

A Psychology Press Book

KAREN J. MARODA

SEDUCTION,
SURRENDER, and
TRANSFORMATION

*Emotional Engagement
in the
Analytic Process*



Seduction Surrender And Transformation Emotional Engagement In The Analytic Process

Louis Breger



Seduction Surrender And Transformation Emotional Engagement In The Analytic Process:

Seduction, Surrender, and Transformation Karen J. Maroda, 2013-06-17 Seduction Surrender and Transformation demonstrates how interpersonal psychoanalysis obliges analysts to engage their patients with genuine emotional responsiveness so that not only the patient but the analyst too is open to ongoing transformation through the analytic experience In so doing the analyst moves from the position of an interpreting observer to that of an active participant and facilitator whose affective communications enable the patient to acquire basic self trust along with self knowledge Drawing on the current literature on affect Maroda argues that psychological change occurs through affect laden interpersonal processes Given that most patients in psychotherapy have problems with affect management the completing of cycles of affective communication between therapist and patient becomes a vitally important aspect of the therapeutic enterprise Through emotionally open responses to their patients and careful use of patient prompted self disclosures analysts can facilitate affect regulation responsibly and constructively with the emphasis always remaining on the patients experience Moments of mutual surrender the honest emotional giving over of patient to analyst and analyst to patient epitomize the emotionally intense interpersonal experiences that lead to enduring intrapsychic change Maroda s work is profoundly personal She does not hesitate to share with the reader how her own personality affects her thinking and her work Indeed she believes her theoretical and clinical preferences are emblematic of the way in which the analyst s subjectivity necessarily shapes theory choice and practice preferences in general Seduction Surrender and Transformation is not only a powerful brief for emotional honesty in the analytic relationship but also a model of the personal openness that according to Maroda psychoanalysis demands of all its practitioners

Transactional Analysis Mark Widdowson, 2009-09-10 Transactional Analysis TA is a versatile and comprehensive system of psychotherapy Transactional Analysis 100 Key Points and Techniques synthesises developments in the field making complex material accessible and offering practical guidance on how to apply the theory and refine TA psychotherapy skills in practice Divided into seven manageable sections the 100 key points cover the philosophy theory methods and critique of the main approaches to TA TA perspectives on the therapeutic relationship diagnosis contracting and treatment planning using TA a trouble shooting guide to avoiding common pitfalls refining therapeutic skills As such this book is essential reading for trainee TA therapists those preparing for examinations as well as experienced practitioners who will find much practical guidance on the skilful and mindful application of this cohesive system of psychotherapy

Treating Chronic Depression with Disciplined Personal Involvement James P. McCullough, Jr., 2007-05-26 For more than a century the psychotherapist role has been dominated by Freud s neutrality rule don t become personally involved with patients McCullough challenges this widely accepted dictum in a new treatment approach for the chronically depressed patient He proposes disciplined personal involvement as an alternative to therapist neutrality with chronically depressed patients describing how this approach can be used in a contingent manner to successfully modify

pathological behavior These latest guidelines expand on his pioneering work Treatment for Chronic Depression Cognitive Behavioral Analysis System of Psychotherapy CBASP In this new volume Treating Chronic Depression with Disciplined Personal Involvement CBASP Dr McCullough describes in detail what disciplined personal involvement is and how it is administered The book was written during a current four year national clinical trial sponsored by NIMH involving 910 chronically depressed outpatients being treated at eight sites in the U S The following topics will be covered Historical review of the psychotherapist neutrality role Rationale for disciplined personal involvement in the treatment of chronic depression Training veteran psychotherapists to administer disciplined personal involvement Numerous verbatim case examples presented to illustrate therapist disciplined personal involvement Appendix Section operationalizing the CBASP disciplined personal involvement techniques and discussing needed CBASP research McCullough s fresh perspective and psychotherapy wisdom make this text a must read for all clinical practitioners training clinicians in university settings and psychotherapy researchers Treating Chronic Depression with Disciplined Personal Involvement CBASP offers a radically new alternative to the traditional therapeutic relationship

The SAGE Encyclopedia of Theory in Counseling and Psychotherapy
Edward S. Neukrug, 2015-02-12 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy is a two volume source that traces theory and examines the beginnings of counseling and psychotherapy all the way to current trends and movements This reference work draws together a team of international scholars that examine the global landscape of all the key counseling and psychotherapy theories and the theorists behind them while presenting them in context needed to understand their strengths and weaknesses This is a quick one stop source that gives the reader the who what where how and why of contemporary counseling and psychotherapy theory From historical context in which the theories were developed to the theoretical underpinnings which drive the theories this reference encyclopedia has detailed and relevant information for all individuals interested in this subject matter Features Benefits Approximately 335 signed entries fill two volumes available in a choice of print or electronic formats Back matter includes a Chronology of theory within the field of counseling to help students put individual theories within a broader context A Master Bibliography and a Resource Guide to key books journals and organizations guide students to further resources beyond the encyclopedia The Reader s Guide a detailed Index and the Cross References combine for effective search and browse in the e version and helps students take the next steps in their research journeys This reference encyclopedia serves as an excellent source for any individual interested in the roots of contemporary counseling and psychotherapy theory It is ideal for the public and professionals as well as for students in counselor education programs especially those individuals who are pursuing a Masters level degree

The Analyst's Torment Dhvani Shah, 2022-10-20 Dhvani Shah moves the focus from using psychoanalytic theory and technique to explore the patient s mind from a safe distance Instead he concentrates on the analyst s feelings subjective experiences and histories and how these impact on the intersubjective space between analyst and patient His eight chapters each highlight a particular

emotional state or problematic feeling and explore their impact on the analytic work which requires emotional honesty and open reflection This authenticity is vital for every unique encounter within the shared space of both the analyst and patient The analyst must strive to be responsive yet disciplined and this requires the work of mentalization An ability to go there with patients offers the best chance at helping them The analyst's uncomfortable and disowned emotional states of mind are inevitably entangled with the therapeutic process and this has the potential to derail or facilitate progress The chapters deal with uncomfortable themes for the analyst to face arrogance racism dread and its close relation erotic dread dissociation shame hopelessness and jealousy These bring up common ways in which analysts stop listening and struggle in the face of uncertainty and intensity the difficulties in facing unbearable experiences with patients such as suicidality disruptions to being with patients in an affective and embodied way and thwarted fantasies of being the hero With all of these difficult topics Shah describes painful and tormenting experiences in a clinically meaningful way that allow growth In this exceptional debut work Shah demonstrates that what analysts feel in their affects bodies and reveries with patients is vital in helping them to understand and metabolise the patients emotional experiences This is a must read for all practising clinicians

The Struggle Against Mourning Ilany Kogan, 2007-06-14 The main questions raised in this book are How does the analyst help the patient to be in touch with pain and mourning Is the relinquishment of defenses always desirable And what is the analyst's role in the mourning process should the analyst struggle to help patients relinquish defenses against pain and mourning which they may experience as vital to their precarious psychic survival Or should he or she accompany patients on their way to self discovery which may or may not result in the patients letting go of their defenses when faced with the pain and mourning inherent in trauma the utilization of various defenses and the resulting unresolved mourning reflect the magnitude of the anxiety and pain that is found on the road to mourning The ability to mourn and the capacity to bear some helplessness while still finding life meaningful are the objectives of the analytic work in this book The Musical Edge of Therapeutic Dialogue Steven H. Knoblauch, 2013-06-17 Such nuances and shifts in the music of a patient's voice have long been familiar to clinicians Indeed as Steven Knoblauch observes the music of psychotherapy has been acknowledged across a variety of theoretical orientations from Freudian to self psychological to interpersonal and relational perspectives In The Musical Edge of Therapeutic Dialogue Knoblauch provides a model of resonant minding in which the musical elements of speech become a major source of information about unconscious communication and action More specifically resonant minding by distinguishing between discrete and continuous levels of communication between the verbal and the musical offers a way of accessing and affecting levels of unconscious interactive process by attending to the musical edge of dialogue provided only that we can hear it Drawing on detailed clinical vignettes he explores shifts in embodied dimensions of musical expression including rhythm tone pauses and accents across a sequence of patient therapist interactions in order to show how the dyadic logic of mutual improvisation operates at the periphery to guide the continuous flow of unconscious

communication and mutual regulation In so doing Knoblauch provides a vivid sense of how the shifting movement of the patient's solo performance can be facilitated and enriched by the creative accompaniment of the therapist Ultimately Knoblauch argues the music of therapy is not only another road to the unconscious but one uniquely able to convey emergent meanings in a variety of domains from conflicting cultural identifications to the experience of the body to the emergence of desire His vision of mutual immersion in a shared performance aimed at fostering growth coalesces into a major contribution at once evocative and clinically consequential to the current movement to grasp nonverbal behavior and processes of mutual regulation as they enter into all effective psychotherapy

Relational Theory and the Practice of Psychotherapy Paul L. Wachtel, 2010-10-19 This important and innovative book explores a new direction in psychoanalytic thought that can expand and deepen clinical practice Relational psychoanalysis diverges in key ways from the assumptions and practices that have traditionally characterized psychoanalysis At the same time it preserves and even extends the profound understanding of human experience and psychological conflict that has always been the strength of the psychoanalytic approach Through probing theoretical analysis and illuminating examples the book offers new and powerful ways to revitalize clinical practice

Psychoanalytic Perspectives on Passion Brent Willock, Rebecca Coleman Curtis, Lori C. Bohm, 2017-12-14 Passion The word brims with and exudes power movement intensity vitality desire and fulfillment Its multifaceted meanings include eroticism rage sex suffering drive commitment dedication and love On the one hand it embodies a quality to be embraced and lived fully to make life meaningful and worthwhile On the other it is sometimes to be treated with suspicion reined in subjected to the dictates of reason While it brightens existence and its departure makes life dull many passions may prove unbearable The manifold connotations of passion make it highly relevant to psychoanalysis yet so far no book has explored the many facets of this pervasive theme This book provides a comprehensive guide that will sensitize readers to the omnipresent importance of passionate emotion in the clinical setting and throughout all areas and times of life It bursts with thought provoking ideas Challenging cases are illuminated by penetrating reflections and novel applications and combinations of theoretical perspectives Psychoanalytic Perspectives on Passion explores the many ways in which very strong emotions passions can be understood and worked with in clinical contexts The contributions cover such key topics as psychosis and violence emotions in childhood sexuality secure and insecure attachments the role of passion in seeking meaning passion and transition space and transference and countertransference This book will be of great help to all psychoanalysts and psychoanalytic psychotherapists struggling to assist patients and perhaps themselves in locating their passions channeling and expressing them in meaningful ways and overcoming obstacles to their fulfillment

Psychodynamic Techniques Karen J. Maroda, 2012-01-01 Helping therapists navigate the complexities of emotional interactions with clients this book provides practical clinical guidelines Master clinician Karen J Maroda adds an important dimension to the psychodynamic literature by exploring the role of both clients and therapists emotional experiences in the

process of therapy Vivid case examples illustrate specific techniques for becoming more attuned to one's own experience of a client offering direct feedback and self disclosure in the service of treatment goals and managing intense feelings and conflict in the relationship Maroda clearly distinguishes between therapeutic and nontherapeutic ways to work with emotion in this candid and instructive guide

Jealousy Mary Kay O'Neil, Salman Akhtar, 2020-07-24 Jealousy is a human feeling experienced by everyone in varying intensities at different times and phases of growth Frequently confused jealousy and envy are often intertwined Even within the psychoanalytic literature confusion persists and much less has been written about jealousy than envy However unlike envy jealousy involves three entities and affects all people involved It can be painful as other difficult to bear feelings e g shame guilt anger hatred underlie jealousy Yet total absence of jealousy renders a person less human less relational In analytic terms jealousy is a defense against emotional anguish This book begins with an extensive overview of the nature developmental origins and poignant cultural especially poetic allusions to jealousy emphasizing that it is through artistic expression that a true understanding of this frequently deeply disturbing feeling is achieved It closes with a thoughtful summary synthesis and critique of the chapters by 12 distinguished analysts

Psychotherapy Louis Breger, 2017-09-08 In the best therapeutic tradition Louis Breger describes contemporary theories and research in the field of analytic psychotherapy Through the framework of his personal experiences as a scholar researcher and therapist he focuses on his relationships with patients over the span of his fifty year career He records their reactions in their own words to their experience with psychotherapy many years after its conclusion The author surveyed over thirty former patients to see if their progress begun in therapy had continued expanded or regressed They were asked to highlight what they remembered as being most helpful therapeutic or curative in their treatment The book is a unique long term follow up demonstrating the effectiveness of modern analytic psychotherapy Breger primarily deals with the connections between therapist and patient This is a professional memoir of the life of the psychotherapist dealing with trials as a young practitioner lessons learned and personal reflections on the choices including mistakes made along the way Young therapists and those who are in or considering psychotherapy will find it helpful to have access to this self reflective approach Extracts from the patients are extensive and informative giving the reader the opportunity to see therapy from their perspectives The book also centers on the development of the therapist over his career span Breger acknowledges that his understanding of patient care has improved over time in the eyes of his patients In a larger sense the book contains lessons for all psychotherapists This is an important unique and innovative work Click here for an interview with the author Click here for an interview with the author on KQED's Forum with Michael Krasny

Sexuality, Intimacy, Power Muriel Dimen, 2013-06-17 Can contemporary psychoanalysis tell us anything about sexuality that is new and clinically meaningful It most certainly can answers Muriel Dimen in *Sexuality Intimacy Power* a compelling attempt to revivify Freud's core interest in sexual impulses in the ordinary sense of the term But there is nothing ordinary about Dimen's project Drawing on

contemporary relational theory feminism and postmodernism she takes a sustained sometimes irreverent look at assumptions about psychosexuality For Dimen the shift from dualism to multiplicity that has reshaped a range of disciplines can also be brought to bear on our thinking about sexuality She urges us to return to the open mindedness hiding between the lines and buried in the footnotes of Freud's writings and to replace the determinism into which his thought has hardened with more fluid notions of contingency paradox and thirdness By unveiling the colloquy among psychoanalysis social theory and feminism Dimen challenges clinicians and academicians alike to rethink ideas about gender eroticism and perversion She explores among other topics the relations between Lust and libido the limitations of Darwinian thought in theorizing homosexuality the body as projective test and the intimate tangle of love and hate between women Generous clinical examples illustrate the ways in which a radical re-visioning of psychosexuality benefits therapists and patients alike Mixing medium and message Dimen draws on a variety of disciplines and styles to delineate the ambiguities contradictions and paradoxes that subtend sexuality in all its personal and clinical complexity A brilliant example of contemporary psychoanalytic theory at its destabilizing best *Sexuality Intimacy Power* is equally a historical document that will intrigue and enlighten students of women's gender and queer studies

Existential Perspectives in Transactional Analysis Rachel Cook, 2025-08-07 This book offers experienced practitioners and trainees in psychotherapy and counselling a new deeply personal and theoretically grounded perspective on clinical work that integrates existential philosophy and psychotherapy into a relational transactional analysis The author employs a multidisciplinary perspective grounded in the traditions of Berne's transactional analysis whilst providing an easily accessible explanation of existential psychotherapy and the existential givens of life An innovative theory for the development of the adult self is offered that can be used to understand our human search for meaning and the existential life predicaments we all encounter as adults that may not originate from a difficult childhood Using moving and personal clinical examples from her extensive professional experience as a psychotherapist supervisor and trainer the author highlights the different therapeutic skills that can be used when working from this stance making this a highly practical guide for all practitioners Whilst predominantly for psychotherapists counsellors and students on psychotherapy training courses this will be essential reading for all practitioners working with human beings in groups education and organisations as well as those who are new to the principles of existentialism and transactional analysis

Overcoming Childhood Sexual Trauma Sheri Oz, Sarah-Jane Ogiers, 2014-09-25 Go beyond the pain and fear of sexual abuse to heal the trauma Childhood sexual abuse CSA can be a physically and emotionally painful soul shattering experience that can traumatize a person for a lifetime *The Wall of Fear Crossing the Wall from Trauma to Recovery from Childhood Sexual Abuse* is a unique exploration of the subjective experiences of both client and therapist as they together travel the path to recovery Therapists get a clear illustration of the therapy process while CSA survivors are offered a gauge with which to judge their own progress toward recovery New therapeutic concepts are clearly presented and extensively discussed while

sensitively charting the experiences of clients on the journey toward healing As Winston Churchill once said If you re going through hell keep going The Wall of Fear charts the arduous progress of a survivor from the initial understanding that they need help and guidance to choosing the correct therapist to the emotional roadblocks most clients face on their own personal recovery from the hell of CSA The authors team up to courageously provide readers with a comprehensive and candid portrait of their experiences of CSA therapy while demonstrating the approaches which effectively enhance healing Features include schematic drawings of the stages of therapy the client s own diary from her youth through her therapy in adulthood client drawings illustrating progress in therapy and effective art exercises that can be used at the beginning of therapy The text includes extensive references useful appendixes and a helpful glossary of terms for the layperson Topics in The Wall of Fear include the nature of sexual trauma the new concept of the World of Trauma growing up traumatized and its effect on friendships sexual development dating and mate selection couples relationships and sexuality selecting a therapist the new concept of The Wall of Fear closure coping with the therapy process parenting by CSA survivors and the impact on the next generation the subjective experiences of both therapist and CSA survivor The Wall of Fear stands as a testament that no matter what sexual trauma a person may endure there is hope for recovery This is insightful crucial reading for survivors of CSA and therapists at all levels of expertise

Psychotherapy with Gay Men and Lesbians Jack Drescher, Ann D'Ercole, Erica Schoenberg, 2014-02-25 Examine gay and lesbian psychoanalysis from a variety of perspectives Psychotherapy with Gay Men and Lesbians Contemporary Dynamic Approaches presents case histories of psychotherapy sessions with gay and lesbian patients focusing on today s psychoanalytical approaches Dedicated to enhancing the emotional psychological and psychiatric treatment of gay men lesbians and bisexuals the book features prominent analysts with a wide range of clinical and theoretical approaches The foremost experts in the therapeutic field address issues affecting gay and lesbian patients from psychoanalytic perspectives that respect the patients sexual identities Psychotherapy with Gay Men and Lesbians reflects the significant clinical and theoretical changes therapists face in dealing with issues of gender and sexuality New ways of thinking coexist with traditional theory as paradigm shifts in psychotherapy and psychoanalysis affect the treatment of gay lesbian and bisexual patients This book provides a forum to address those changes through clinical papers and discussions Psychotherapy with Gay Men and Lesbians includes discussion of case reports that deal with gay therapists treating gay patients countertransferential enactments of sex and gender in treatment rethinking the meanings of homosexuality psychotherapeutic treatment of gay male patients with AIDS and much more Psychotherapy with Gay Men and Lesbians is an essential forum for the exchange of clinical information on gay and lesbian psychotherapy The book is a valuable resource for psychiatrists psychologists social work therapists psychoanalysts and anyone interested in today s psychoanalytic approaches to homosexuality

Minding Spirituality Randall Lehmann Sorenson, 2013-06-17 In Minding Spirituality Randall Sorenson a clinical psychoanalyst invites us to take an interest in our patients spirituality that is

respectful but not diffident curious but not reductionistic welcoming but not indoctrinating Out of this invitation emerges a fascinating and broadening investigation of how contemporary psychoanalysis can mind spirituality in the threefold sense of being bothered by it of attending to it and of cultivating it Both the questions Sorenson asks and the answers he begins to formulate reflect progressive changes in the psychoanalytic understanding of spirituality Sorenson begins by quantitatively analyzing 75 years of journal literature and documenting how psychoanalytic approaches to religious and spiritual experiences have evolved far beyond the wholesale pathologizing of religion prevalent during Freud's lifetime Then in successive chapters he explores and illustrates the kind of clinical technique appropriate to the modern treatment of religious issues And the issue of technique is consequential in more than one way Sorenson presents evidence that how analysts work clinically has a greater impact on their patients' spirituality than the patients' own parents have Sorenson brings an array of disciplinary perspectives to bear in examining the multiple relationships among psychoanalysis religion and spirituality Empirical analysis psychoanalytic history sociology of religion comparative theory and sustained clinical interpretation all enter into his effort to open a dialogue that is clinically relevant Turning traditional critiques of psychoanalytic training on their head he argues that psychoanalytic education has much to learn from models of contemporary theological education Beautifully crafted and engagingly written *Minding Spirituality* not only invites interdisciplinary dialogue but via Sorenson's wide ranging and passionately open minded scholarship exemplifies it

Travels with the Self Philip Cushman, 2018-10-09 *Travels with the Self* uses a hermeneutic perspective to critique psychology and demonstrate why the concept of the self and the modality of cultural history are so vitally important to the profession of psychology Each chapter focuses on a theory concept sociopolitical or professional issue philosophical problem or professional activity that has rarely been critiqued from a historical sociopolitical vantage point Philip Cushman explores psychology's involvement in consumerism racism shallow understandings of being human military torture political resistance and digital living In each case theories and practices are treated as historical artifacts rather than expressions of a putatively progressive modern era science that is uncovering the one universal truth about human being In this way psychological theories and practices especially pertaining to the concept of the self are shown to be reflections of the larger moral understandings and political arrangements of their time and place with implications for how we understand the self in theory and clinical practice Drawing on the philosophies of critical theory and hermeneutics Cushman insists on understanding the self one of the most studied and cherished of psychological concepts and its ills practitioners and healing technologies as historical cultural artifacts surprising almost sacrilegious concepts To this end each chapter begins with a historical introduction that locates it in the historical time and moral political space of the nation's the profession's and the author's personal context *Travels with the Self* brings together highly unusual and controversial writings on contemporary psychology that will appeal to psychoanalysts and psychotherapists psychologists of all stripes as well as scholars of philosophy history

and cultural studies **The Reproduction of Evil** Sue Grand, 2013-06-17 Why is it that victims of abuse so often become perpetrators and what can psychoanalysis offer to these survivor perpetrators whose criminal conduct seems to transcend the possibilities of empathic psychoanalytic inquiry In *The Reproduction of Evil* Sue Grand engages these deeply troublesome issues in the belief that psychoanalysts can and should reclaim the study of what lies beyond ordinary human empathy Her goal is to elucidate the link between traumatic memory and the perpetration of evil To this end she presents an interdisciplinary analysis at once scholarly and passionate of the ways in which families and cultures transform victims of malignant trauma into perpetrators of these very traumas on others Through intensive case studies Grand draws the reader into the world of the survivor perpetrators who commit acts of child abuse of incest of racial persecution even of homicide and genocide By infusing psychoanalytic inquiry with cultural analysis and by supplementing clinical vignettes with well chosen literary illustrations Grand is able to convey the survivor perpetrator's immediacy of experience in a manner that readers may find unsettling even uncanny By interweaving psychoanalytic sociohistorical and literary perspectives Grand fills a critical lacuna in the literature about trauma and its intergenerational transmission Her analysis of the psychodynamic processes and cultural tensions that bind perpetrators victims and bystanders provides trenchant insights into the violence and fragmentation that beset our society Essential reading for a wide clinical audience *The Reproduction of Evil* will also be powerfully informative for academic and lay readers interested in the intrapsychic interpersonal and cultural factors that account for the perpetuation of evil from generation to generation Psychoanalytic Participation Kenneth A Frank, 2013-05-13 In *Psychoanalytic Participation Action Interaction and Integration* Kenneth Frank argues that the gulf between analysis and what he terms action oriented or cognitive behavioral techniques is anachronistic and has unnecessarily limited the repertoire of analytically oriented clinicians In point of fact action oriented and even cognitive behavioral techniques may be employed in ways that are consistent with the analytic goal of promoting profound personality change and so may be profitably incorporated into analytic treatments Anchoring his discussion in a contemporary two person model of psychoanalysis Frank clarifies and extends the shift toward analyst participation that has developed within recent relational theorizing On the basis of this orientation which calls attention to the therapeutic importance of the real qualities of the analyst and of the analytic relationship Frank sets forth a pragmatic analytic approach that balances traditional process elements with patients problem solving and outside progress in realizing life goals By letting themselves be known by their patients and by participating intensively and actively in their treatment analysts as analysts can help patients shape new and adaptive behaviors in their daily lives It is the participatory possibilities growing out of a contemporary relational perspective that provide the ground for a rapprochement between psychoanalysis and cognitive behavior therapy To this end Frank presents numerous examples of how action oriented cognitive behavioral principles and techniques can be used to potentiate and accelerate the analytic process At once scholarly and exploratory pragmatic and

visionary Psychoanalytic Participation helps shepherd psychoanalysis into the 21st century while making psychoanalytic wisdom both traditional and contemporary available to the broad community of psychotherapists appreciative of the usefulness of cognitive behavioral treatment strategies

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