OBJECT RELATIONS THERAPY OF PHYSICAL AND SEXUAL TRAUMA



JILL SAVEGE SCHARFF

Arthur Hyatt-Williams

Object Relations Therapy of Physical and Sexual Trauma Jill Savege Scharff, David E. Scharff, 2008 Rising above the polemics surrounding sexual and physical abuse David and Jill Savege Scharff bring a relational perspective to the integration of psychoanalytic and trauma theories in order to understand the effects of overwhelming physical and psychological trauma including sexual abuse injury and birth defect The Scharffs draw from their object relations therapy with individuals families and couples recovering from trauma and abundance of relevant clinical examples described in their characteristically personal and vivid style Their treatment approach influenced by Fairbairn Klein and Winnicott is respectful of the patient's experience They advise avoiding premature interpretations that impose their own reality on patients because this traumatizes them just as their abuser did In order to work well with these traumatized people the clinician must be able to tolerate ambiguity and sustain long term therapy for it takes the patience of waiting and wondering to recover deeply repressed memories explore them thoroughly and evaluate their meaning and importance for the patient The Scharffs demonstration of clinical processes helps therapists contain their own countertransference to trauma so as to be fully present with their clients and consistently able to confront abuse patterns in society The object relations approach not only deals with trauma s impact on the individual but views it in its cultural and interpersonal context as well Society alternately emphasizes and ignores trauma so that an encapsulated traumatic experience festers until the next eruption just as dissociative defenses segmentally protect and exaggerate traumatic experience in the individual case The Scharffs review Kramer's Mahlerian approach McDougall's insights into the silence of the psyche and the words of the soma and Anzieu's elaboration of the body ego They resuscitate Freud's seduction hypothesis and the traumatic basis of the repetition compulsion They compare and contrast the concepts of re Object Relations Couple Therapy David E. Scharff, Jill Savege Scharff, 2000-04 In this landmark book David Scharff and Jill Savege Scharff both psychoanalysts develop a way of thinking about and working with the couple as a small group of two held together as a tightly knit system by a commitment that is powerfully reinforced by the bond of mutual sexual pleasure **Object Relations Theory and Practice** David E. Scharff, 1996 Object relations theory has caused a fundamental reorientation of psychodynamic thought In Object Relations Theory and Practice Dr David E Scharff acclimates readers to the language and culture of this therapeutic perspective and provides carefully selected excerpts from seminal theorists as well as explanations of their thinking and clinical experience He offers readers an unparalleled resource for understanding object relations psychotherapy and theory and applying it to the practice of psychotherapy and psychoanalysis The book s sequence establishes the centrality of relationships in this theory the internalization of experience with parents splitting projective identification the role of the relationship between mother and young child in development and transference and countertransference in the therapeutic action of psychoanalysis and psychotherapy This book will introduce students to the basics to the widening scope of object relations theory and to its

application to psychoanalysis and individual group and family psychotherapy Object Relations Individual Therapy Jill Savege Scharff, David E. Scharff, M.D., 2000-12-01 Emphasizing the transformational possibilities that grow out of their relational model of therapy David E and Jill Savege Scharff invite us into the territory of interactive journeys with individual patients A contemporary classic Object Relations and Relationality in Couple Therapy James L. Poulton, 2012-11-16 During the course of psychoanalytic psychotherapy with couples the practicing clinician is commonly faced with problems and issues that at times can seem nearly insoluble In Object Relations and Relationality in Couple Therapy Exploring the Middle Ground James L Poulton PhD surveys those problems and offers practical suggestions for their resolution Through the use of extensive clinical material from couple cases each chapter presents a specific issue reviews the theoretical background that is essential for understanding it and offers detailed illustrations of effective clinical interventions The issues addressed by this bookinclude the following the influence of intergenerational trauma on the couple s functioning dynamics of violence and sacrifice within the couple the narcissistic couple and disillusionment with the therapeutic process intensification of emotional stress that results when both partners share unconscious anxieties appropriate and inappropriate uses of the therapist's self disclosure integration of cultural issues in couple therapy negotiating individual and shared transferences in couple therapy the place of truth and certainty in the couple's capacity to heal Object Relations and Relationality in Couple Therapy Exploring the Middle Ground draws upon leading edge innovations in both theory and technique to offer creative solutions to the common dilemmas in couple therapy In current discussions of psychoanalytic treatment two distinct but interrelated theoretical approaches predominate object relations and relational theory This book emphasizes the continuities and commonalities between these two approaches particularly in their application to the treatment of couples and argues that modern relational theories can be read as clinically useful elaborations of similar intuitions that have already been developing in the object relations oeuvre. The chapters in this bookillustrate that there is a firm middle ground in which ideas and techniques from both theories can be integrated into a consistent therapeutic approach that provides a broad foundation for conceptualizing couple interactions and for designing interventions that Object Relations Brief Therapy Michael Stadter, 2009-04-13 Object Relations Brief Therapy facilitate the couple s growth combines practical techniques with the depth of object relations theory the wisdom of previous brief therapy writers and most notably an emphasis on the unique therapeutic relationship Often therapists despair of doing any meaningful work in brief therapy To this Michael Stadter suggests the following pragmatic approach think dynamically address some underlying issue s and do what you can Specifically the book emphasizes the depth of understanding of human experience that comes from an object relations perspective the insight and experiential vitality of attention to the therapeutic relationship including its real transferential and countertransferential elements the impact of the psychodynamic techniques that have been carefully studied and delineated by brief therapy writers such as Davanloo Horowitz Malan Strupp and Binder and the

flexibility of an eclectic approach that thoughtfully and selectively incorporates non psychodynamic interventions Therapists do not have to escape managed care according to Stadter Rather they need to learn how to deal with it in a way that preserves their integrity and enables them to practice the kind of healing psychotherapy they know how to do In today s health care climate Object Relations Brief Therapy is a much needed guide for committed therapists **Intimacy** Judith Siegel, 1995-12-01 Couples therapy is greatly enhanced when both the intrapsychic and interpersonal realms can be utilized Object relations theory allows linkages between the spouses subjective realities and their relationship in a way that allows the two worlds to be mutually informing In Repairing Intimacy the theories of the American object relations theorists are applied to couple dynamics. The representational world is used to explain how primitive defense mechanisms and other intrapsychic phenomena contribute to marital conflict The structure function and content of the representational world all contribute to spousal expectations and the couple's capacity for intimacy Esteem soothing and the propensity of splitting strongly affect the ways in which spouses interact Projective identifications similarly provide explanations of the couple s interaction internalized conflicts and relationships with earlier objects This book explains how object relations concepts can be used in assessment and in planning treatment goals Treatment can provide stability or help the couple relate to each other with deepened understanding Object relations dynamics can help therapists assess which treatment objectives and goals are most applicable to the couples they treat The beginning and middle phases of couples treatment are given special consideration and include issues such as assessing the couple's commitment to each other and the importance of empathic listening Other treatment topics include analysis of projective identification and the use of countertransference Planned and unplanned terminations are also explored In each treatment section case material is provided to explicate the therapist's role The book also examines common therapy issues from an object relations perspective. These include the consequences and advantages of conjoint concurrent and collateral treatment approaches Consideration is also given to the choice of focusing on the couple when the initial presenting problem is the family or an individual Individual psychotherapy and family therapy can no longer be viewed as competing and disparate treatment approaches This book creates an integrated approach so that couples can be understood in their totality A Jason Aronson Book Love and Hate in the Analytic Setting Glen O. Gabbard, 2000-04-01 Passionate feelings of love and hate are stirred in psychotherapy Paradoxically these passions may either undermine the therapist catastrophically or serve as the crucible in which profound understanding is forged Transferences and countertransferences of love and hate occur on a spectrum that includes unobjectionable negative and positive feelings relatively benign forms of love and hate and more malignant intractable versions of love and hate that present formidable challenges to the therapist Each of these variations is explored in different chapters of this book Gender configurations gender fluidity adolescent transferences the link between love and lust and passive forms of hating are among the topics discussed Most of all the author noted psychoanalyst Glen Gabbard depicts what it is like to be in the

eye of the hurricane when passions are aroused He provides a practical yet theoretically sophisticated guide to the management of love and hate as they are experienced by both patient and therapist Body and Soul Harold Bronheim, Harold E. Bronheim, 1998 Previously under represented in the literature of therapy the topics of religious belief faith and the state of grace are becoming matters of great interest to therapists at a time when our culture is moving in the opposite direction toward a biological short term and mechanistic view of the human condition So it s a delight to find this gem of a book Body and Soul Harold Bronheim puts together an analytic view of body image and of the development of mind connects it with shame develops an object relational approach to healing body and soul and presents therapy as a caring confrontation with reality that calls for a leap of faith Cogent clinical examples vividly illustrate the scholarly aspects of the text It's a well organized set of original essays that hang together in a logical progression and add up to a mature reflection on the life of the flesh and the spirit Comprehensive deeply philosophical and complex Body and Soul nevertheless manages to be short and easy to read Bronheim redresses the split between mind and body and the avoidance of religion in psychoanalytic writing Body and Soul does not present a philosophy it challenges the seasoned therapist to ask questions get beyond the confines of previous orientations and develop a broader perspective on the whole person That's refreshing Jill Savege Scharff The Use of the Object in Psychoanalysis David E. Scharff, 2019-06-28 Using Winnicott's classic paper as its starting point this fascinating collection explores a range of clinical and theoretical psychoanalytic perspectives around relating to the object Each author approaches the topic from a different angle switching among the patient s use of others in their internal and external lives their use of their therapist and the therapist s own use of their patients The use of objects is susceptible to wide interpretation and elaboration it is both a normal phenomenon and a marker for certain personal difficulties or even psychopathologies seen in clinical practice While it is normal for people to relate to others through the lens of their internal objects in ways that give added meaning to aspects of their lives it becomes problematic when people live as if devoid of a self and instead live almost exclusively through the others who form their internal worlds often leading them to feel that they cannot be happy until and unless others change Assessing the significance of objects among adult and child patients groups and the group as object and exploring Freud's own use of objects The Use of the Object in Psychoanalysis will be of significant interest both to experienced psychoanalysts and psychotherapists and to trainees exploring important theoretical questions **The Primer of Object Relations** Jill Savege Scharff, David E. Scharff, 2005-05-03 In their groundbreaking A Primer of Object Relations Jill Savege Scharff and David E Scharff answered readers questions about this burgeoning field in remarkably clear and readable prose It is difficult to imagine any other team of authors who could provide such a comprehensive survey of the broad applications of object relations theory and in the second edition of this authoritative work the Scharffs draw from their years of clinical experience to create an inclusive and up to date manual for object relations theory that is certain to become a classic in the field Cruelty, Violence, and Murder

Arthur Hyatt-Williams, 1998 Convicted murderers their death sentences commuted to life in prison when England abolished the death penalty are some of the subjects of this psychological study of what makes people kill Psychiatrist Arthur Hyatt Williams worked for many years in long term psychotherapy with these murderers and others who tried to kill or were troubled by thoughts of killing The result an investigation into the depths of the criminal mind and the line that separates those who kill from those who only think about killing or those who only injure themselves How We Became Human, Julio Moreno, 2014-03-06 How We Became Human A Challenge to Psychoanalysis tackles the guestion of what distinguishes human beings from other animals By interweaving psychoanalysis biology physics anthropology and philosophy Julio Moreno advances a novel thesis human beings are faulty animals in their understanding of the world around them This quality renders humans capable of connecting with inconsistencies those events or phenomena that their logic cannot understand The ability to go beyond consistency is humans distinctive trait It is the source of their creativity and of their ability to modify the environment they inhabit On the basis of this connective associative interplay Moreno proposes a new approach to the links human beings create amongst themselves and with the world around them This theory focuses on a key question What is the difference between human beings and the other animals From this perspective Moreno seeks to reformulate many of the classic psychoanalytic psychological and anthropological postulates on childhood links and psychic change Couples in Treatment Carl Bagnini, 2012-06-07 Keeping Couples in Treatment provides the theory and practice tools for the beginning to seasoned individual or couple therapist striving to keep couples in couple treatment and needing an in depth method of assessment and treatment to accomplish the task The Relational Origins of Prejudice Ron B. Aviram, 2008-12-16 Prejudice occurs between large groups and is experienced by members of those groups Within the individual these large group identifications are integrated into a dimension of the self concept called collective identity When collective identity is salient people tend to perceive themselves and others as large group members rather than as individuals At those times there is less differentiation between the self and the large group We can say that the person is overidentified with the large group Prejudice is an outcome of this overidentification Our effort to understand the problem of prejudice requires that we examine both intrapsychic and environmental factors that may lead to an overidentification In particular a relational perspective directs our attention to the relationship between the individual and the large groups that make up his or her collective identity This is called an ingroup as opposed to outgroups not part of one s collective identity From this perspective prejudice can be understood to be an aberration between the person and the ingroup in which an overidentification occurs rather than a problem between the person and an outgroup How this occurs developmentally intrapsychically and environmentally and affects individuals is the subject of the book Throughout the book Aviram integrates empirical work from social psychology with theoretical and clinical examples from psychoanalysis in order to show the potential overlap of concepts used in both disciplines EBOOK: Psychology: The Science of Mind and Behaviour, 4e Nigel

Holt, Andy Bremner, Ed Sutherland, Michael Vliek, Michael Passer, Ronald Smith, 2019-03-01 EBOOK Psychology The Science of **Unfree Associations** Douglas Kirsner, 2009 This is the most thorough revealing and illuminating Mind and Behaviour 4e account of the inner workings of psychoanalytic institutions that has ever been written It comprises ground breaking in depth recent political histories of the four leading psychoanalytic institutes in the United States New York Boston Chicago and Los Angeles based on the author's extensive field work Kirsner also provides dramatic insights into what psychoanalysts and their institutions have contributed to what has gone wrong with psychoanalysis The result is a fascinating series of portraits of these institutes their organizations their cultures their ways of mediating conflict and how they have survived In addition to archival research the book is built on scores of interviews with prominent psychoanalysts who were often protagonists in the stories of their institutes Many themes emerge in Kirsner's gripping yet scholarly accounts Most importantly he demonstrates that issues surrounding the right to train are central to psychoanalytic disputes Unfree Associations examines the problems of psychoanalysis a humanistic discipline that has been touted as a science on the model of the natural sciences but has been organized institutionally as a religion Interest in this book should not be confined to psychoanalysts It is a rich set of case studies in the vicissitudes of group relations with the ironic twist that the members of these organizations profess to have special insight into human nature and how people get along with one another The Interpersonal Unconscious David E. Scharff, Jill Savege Scharff, 2011-09-16 In The Interpersonal Unconscious the Scharffs explore the construction and expression of the unconscious in interpersonal interaction The authors draw from individual analysis conjoint psychotherapy with families and couples and from the use of group process in teaching They introduce chaos theory applied to dynamical systems and South American theories of the link and the analytic field now available in English Advances in development neuroscience ethology and attachment theory all contribute to their expanded view of the unconscious mind and its relationships In turn the Scharffs view of the interpersonal unconscious revises current views of development clinical theory and unconscious psychic organization The unconscious is not individual as Freud thought It is fundamentally interpersonal at the same time that it feels intensely our own We live in an unconscious field Each of us contributes to it and each is structured and enriched by it We are social creatures not only in our behaviors and interactions but in the deepest recesses of our minds We can no longer conceive of the unconscious as an individual property according to Freud's original topographic and structural theories Even though the individual unconscious is unique paradoxically it is also shared in reciprocal interactions with intimate partners work groups and social groups In this state of mutual influence our unconscious minds are constantly under construction across the life cycle **Presence and the Present** Michael Stadter, 2011-12-21 Presence and the Present Relationship and Time in Contemporary Psychodynamic Therapy offers salient points learned from the author's forty years of practice and teaching and applies psychodynamic psychotherapy to the contemporary practice climate Emphasizing the therapeutic relationship and the dimension of time it grounds the discussion

in clinical application Including more than fifty vignettes and four extended case presentations the author deconstructs successful interchanges as well as errors Part I sets out central themes and components of this contemporary view of dynamic therapy while part II examines present day applications Part I begins with an overview of the core the relationship and the contours characteristics of therapy and some of the challenges therapists face today The ten contours discussed are the frame uniqueness not knowing different types of knowledge mentalization the therapist s use of self goals beyond symptom relief integration with nondynamic approaches integration with neuroscience and therapy outcome research and finally the use of time and space Following a discussion of these ten contours the book summarizes evidence based relationship elements in therapy and the robust empirical research demonstrating dynamic therapy s effectiveness while providing a theoretical overview for therapists not familiar with psychodynamic theory. The last two chapters of part I examine the complex relationships among time life and psychotherapy and continue the exploration of therapy duration the present moment transience unending therapy and termination Part II of Presence and the Present begins with two chapters on the therapy of trauma Chapters 8 and 9 discuss the phenomena of trauma and include practical recommendations and frequent therapist countertransferences Chapter 10 focuses on the organization of self experience through bodily sensations and offers a nuanced model to understand physical elements of transferences and countertransferences. The final three chapters explore therapy with couples who are struggling with disturbed adult or adolescent children integrate cognitive behavioral interventions with the dynamic approach and examine the frequent and key affect of shame in psychotherapy

<u>The Sexual Relationship</u> David E. Scharff,1998-03-01 Dr David Scharff explores the role of sexuality in human relationships by combining his extensive experience in individual marital family and sex therapy with theoretical contributions from object relations theory and child development

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