg's candid and enlightening reminiscence of Heinz Kohut a very complex man with whom to be in a relationship

**Core Concepts in Contemporary Psychoanalysis** Morris N. Eagle, 2017-12-04 In Core Concepts in Contemporary Psychoanalysis alongside its companion piece Core Concepts in Classical Psychoanalysis Morris N Eagle asks of the core concepts and formulations of psychoanalytic theory which ones should be retained which should be modified and in what ways and which should be discarded The key concepts and issues explored in this book include Are transference interpretations necessary for positive therapeutic outcomes Are the analyst's countertransference reactions a reliable guide to the patient's unconscious mental states Is projective identification a coherent concept Psychoanalytic styles of thinking and writing Unlike other previous discussions of such concepts this book systematically evaluates them in the light of conceptual critique as well as recent research based evidence and empirical data Written with Eagle's piercing clarity of voice Core Concepts in Contemporary Psychoanalysis challenges previously unquestioned psychoanalytic assumptions and will appeal to psychoanalysts psychoanalytic psychotherapists and anyone interested in integrating core psychoanalytic



concepts research and theory with other disciplines including psychiatry psychology and social work      **Object Relations Theory and Self Psychology in Social Work** Eda Goldstein, 2010-07-06 Object Relations and Self Psychology are two leading schools of psychological thought discussed in social work classrooms and applied by practitioners to a variety of social work populations Yet both groups have lacked a basic manual for teaching and reference until now For them Dr Eda G Goldstein's book fills a void on two fronts Part I provides a readable systematic and comprehensive review of object relations and self psychology while Part II gives readers a friendly step by step description and illustration of basic treatment techniques For educators this textbook offers a learned and accessible discussion of the major concepts and terminology treatment principles and the relationship of object relations and self psychology to classic Freudian theory Practitioners find within these pages treatment guidelines for such varied problems as illness and disability the loss of a significant other and such special problems as substance abuse child maltreatment and couple and family disruptions In a single volume Dr Goldstein has met the complex challenges of education and clinical practice      **Attachment Volume 8 Number 2** Kate White, Orit Badouk Epstein, 2014-07-31 Attachment New Directions in Psychotherapy and Relational Psychoanalysis is a leading edge journal for clinicians working relationally with their clients It is a professional journal featuring cultural articles politics reviews and poetry relevant to attachment and relational issues an inclusive journal welcoming contributions from clinicians of all orientations seeking to make a contribution to attachment approaches to clinical work an international journal open to ideas and practices from all countries and cultures and a cutting edge journal with up to date briefings on latest developments in neuroscience relevant to psychotherapy and counselling Articles Emotional Child Abuse Has to be Banned The Science Backs Up Our Instincts by Oliver James The World Has Changed by Simon Partridge Remembering Daniel Stern by Colwyn Trevarthen Angels in the Nursery The Intergenerational Transmission of Benevolent Parental Influences by Alicia F Lieberman Elena Padron Patricia Van Horn and William W Harris The Hidden Neglect and Sexual Abuse of Infant Sigmund Freud by Simon Partridge Impasse in Supervision Looking Back and Thinking Again by Anne Power The Relationship Between Attachment Patterns and Parenting Style by Maria Ktistaki Eleni Papadaki Michailidi and Evangelos Karademas

**Multiculturalism and the Therapeutic Process** Judith Marks Mishne, 2002-07-03 Offering clear guidance for understanding and navigating the intersubjective issues that arise in cross cultural work the book provides critical knowledge and skills to guide the delivery of effective psychotherapeutic services **BOOK JACKET**      **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

*How People Change* Marion F. Solomon, Daniel J. Siegel, 2017-05-09 Drawing on cutting edge neuroscience to understand psychotherapeutic change Growth and change are at the heart of all successful psychotherapy Regardless of one's clinical orientation or style psychotherapy is an emerging process that's created moment by moment between client and therapist *How People Change* explores the complexities of attachment the brain mind and body as they aid change during psychotherapy Research is presented about the properties of healing relationships and communication strategies that facilitate change in the social brain Contributions by Philip M Bromberg Louis Cozolino and Vanessa Davis Margaret Wilkinson Pat Ogden Peter A Levine Russell Meares Dan Hughes Martha Stark Stan Tatkin Marion Solomon and Daniel J Siegel and Bonnie Goldstein

**Comparative Approaches in Brief Dynamic Psychotherapy** William Borden, 1999 Introduces contemporary models of brief dynamic psychotherapy and describes fundamental tasks and methods of time limited intervention focusing on developmental contexts of treatment and on the needs of client populations whose options are often limited to brief treatment Explores flexible approaches in treatment of conditions including borderline personality reaction to trauma and physical disability The editor teaches contemporary psychoanalytic thought and personality theory at the University of Chicago Co published simultaneously as *Psychoanalytic Social Work* vol 6 nos 3 4 1999 Annotation copyrighted by Book News Inc Portland OR

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