



Psychoanalytic Couple Therapy: Foundations of Theory and Practice (The Library of Couple and Family Psychoanalysis)

By David E. Scharff

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In this time of vulnerable marriages and partnerships, many couples seek help for their relationships. Psychoanalytic couple therapy is a growing application of psychoanalysis for which training is not usually offered in most psychoanalytic and analytic psychotherapy programs. This book is both an advanced text for therapists and a primer for new students of couple psychoanalytic psychotherapy. Its twenty-eight chapters cover the major ideas underlying the application of psychoanalysis to couple therapy, many clinical illustrations of cases and problems in various dimensions of the work. The international group of authors comes from the International Psychotherapy Institute based in Washington, DC, and the Tavistock Centre for Couple Relationships (TCCR) in London. The result is a richly international perspective that nonetheless has theoretical and clinical coherence because of the shared vision of the authors.

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- Rank: #1365198 in eBooks
- Published on: 2014-01-17
- Released on: 2014-01-17
- Format: Kindle eBook

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Editorial Review

Review

'Psychoanalytic Couple Therapy represents a major advance in a crucial and, until recent years, underdeveloped application of psychoanalytic theory and practice. Chronic marital conflict is a major source of human suffering and consultation to psychotherapeutic practitioners. The original application by Henry Dicks of Fairbairnian psychoanalytic theory and Melanie Klein's exploration of primitive defensive operation and object relations in the therapeutic approach to couples in conflict had opened a new field of psychoanalytic psychotherapy. The expansion of this field with new knowledge stemming from psychoanalytic theory of small group dynamics, understanding of attachment pathology, trauma therapy, and open system theory of personality and cultural interactions, however, took a relatively long time. The reader of this book will find both clear definitions of the corresponding clinical instruments and their theoretical basis, and their practical application to a broad spectrum of couples' conflicts. The underlying unconscious fantasies of both partners are highlighted and explored in the context of transference/countertransference activations in the triangular therapeutic encounter. This volume shows how sexual difficulties, cultural constraints and contradictions, gender issues, and clashes of rigid personality patterns are linked to these unconscious fantasies and their roots in infancy and early childhood. The richness of the contributions permits the reader to detect technical commonalities and disagreements, and gives the reader the stimulation and freedom to achieve his or her own synthesis of this creative, sophisticated overview of psychodynamic couple therapy today.'

- Otto F. Kernberg, MD, Director, Personality Disorders Institute, New York Presbyterian, The University Hospital of Columbia and Cornell

'What remains constant is the longing most of us have for a stable yet satisfying adult couple relationship and the enormous difficulty in achieving it. The couple relationship is often given superficial attention in the public domain. This book is a welcome antidote, drawing attention to the complexity and variety of relationships and the challenge of meeting troubled couples in the consulting room. The book provides a solid grounding for psychoanalytic psychotherapy with couples. The writing captures the richness of contemporary developments in psychoanalytic couple therapy, covering parenting, attachment, sexuality, aggression, intimacy, and dreams. What stands out about this book are the numerous, lively, in-depth clinical examples which bring the couples and the clinical dilemmas to life - through these, the reader is invited right inside the consulting room. It is that which will no doubt entice new people into this field.'

- Joanna Rosenthal, couple psychoanalytic psychotherapist; Couples Unit Lead, Adult Department, Tavistock Clinic; psychoanalyst, Member of the British Psychoanalytic Association

'Edited by two of the most respected practitioners in the field of couple and family psychoanalysis worldwide, this book reviews the question of technique in these settings. In clear and direct language it discusses the basic issues of this clinical practice in keeping with the assumptions of modern psychoanalysis. The authors take up new challenges in showing the mental functioning of couples and families as fantasmatic organisms, the intertwining of intrapsychic and interpersonal levels, and the new frontiers opened by this approach.'

- Anna Maria Nicolo, psychiatrist; Training Psychoanalyst, Italian Psychoanalytic Society/IPA; President, Italian Society for Psychoanalysis of Couple and Family; Editor-in-chief, *Interazioni*

About the Author

David E. Scharff is Chair of the International Psychoanalytical Association's Committee on Family and Couple Psychoanalysis; Chair of the Board, Founder and former Director of the the International Psychotherapy Institute, Washington, DC; and Clinical Professor of Psychiatry at Georgetown University and the Uniformed Services University of the Health Sciences. He is the founding Editor-in-Chief of the journal *Psychoanalysis and Psychotherapy in China*, and author and editor of numerous books and articles,

including *The Sexual Relationship*, *Object Relations Family Therapy* (with Jill Savege Scharff), *Object Relations Couple Therapy*, *The Interpersonal Unconscious*, and *Psychoanalytic Couple Therapy*.

Jill Savege Scharff is Co-founder of the International Psychotherapy Institute; Supervising Analyst at the International Institute for Psychoanalytic Training; Clinical Professor of Psychiatry at Georgetown University; and psychoanalyst and psychotherapist with individuals, couples and families in Chevy Chase, Maryland. Jill is an author, editor, and series editor of many books, several co-authored with David E. Scharff.

Users Review

From reader reviews:

Kimberly Gonzalez:

Exactly why? Because this *Psychoanalytic Couple Therapy: Foundations of Theory and Practice* (The Library of Couple and Family Psychoanalysis) is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will jolt you with the secret that inside. Reading this book next to it was fantastic author who else write the book in such remarkable way makes the content inside easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of advantages than the other book have got such as help improving your talent and your critical thinking technique. So , still want to hold up having that book? If I ended up you I will go to the publication store hurriedly.

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Carl Fox:

This Psychoanalytic Couple Therapy: Foundations of Theory and Practice (The Library of Couple and Family Psychoanalysis) is brand new way for you who has interest to look for some information since it relief your hunger associated with. Getting deeper you in it getting knowledge more you know or you who still having tiny amount of digest in reading this Psychoanalytic Couple Therapy: Foundations of Theory and Practice (The Library of Couple and Family Psychoanalysis) can be the light food for you because the information inside this book is easy to get simply by anyone. These books acquire itself in the form which is reachable by anyone, that's why I mean in the e-book contact form. People who think that in book form make them feel drowsy even dizzy this publication is the answer. So you cannot find any in reading a book especially this one. You can find actually looking for. It should be here for anyone. So , don't miss that! Just read this e-book sort for your better life as well as knowledge.

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