abandonment anxieties, 20, 73
abuse, xii, 13, 21, 73; mirroring interactions and, 67–68; from parents, 183; therapeutic case study of survivor, 104; verbal and psychological, 49. See also sexual abuse
acculturation, 11
Ackerman, D., 76
Adams, A., 185
adaptation, 11, 21, 22
Addams, Jane, 2
adolescence/adolescents, 64, 188, 190–91
Adult Attachment Interview, 23–24, 63
adult development, xii, 15, 23–24, 29
affect regulation, 64–66, 102–3, 111, 158, 161
African Americans, 11, 44, 148, 159, 160–61; client’s subjectivity, 151–52; mixed-race couple in therapy, 185–86; teaching of relational theory and, 195; therapists and clients, 150; white therapist and, 153–54, 155, 157–58
agency, 47, 56, 64, 195
aggression, 25, 29, 74, 176, 178; affect regulation and, 64; bad affective experiences and, 30; borderline personalities and, 31; identification with aggressor, 73; paranoid/schizoid position and, 70; self-psychology view of, 33
Ainsworth, Mary, 23–24, 63
alcohol abuse, 87, 96, 99; clinicians’ efforts to curb, 117; domestic violence and, 103; by parents, 89, 100, 102, 184. See also substance abuse
Alcoholics Anonymous, 99, 100
Alexander, Franz, 9, 22
alone, capacity to be, 61
alter-ego. See twinship (alter-ego)
Altman, N., 150, 152, 155
ambivalent attachment, 23, 63
American Object Relations School. See object relations theories
American Psychoanalytic Association, 32
anger, 50, 89, 92, 140, 171; in abused women, 77; affect regulation and, 74; disruption in treatment and, 137; ethical issues in treatment and, 44, 47; in families, 178, 185–86; family therapy and, 185–86; management of, 125, 126; multicultural issues and, 153, 157, 159, 160; as parental affect, 65, 73; passive-aggressive, 182; projective identification and, 59, 142; as protection, 133–36; rules
anger (continued)
of treatment and, 117; termination of treatment and, 176
annihilation anxieties, 20
anti-libidinal ego/object, 22, 71
anxiety, 26, 69, 77, 165; about aging parents, 112–15, 120–21; brief relational therapy and, 170; in drive theory, 166; holding environment and, 109; self-regulatory mechanisms and, 74; supervisory process and, 203; traumatic past as source of, 80–82
Aron, Lewis, xiii, 37, 43, 46; on children’s study of parental personalities, 62; on drawbacks of therapist self-disclosure, 147; on therapist self-disclosure, 124
Asians, 11, 159
assessment process, xvii, 10, 79; affect regulation and mentalization, 102–3; countertransference as tool of, 90–93; data from clinician–client interaction, 85–90; data sources, 79–80; focus of, 93–99; gender/culture/sexual orientation as factors, 105; significance of early events, 104
Association for the Advancement of Psychoanalysis in Clinical Social Work, xvii asymmetry, 58
attachment, 13, 20; brain development and, 191; disorganized, 72–73; internalized patterns of, 59–60; metacognition and, 66; patterns of, 62–63; in supervisory process, 202
Attachment-Affiliation Motivational System, 56
attachment theory, 14, 23, 36, 38, 167, 207
Atwood, George, xiii, 37
Austin, Lucille, 8, 9
authenticity, 11–13, 38, 39, 40, 191
autism, 29
autonomy (independence), 35, 36, 55; balance with intimacy, 60; as ideal of Western society, 76, 140; of infants, 56; termination of therapy and, 176
Aversive Motivational System, 56
avoidant attachment, 23, 63, 99
bad object, 22, 70–71, 72, 74, 106
Bandler, Louise, 8
Barber, J., 53
Basham, K., 22, 24, 29
Baudry, F., 201
Beck, A.T., 168
Beebe, Beatrice, 58, 47, 48
Benjamin, J., 42, 52, 62, 75
Bennett, C.S., 202
Bergman, S., 182
Bergzoff, J., xiii
Beth Israel Medical Center (Boston), 165, 179
Bibring, Grete, 8
Billow, R., 188–89
Binder, Jeffrey, 166–67, 168
biofeedback, 16
Bion, A., 161
birth trauma, 5
Black, M., 21, 27, 29
“Black Women, Identity and Schooling: Reclaiming Our Work in Shifting Contexts” (Cozart and Price), 195
“blaming the victim,” 11
Blanch, Gertrude and Rubin, 14
borderline disorders, 14, 30, 31
boundaries, therapeutic, xvii, 43, 44, 107, 129–30, 186
Bowlby, John, xiii, 14, 23–24; on children and separation/loss, 72; on internal working models, 59–60
brain imaging studies, 65
Brandchaft, Bernard, xiii, 37
brief adaptive psychotherapy, 168
Brief Relational Therapy, 53
brief relational therapy, 165, 168–79
British Object Relations School. See object relations theories
Bromberg, P.M., 204
Bryant, S., 194
Budman, Simon, 167–68
bulimia nervosa, 191
Burke, W., 45
California Psychotherapy Alliance Scale (CALPAS), 53
Cannon, Ida, 2
caregivers: abusive/neglectful, 74; disorga-
nized attachment and, 72; empathic environment and, 32, 33; holding environment and, 20; idealization of, 33; reciprocal interactions with infants, 47, 48
caretaking environment, xi, 23, 54, 55, 57, 99–102
Casework: A Psychosocial Therapy (Hollis), 10
Caucasians, 148
causality, multiple, 7
central ego, 71
change process, 36, 192
charity work, 2
children/child development, xii, 15, 29; abused children, 21–22; attachment theory and, 23; children as clients, 204; coherent sense of self, 32; mutual recognition and, 42; object relations theories on, 24–25; phases of, 30; self-psychology and, 33; splits in endopsychic structure, 71. See also infants; mother–infant relationship
Chodorow, N., 14, 34
civil rights movement, 10
Clark, T., 194
class, social, 10, 157, 183
clients: agency/choice exercised by, 6, 47; clinicians’ self-disclosure and, 120; cultural background, 2; empowerment of, 11; free association of, 43; frustration with termination of therapy, 176; pathologizing of, 39; posttherapy symptoms, 53; problem-solving capacities, 9; reactions to disruptions, 137; subjectivity of, xii, 107, 111, 149, 150–52, 163; transference and, 131; understanding and coconstructing stories of, 80–85
clinician–client interaction, xiv, xvii, 2, 37, 77; assessment process and, 85–90; in brief relational therapy, 170–73; clinician self-disclosure and, 15; collaborative process, 11, 107–8; ego psychology and, 8; e-mail correspondence, 109, 110–11; enactments in, 144; in interpersonal theory, 28; mutual influence of subjectivities, 38–39, 47–49, 124–26; mutuality and asymmetry in, 42–45; in object relations theories, 22, 25–26, 29, 31; psychoanalytic theory and, 3, 4; in self-in-relations theory, 36; in self-psychology, 14, 33, 34; in short-term treatments, 165; supportive and corrective potential, 7–9; therapeutic space, 154–56, 161; transference aspects, 3
clinicians/therapists: assessment process and, xvii; authority of, 107; boundary and ethical issues, 129–30; countertransference as assessment tool, 90–93; in couple therapy, 182–83; disruptions in treatment and, 137–38; empathic attunement employed by, 111–16; narcissistic needs of, 147; as “neutral facilitators,” 189; participation in therapeutic interaction, 38–39; professional code of ethics, 44; responsiveness of, 126–27, 130; subjectivity and authenticity of, 39–42, 106. See also self-disclosure, therapists’; social workers
Cockerill, Eleanor, 8
cognitive/behavioral approach, xvi, 1, 16, 168, 169
collaboration, xvii, 11, 15, 80, 107–8
communication, verbal and nonverbal, 43, 48, 52, 64, 149; English-language skill level, 156; memory and, 65; mentalization and, 67
community, 149
concern, capacity for, 61
confidentiality, 10
conflict, 25, 185, 198
constructivism, postmodern, xiv
contact-shunning, 69
containment, 47, 161–62
contingency, 48
corrective experience, 47
countertransference, xii, xvii–xviii, 3, 41, 107; as assessment tool, 90–93; clients’ contributions to, 106; complementary and concordant, 152; in couple therapy, 181, 182; enactments and, 141–42, 143; in interpersonal theory, 28; multicultural diversity and, 150, 151, 154; objective, 142; in object relations theories, 25, 52; projective identification and, 40; self-disclosure of therapist and, 120; self-in-relations theory and, 36; self-psychology view of, 34; in supervisory process, 203; teaching of relational theory and, 199; therapist’s self-disclosure and, 45–46, 146–47; in traditional psychoanalytic theory, 131
couples, xii, xviii, 181–82, 192; power sharing with clinician, 180; short-term treatments for, 167; termination of therapy, 177–79; therapeutic case studies, 182–86
Cozart, S., 195
creativity, 33, 34, 51, 66, 132
crisis approach, 1
culture, xiv, xvii, 125; assessment process and, 105; cultural diversity, 54, 76; cultural subjectivities, xviii; “ethnic third” and, 157; in object relations theories, 28; psychoanalytic theory and, 149; psychological development and, 35; reflective functioning and, 160; therapeutic space and, 148. See also multicultural diversity
cutting/self-mutilation, 65, 102, 103, 117, 162
Davanloo, Habib, 165–66
Davies, J., 50
day treatment, 108
defense mechanisms, 21, 39; Aversive Motivational System and, 56; “false self,” 68; impulse-defense-anxiety triangle, 166; projective identification, 59
depression, 72, 77, 94, 121; depressive position, 70; diagnosis of, 49; short-term treatments, 165, 170
detachment, 12
developmental theory, xvii
Dewey, John, 5, 9
DeYoung, P., 19, 181, 182
diagnostic (psychosocial) model, 3, 5–7, 9, 10–11
Dimen, M., 75
disability, persons with, xii, 35, 41, 76, 195
disorganized attachment, 72–73
disruptions, management of, 107
dissociation, 73, 74, 203
domestic violence, 77, 101, 129
drive-structural model, 18, 19, 30
drive theory, 28, 30, 32; resistance in formulation of, 39; shift away from, 207; short-term treatments and, 166; therapist’s self-disclosure and, 45; Western cultural notions and, 148–49
drug abuse, 89, 103, 117, 173, 174
eating disorders, 65, 74, 191
economic conditions, 16, 164
Edwards, J., 104
ego: of abused children, 22; ego ideal, 154; ego-relatedness, 60–61; endopsychic structure, 71; Fairbairn’s view of, 21, 22; functioning, 10; libidinal and anti-libidinal, 71; mastery of, 9; paranoid/schizoid position and, 70; schizoid state and, 72
g to psychology, xiii, 14; American Object Relations School and, 28; on disruptions in transference, 136; Freudian theory and, 7; resistance in formulation of, 39; on structure of adult mind, 21; Time Limited Psychotherapy (TLP) and, 165; Western cultural notions and, 148–49
Ehrenberg, D. B., 45–46, 124
elderly people, 67
empathic attunement, xvii, 14, 77, 106, 107; case studies in use of, 111–16; child’s empathy for caretaker, 62; core nuclear self and, 55
empathy, 15, 36, 62, 102; anticipatory, 12; in couple therapy, 181; failures of, 33,
57; in group therapy, 188, 190; holding environment and, 108; limits on problematic behavior and, 116–19; mirroring interactions and, 66; mutual, 62; self-development and, 32

empowerment approaches, 11

enactments, xvii, 49–51, 55; management of, 107; multicultural diversity and, 155, 156–57; recognizing and managing, 142–47; repetitive transference and, 141–42; in short-term treatments, 170; in supervisory process, 203, 204

endopsychic structure, 22, 71

engagement process, 9, 10

essentialist theory, 75

ethical issues, 107, 129–30

ethnicity, 10, 125; “ethnic third,” 157; psychoanalytic theory and, 149; reflective functioning and, 160; socially constructed perception of, 151; therapeutic space and, 148. See also multicultural diversity

evidence-based practice, 16

exciting object, 71

existential theory, 167

experiences: disavowed, 15; drive theory and, 30–31; incorporation of, 12; problematic parenting and, 13

Exploratory-Assertive Motivational System, 56

eye contact, 64

eye movement desensitization, 16

facial expressions, 45, 64, 65, 67–68

Fairbairn, W.R.D., xiii, 19, 21–23, 73; on internalization of bad objects, 70–71; on schizoid state, 72

families, xi, xviii, 1, 181–82, 192; conflict as relational event in, 185–86; “hard-to-reach,” 9; nuclear family structure, 149; power sharing with clinician, 180; self in non-Western societies and, 67; short-term treatments for, 167; socioeconomic conditions and, 2; therapeutic case study, 186–87

fantasy: childhood sexual abuse and, 27; of infants in depressive position, 70; object relations theory and, 20; pathological developments, 68, 69; pretend play and,

66; projective identification and, 42; in self- and object representations, 58; supervisory process and, 203; transitional space and, 51

father: abusive behavior by, 104; anger of, 186–87; distant relationship with, 87; dominant and controlling, 115, 116; gender development and, 75; hypercritical, 144, 145

fear, 69, 82, 83, 114, 151, 190; attachment trauma and, 73; countertransference and, 154; defense formation and, 56; disorganized attachment and, 72–73, 74; of intrusion, 77; of isolation, 27; as parental affect, 65; psychic equivalence and, 66; schizoid position and, 70, 72; traumatic past and, 128, 187; of vulnerability, 185, 186, 191

Fedele, N., 188

feminism/feminist theories, xiv, 10, 36, 37; essentialist and social constructionist, 75; multicultural diversity and, 161, 162; teaching strategies and, 194, 195, 200

Ferenczi, Sandor, xiii, xvii, 43; on childhood trauma, 192; on “mutual analysis,” 42; origins of brief psychotherapy and, 164; on sexual abuse of children, 27

fight-or-flight response, 76

Flanagan, L. M., xiii

Fonagy, Peter, xiii, 66, 67, 74, 173

Fosshage, James, 37, 56

fragmented self, 69

Frankel, Victor, 154

Frawley, M. G., 50

Frawley-O’Dea, Gail, 200, 201, 202, 203, 204

French, M., 22

French, Thomas M., 9

Freud, Anna, 21

Freud, Sigmund, xiii, 3, 23, 42, 131; British Object Relations School and, 20; on childhood sexuality, 27; on countertransference, 132; drive-structural model, 19, 30, 31; instinctual emphasis, 28; on narcissism, 33; oedipal model of gender development, 75; on personality development, 5

Freudian theory, xiii, 18, 30

Fromm, Erich, 27
Fromm-Reichmann, Frieda, 26, 27
functional model, 5–7

Gagerman, J., 191
Ganzer, C., 200, 204
Garrett, Annette, 8
gay and lesbian liberation movements, 10
gay men, 11, 76, 194; multicultural factors in treatment and, 152, 154, 159; stereotypes about, 115–16; therapeutic case studies with, 88–90, 99–100, 160–61
gender, xii, xvii, 10, 54, 78; assessment process and, 105; developmental process of, 75–76; multicultural factors and, 156–57; postmodern constructivist ideas about, xiv; self-disclosure of clinician/therapist and, 125, 183; socially constructed perception of, 151. See also multicultural diversity; transgender people
genuineness, xvii, 77, 107, 119, 129; holding environment and, 108; self-disclosure and, 14
Germain, C. B., 11–12, 13
Gestalt psychology, 7
Gilligan, Carol, 34
Gitterman, A., 11–12, 13
Goldner, V., 75
Goldstein, Eda, 20, 46
Great Depression, 6
Greenberg, J., 18–19
Greenson, Ralph, 21
grief, 23, 72, 74, 89, 113, 188
Grossmark, R., 178
group therapy, xi, xviii, 1, 187–89, 192; disruption in transference, 139–40; therapeutic case studies, 189–91
growth process, 5, 6
guilt, racial, 150, 155
guilt, survivor, 187
Guntrip, Harry S., xiii, 14
Gurman, Alan, 167–68

Hamilton, Gordon, 2, 7–8
Harris, A., 43, 75, 152
health care system, 16
Helping Alliance Questionnaire (HAQ), 53
helping process, xiv, xviii, 2, 8
“here-and-now” interactions, xii, 143, 169, 176; group therapy and, 188, 191; interpersonal theory and, 28; problem-solving model and, 9; transferences and, 131, 132
Hertz, P., xiii
Hoffman, Irwin, xiii, 40, 124
holding environment, xvii, 14, 20, 25, 47, 107; establishment of, 108–11; maternal, 61; multicultural diversity and, 158, 161–62; transitional experience and, 109–11
Holli, Florence, 8, 9–10
Holmes, D., 150, 151
homophobia, 116
Horney, Karen, xiii
Horowitz, J., xiv, 22–23, 205
How Connections Heal: Stories from Relational-Cultural Therapy (Walker and Rosen, eds.), 34, 35
human potential theory, 167
ideal-hungry pathology, 69
idealization, 14, 33, 130; in clinician–client interaction, 41; disruption in treatment and, 147; multicultural factors and, 157; pathological, 68; as selfobject need, 55; selfobject transference and, 132
idealized object, 71
identification, 12, 58; with aggressor, 73; complementary, 142, 145; gender difference and, 75; multicultural factors and, 149, 157
identity, 27, 105; formation of, 11; multicultural diversity and, 152, 162; multiple selves in, 153, 162, 169, 197; oppression and identity diffusion, 76; teaching/learning process and, 196; transgender, 177, 178
illness, physical, xii
immigrants, nineteenth-century, 2
impasses/disruptions, xvii, 156–41, 155, 156–57
independence. See autonomy (independence)
individuality, 33, 149
individualization, 13
individuation, 13, 29–30
infants: caretaking environment and, 54;
developmental stages, 55–56; environmental transactions of, xi; motivational systems and, 56–57; pleasure and unpleasure experiences, 28; rage and destructiveness of, 42; reciprocal interactions with caregivers, 47, 48; relatedness and, 12, 20; self- and object representations by, 57–58; self–other relationship and, 54–55; unregulated stress in, 73. See also children/child development; mother–infant relationship

infant studies, xvii, 38
interactive repair, 74
internalization, 57, 58, 64, 70–71, 127, 149
internal object relations, 20, 22, 23, 25
interpersonal-developmental-existential (I-D-E) domain, 167
Interpersonal School, 19, 26–27, 28, 36
interpersonal theory, 19, 28, 37
interpretation, xvii, 38; of client’s free association, 43; of client’s resistance, 39; dialogue and, 77; differential use of, 127–20; “experience distant,” 175; resistance to transference and, 136
intersubjectivity, xvii, 15, 36, 37; affect regulation and, 64; in couple therapy, 181; in group therapy, 188; intersubjective field, 62; preverbal, 48; self-psychology and, 32. See also two-person (intersubjective) psychologies
introjection, 59, 59, 129, 167
intrusion, 77, 108
isolation, 17, 27, 72

Jacobson, Edith, xiii, 21, 28, 30, 59
Jews, 150, 151, 153, 154, 156, 162
Jones, Ernest, 20
Jordan, Judith, 34
Kaplan, Alexandra, 34
Kohut, Heinz, xiii, 14, 32–33, 61; on self-disorders, 68, 69; on selfobject transfers, 132, 133; on types of selfobject needs, 55
Lachmann, Frank, 38, 48, 56
Latinos, 11, 148
Leary, K., 150
lesbians, 11, 35, 76, 157–58, 194
Lesser, R., 201
Levenson, Hanna, 167
libidinal drive, 30
libidinal ego, 71
libidinal energy, 20, 21
libidinal object, 22
Lichtenberg, Joseph, xvii, 38, 56
Lide, P., 12
life cycle, 33, 207
life model, 12–13
life situation/experiences, xii, 11, 94, 105
loss, xii, 76, 94, 104; disruption of treatment and, 137; fear of, 68, 73; I-D-E domain and, 167; impact on children, 72–73; multiple losses, 11; September 11 terrorism and, 113; termination of treatment and, 177–79
love object, primary, 29
macrosystems practice, 10, 11
Mahler, Margaret, 21, 28, 29, 30, 35, 55
Main, Mary, 23–24, 63, 65, 72
Malan, David, 165–66
managed care, xvi, 16, 27, 80, 206
Mann, James, 165
Maroda, K., 124, 146
masculinity, 115, 144, 185
Masterson, James, 14
Mattei, L., 52
maturity, 36, 42
McLaughlin, J., 39
Mead, Herbert, 5
meaning, construction of, 42
Meltzoff, A., 48
memory research, 65
men: brain and gender difference, 75–76; needs for connection, 35
Menninger Clinic, 30
mental health, 2, 16, 24, 206; group therapy and, 188; insurance companies and, 27; psychotherapy for mentally ill patients, 27; relationships and, 35; short-term treatments and, 165
mentalization, 66–68, 74, 102–3, 176;
mentalization (continued)
  multicultural diversity and, 158, 159–60; objective reality and, 66–67; in short-
term treatments, 173
mentors, 61, 65
merger experiences, 55, 56, 69
Messer, S., 165–66
metacognition, 66
microsystems practice, 11
Miehls, Dennis, 22, 24, 29, 181, 196
Mikulincer, M., 65
Miller, Jean Baker, xiii, 34
Miller, L., 201
mirroring, 14, 33, 74; in clinician–client interaction, 40; disruptions in treatment and, 147; mirror-hungry pathology, 69; neurons of frontal cortex and, 65–66, 67; as selfobject need, 55; selfobject transference and, 132
Mishna, F., 194, 196–97
Mitchell, Stephen, xiii, xvii, 18–19, 29, 37; on Kleinians, 21; on relational matrix, 54; on Thompson, 27
Modell, A. H., 43
mother–infant relationship, 20, 29; affect regulation and, 64; attachment patterns, 62–63; ego-relatedness, 60–61; internalized object relations and, 59; patterns of interaction, 52; in pregnancy, 24; uniqueness of dyads, 28
mother/mothering, 24, 29; abusive, 109–10; child’s separateness from, 58; emotionally unavailable, 134; gender development and, 75; good-enough, 55, 60–61; as good object, 70; ideal object and, 22; infant’s rage and, 42, 70; maternal holding environment, 61, 108; separation from, 55; subjectivity of, 61–62
motivational patterns/systems, 56–57, 97–98
mourning process, 72
multicultural diversity, xvii, 148, 162–63; new and old perspectives on, 148–49; subjectivities of client and clinician, 150–54; therapeutic action and, 158–62, 163; therapeutic space and, 154–56, 161; transitional (third) space and, 157–58.
See also culture
Muran, J. Christopher, 165, 168, 169, 179
Muslims, 161–62
mutuality, xii, 15, 36, 39, 54, 206; early social work and, 2; life model and, 11–15; multicultural diversity and, 162; mutual recognition, 42; mutual regulation, 47–49; therapeutic space and, 154–56; therapist's self-disclosure and, 45
narcissism, 30, 33, 34, 139, 181
natural disasters, 76, 114
neglect, 13, 50, 67, 73
neurobiology, xviii, 36, 65–66, 77, 207
neuroscience, xvii, 67, 73, 75–76
New York Psychoanalytic Institute, 27
New York School of Social Work, 3
object experiences, 14, 31–32, 109–11
objectivity, 8, 12, 45
Object Relations in Psychoanalytic Theory (Greenberg and Mitchell), 18
object relations theories, xvii, 14; American, 19, 28–32, 33, 336; British, 19–26, 33, 36; ideal object, 22, 29; ideal self, 29; multicultural diversity and, 161; real object, 29; real self, 29; Western cultural notions and, 148–49
object representations, 57–58
objects: ego and, 21; libidinal energy and, 20
obsessive-compulsive disorder (OCD), 49
Ogden, T., 52
one-person psychologies, xiii, 32, 36, 37, 180, 207; Kleinian, 40; short-term treatments, 165
oppression, 1, 11, 13, 54, 67–77; assessment process and, 105; identification with oppressor, 163; self-psychology and, 53; social worker’s empathy and, 12; therapist’s own links to, 153, 154
Ornstein, E. D., 200, 204
overburdened self, 69
overstimulated self, 69
parallel processes, 201
paranoid/schizoid anxieties, 20, 70
parent–child relationship: aging parents, 112–15; clinician–client interaction compared with, 14, 49–50; empathic
INDEX 235

attunement in, 55; internalized attachment patterns in, 60; mentalization and, 67; mutual recognition in, 42
parenting, xii, 13, 14, 60
part-object experiences, 58
past–present relation, xiii–xiv, xvii
peer relationships, 67, 73
Pennsylvania School of Social Work, 5
Perlman, Helen Harris, 9
personality, 13, 14, 25, 60; of clinician/therapist, 85, 120, 124, 122, 147; endopsychic structure and, 71; interpersonal relationships and, 26–27; motivational systems and, 57; parental, 62; reorganization of, 28; shaped by relationships, 19
personality disorders, 165, 168
person-in-situation perspective, xvi, 1, 7, 10, 165
pharmacological treatments, 27
physiological requirements, regulation of, 56
Piaget, Jean, 9
political conditions, 2, 11, 16
Post-Traumatic Stress Disorder, 73–74
poverty, xviii, 3, 11, 153, 161, 162
power dynamics, 155, 180, 196
“power-over” negotiating model, 185, 186
pregnancy, 24, 60, 83, 133
prejudices, overcoming, 8
present time, 28, 172–73, 174
pretend play, 66–67, 74
Price, P., 195
problem-solving model, 9, 117, 190
projection, 20, 59, 152
projective identification, 21, 31, 32; countertransference and, 40; as early defense mechanism, 59; enactments and, 143, 144, 145; objective countertransference and, 142; supervisory process and, 203
psyche, 20, 26
psychiatry, xv, 26
psychic equivalence, 66, 74
psychoanalytic theory, xi, xiii, xv, 59; on disruptions in transference, 136; feminist, 75; Freudian, 3; humanistic, 27; Interpersonal School and, 26; Kohut and, 32; multicultural factors and, 149; object relations theories and, 19, 30; shift to relational thought and, 18–19; transference and countertransference in, 131
psychodynamic theory, xiii, xv, 1, 12, 226; multicultural diversity and, 148, 149; shift to relational thinking, 56; short-term treatment and, 164; teaching of, xvi; therapist’s detachment/restraint in, 58, 130; treatment outcomes and, 53
psycho-educational approach, 187, 188, 189
The Psychological Birth of the Infant
(Mahler et al.), 29–30
psychology, xv
psychopathology, 4, 13, 57, 74–75, 127; depressive position, 70; disorganized attachment, 72–73; dissociation, 74; internalization of bad/persecutory objects, 70–71; paranoid/schizoid position, 70; schizoid state or problem, 72; separation and loss, 72; trauma, 73–74; vulnerability in self, 68–69
psychosis/psychotic anxieties, 20, 21, 68
psychosocial model. See diagnostic (psychosocial) model
psychotherapy, 12, 27, 44, 207
Psychotherapy in a New Key: A Guide to Time-Limited Psychotherapy (Strupp and Binder), 166
quantitative research paradigm, 17
race, xiii, xiv, 10, 125; “ethnic third” and, 157; mixed-race couple in therapy, 183–86; psychoanalytic theory and, 149; racial identity development, 35; reflective functioning and, 160; socially constructed perception of, 151; therapeutic space and, 148. See also multicultural diversity
Rachman, A., 190
racism, 150, 151, 152, 153, 184
Rank, Otto, xiii, 5, 164
Rasmussen, B., 194, 196–97
Reamer, F. J., 17
reciprocity, 12
reflective functioning, 160
repressed ego, 72
rejecting object, 71
rejection, 50, 51, 63, 69, 83, 94; defense against, 160; disruption in treatment and, 137, 140–41; early experiences with, 105; fear of, 99
relatedness, 12, 20, 22, 60–61, 176
relational-cultural model, 185, 189, 190
relational theory, 106, 205–7; on asymmetrical roles, 43; couples/families/groups and, 180–82, 192; defined, xi–xiv; empirical basis for, 53; evolution of, xvii; multicultural factors and, 148; psychoanalysis and, xii; shift to, 18–19; synthesis with other theories, xviii; teaching of, 193–204; time (past–present relation) and, xiii–xiv; treatment impasses and, 31
religion, 10, 125–26, 161
Renik, O., 38, 40, 46, 124
repetitive transference, 131, 141–42
reprocessing, 16
resistance, xii, 6, 9; lower-level defenses, 32; nature of, 38, 39; reconceptualizing and overcoming, 133–36; in short-term treatments, 172
resistant attachment, 65
responsibility, individual, 7
reverberation, 12
Reynolds, Bertha, 2
Richmond, Mary, 2–3
Ringel, Shoshanna, 196
Robinson, Virginia, 5, 6
Roland, A., 150, 159
Rosen, Wendy, 34, 35
Safran, Jeremy D., 53, 164, 165, 168, 177, 179; on present moment in brief therapy, 172, 174; principles of brief therapy, 169–70; on termination of therapy, 176
St. Clair, M., 23, 30
Saks, L., 202
Samstag, L. Wallner, 168
Sandler, J., 52, 152
Schames, G., 200, 202–3
schizoid state/problem, 72
schizophrenia, 26, 27, 72
Schor, A., 66, 73
Searls, Harold, 27
secure attachment, 23, 62–63
security, earned, 65
self: core nuclear self, 55, 56; cultural difference and, 76; emergent, 56; “false self,” 24–25, 68, 176, 202; infant’s developmental stages and, 56; innate sense of, 32, 33; internalization and, 57; multiple selves, 58–59; mutuality as goal, 180; perspectives on, 54–55; subjective, 56; true self, 55, 68; vulnerability in, 68–69
The Self and Object World (Jacobson), 29
self-concept, 13, 34, 96, 105
self-destructive behaviors (self-harm), 65, 74
self-determination, 5, 7, 10
self-disclosure, therapists’, 14–15, 36, 38, 45–47, 107; boundary issues concerning, 130; case studies in, 120–24; in couple therapy, 181, 183–86; in group therapy, 181, 188, 189, 190–91; guidelines for, 206; multicultural diversity and, 148–59; negative aspects of, 121–22, 147; as retaliation for client aggression, 178–79; in short-term treatments, 170; teaching of relational theory and, 197, 199–200; types of, 119–20
self-esteem, 11, 13, 34, 77; attachment styles and, 73; blows to, 69; regulation of, 55, 68, 96
self-history, 56
self-in-relations theory, xvii, 19, 34–35, 36
self-integration, 56
selfobject, 14, 33; clinician as, 127; failures of, 68; infant’s selfobject needs, 55; selfobject environment, 61; strengthening of self and, 106; transference and, 131, 132, 156; transmuting internalization and, 57
self-other relationship: affect regulation, 64–66; attachment patterns, 62–63; intersubjective field, 62; metacognition and mentalization, 66–68; multicultural factors and, 149; mutuality in, xii, 62; relational matrix, 54
self-psychology, xvii, 14, 19, 32–33, 36, 66; clinician as selfobject, 127; intersubjective theorists and, 37; treatment process in, 34, 40
self-regulation, 64, 102, 103
self-representations, 57–58, 59, 65
Sensual-Sexual Motivational System, 57
separation experiences, 5, 13; “Strange Situation” and, 62; tragic impact of, 23; young children and, 72, 73
separation-individuation process, 29, 31, 35
settlement workers, 2
sex/sexual impulses, 75, 83, 102; affect regulation and, 64; excitement/relaxation, 57; gender differentiated from sex, 134; sexual identity, xiii
sexual abuse, xii, 52, 77, 104, 187; enactments and, 50; “mutual analysis” and, 42; sexual addiction arising from, 118; trauma resulting from, 27
sexual addiction, 65, 74, 117–19
Sexual and Love Addicts Anonymous (SLAA), 118, 119
sexual orientation, 10, 13, 105, 125, 151, 152
shame, 69, 82–85, 120, 185; abuse and, 110, 187; group therapy and, 189; of parents, 178
Shaver, P., 65
Short Term Anxiety-Provoking Psychotherapy (Sifneos), 166
short-term dynamic psychotherapy (STDP), 168, 169
short-term treatments, xviii, 1, 27, 164–68
Sifneos, Peter, 165–66
silence, 45
Slochower, J., 124
Smitherman, G., 195
Smith School of Social Work, 3
social constructionist theory, 37, 75
social science theory, 1
“Social Work Education and Clinical Learning” (Simpson, Williams, Segall), 15
social workers, xiv, 10, 205; authenticity of, 9; couple therapy and, 181; empathy of, 12; in Great Depression period, 6; group therapy and, 187–88, 189; as role models, 8, 10; self-knowledge of, 8; subjectivities of, 15. See also clinicians/therapists
social work practice, xi, xiv–xv, 1–2, 11, 148; assessment, 79; diversity of approaches, 16; evolution of, 2–3; as humanistic pro-
session, xiv, 2, 7, 12, 17, 169; psychoanalytic theory and, 3–4; relational thinking and, xvii; short-term treatments, 169; teaching/learning process and, 193
sociology, 2
Solomon, J., 72
space, third (transitional), 51–53, 61, 157–58
spiritual models, 16
Spitz, Renee, xiii, 72
spontaneity, xvii, 106–7
Stamm, Isabel, 8
stereotypes, of race/culture/gender, 52, 76, 115–16, 149, 185
Stern, Daniel, 38, 47, 48, 55–56
Stimmel, B., 201
Stiver, Irene, 34
Stolorow, Robert, xiii, 37, 60, 62
Stone Center for Developmental Services and Studies, xiii, xvii, 34–35, 185, 191, 194
“Strange Situation Experiments,” 23, 62
stress management, 73, 76
Strupp, Hans, 166–67, 168
subjectivity: of clients, xii, 107, 111, 149, 150–52, 163; of clinicians/therapists, 38, 107, 149, 150–52; maternal, 61–62; therapist’s self-disclosure and, 45
substance abuse, xii, 77, 94, 102, 103; disorganized attachment and, 65; as self-regulatory mechanism, 74. See also alcohol abuse; drug abuse
Suchet, M., 152
Sullivan, Harry Stack, xiii, xvii, 19, 26–27
supervisory process, 200–204, 207
Surrey, Janet, 34, 182
symbiosis, 29, 55
Taft, Jessie, 5, 6
Tansey, M., 45
Tantillo, M., 191
teach-or-treat dilemma, 202
“tend-and-befriend” response, 76
terrorism, anxiety and, 113
Theory and Practice of Social Casework (Hamilton), 7
therapeutic process, xiv, 37; experience and, 5; holding environment, xvii, 14; termination of, 175–79; time as motivating force, 5
Thompson, Clara, 26, 27
Time Limited Dynamic Psychotherapy (Levenson), 167
Time Limited Psychotherapy (TLP), 165, 166, 167
time limits, 5
toddlers, 56, 73
Tolpin, M., 132
torture, victims of, 77, 156
Tosone, C., 203
Towle, Charlotte, 8, 9
transference, xii, xvi, 107; disruptions in, 136–41; eroticized, 123; Freud’s view of, 3, 4; in interpersonal theory, 28; multicultural diversity and, 151, 156–57; projective identification and, 31; in psychodynamic theories, 38; repetitive, 131, 141–42; self-in-relations theory and, 36; selfobject, 131, 132, 136; self-psychology view of, 33; in short-term treatments, 166–67, 168; supervisory process and, 201, 202; in traditional psychoanalytic theory, 131
transgender people, 156–57, 159, 177–78
transmuting internalization, 57, 68
trauma, xii, xviii, 11, 13, 73–74; couple therapy with survivors of, 181; need for authentic interaction and, 191; from political and natural disasters, 76–77; right brain development and, 66; self-regulation compromised by, 48; shame dynamics and, 189
treatment process: developmental process and, 77–78; impasses in, 31; interpersonal theory and, 28; object relations theories and, 25–26, 31–32; self-in-relations theory and, 36; in self-psychology, 34
Trevarthen, C., 48
trust, 13, 43, 48, 51, 101, 176
twelve-step programs, 102, 108, 118, 184
twinship (alter-ego), 14, 33, 55, 68–69, 132
Twomey, J., 201
two-person (intersubjective) psychologies, xiii–xiv, 32, 36, 37, 180, 207; short-term treatments, 179; supervisory process and, 200; third space and, 52. See also intersubjectivity
unconscious (Freudian concept), 28
understimulated self, 69
uniqueness, 61
visitors, friendly, 2
vocalizations, 65
voice, tone of, 45
Wachtel, P., 180
Walker, Maureen, 34, 35
Warren, C., 165–66
Washington School of Psychiatry, 27
William Alanson White Institute, 27
Winnicott, Donald W., xiii, 14, 24–25, 42, 66; on good-enough mother, 60–61; holding concept, 61, 161; on maternal failure and “false self,” 68; on objective countertransference, 142; on sense of self, 55; on transitional space, 51
Winston, A., 168
Wolf, E. S., 69, 132
women, 191, 194; brain and gender difference, 75–76; essentialist views of, 75; “pathologizing” of behavior of, 11; rape and sexual abuse of, 77; self-esteem of, 35; social constructionist views of, 75
Women’s Growth in Connection (Stone Center), 34
Women’s Growth in Diversity (Stone Center), 34
Working Alliance Inventory (WAI), 53
work issues, xii
Yelaja, S. A., 5