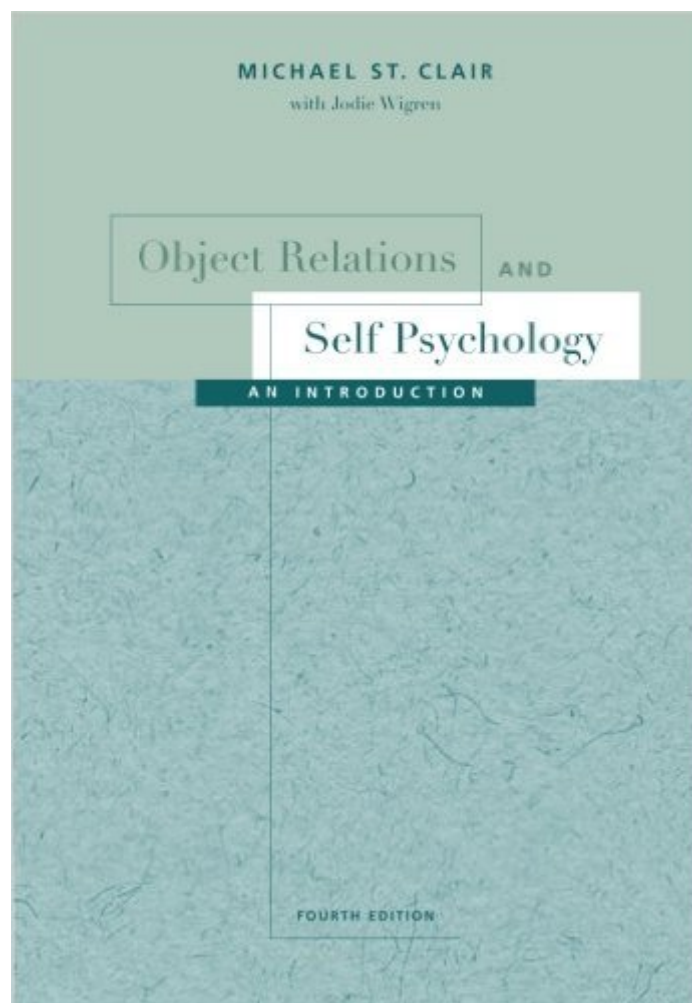


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# Object Relations And Self Psychology: An Introduction



## Synopsis

This unique book makes object relations and self psychology accessible to readers not familiar with recent psychoanalytical literature. The theories presented in the book illuminate areas of childhood experiences such as 'relational' problems and narcissistic and borderline personality disorders. Readers will find clinical insights about object relations and self psychology through the presentation of issues, ideas, and controversies of these models of the person.

## Book Information

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## Customer Reviews

This book provides a useful survey of the various writers and practitioners who are customarily regarded as Psychodynamic/Psychoanalytic theorists. The author begins with Freud's drive-oriented model and progresses on through more relational-focused proponents such as Melanie Klein, W.R.D. Fairbairn, D.W. Winnicott, and Kernberg on to Self Psychologists, Heinz Kohut and Stephen Mitchell. The book is consistently organized throughout, with each chapter including each theorist's key concepts, how these concepts inform the developmental process, how psychopathology is defined and illustrative cases. The language at times can be somewhat cumbersome and unclear. I also received this feedback from my students. Nonetheless, in almost an outline format, this book provides a broad overview and a good amount of information in its slim volume without going into great depth. *The Basic Writings of Sigmund Freud (Psychopathology of Everyday Life, the Interpretation of Dreams, and Three Contributions To the Theory of Sex)* Selected Melanie Klein *Playing and Reality* (Routledge Classics)

I haven't read this book yet so this is not a review. (But it won't publish this unless I give it a rating - so pay no attention to my 4 stars - I chose 4 just so my alert here wouldn't alter the book's standing as reviewed so far by others.) I'm writing to correct something that could be important to some buyers. This book is not 239 pages long, as indicated here. It is 205 pages, even including the index (187 pages of text). The significance of that is mainly that the newest 4th edition is more amplified than the website would suggest. It shows the 3rd edition here as being 239 pages and the 4th one as being 240 pages. I don't know how long the actual 4th edition is, but this one is only 205 at most. In making my decision between editions (and the professor requiring the book, somewhat surprisingly, said he didn't care which edition we bought), I considered the fact that the book seemed to be of the same length, so how much amplified could the newest edition be? The fact that I could get a 3rd edition here via marketplace for much less\* expense made my decision, but I was surprised -- no fault of the marketplace seller, though -- that this book is shorter than advertised, meaning the 4th edition would be about 20% more amplified. Just so you know -- and hopefully corrects the page-count on this website. And also perhaps finds reviewers for the 4th edition since the only reviews there are the ones copied from here reviewing the 3rd edition.

The following is in reference to the 1st edition (1986) of this book. This book provides a general introduction to the main ideas of eight thinkers in the field of psychology (study of the soul). My favourite thinker in this collection is Fairbairn who "fashioned a model of object relations that is ... free of a biological emphasis and purely psychological ..." pg 53 Two additional quotes from the chapter on Fairbairn: "Let us say the child has a parent who is frustrating or abusive. The only power a child has to change or improve a terrible problem in that environment is to change him or herself. The child attempts to control the troublesome object in its world by mentally splitting the object into good and bad aspects and then taking in or internalizing ..." pg 54 So the child adapts or distorts his psyche (mind, inner world, way of thinking) into seeing things in a way that lets him survive. He must do this to maintain his connection/attachment to get his dependency needs met. In order to stay attached and therefore survive, he must accept the neglect/abuse. A child can't bear the real thought that his parents are too distracted, busy, disappointed or otherwise emotionally unavailable to love him so he instructs his inner mind to create a representation/voice that tells him that he is bad and that his parents are good. The problem is that when he grows up he may project his bad self belief or object representation onto others and then view the others as his original frustrating/abusive mother, thus employing the "paranoid technique." "This inner, unsatisfying object has two facets. It frustrates as well as tempts and allures.

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