



# INTERPERSONAL THERAPY

# Interpersonal Psychoanalysis

**Jay R. Greenberg, Stephen A. Mitchell**



## **Interpersonal Psychoanalysis:**

The Interpersonal Tradition Irwin Hirsch, 2014-09-19 In *The Interpersonal Tradition: The Origins of Psychoanalytic Subjectivity* Irwin Hirsch offers an overview of psychoanalytic history and in particular the evolution of Interpersonal thinking which has become central to much contemporary psychoanalytic theory and practice. This book of Hirsch's selected papers provides an overview of his work on the topic over a thirty year period 1984-2014 with a new introductory chapter and a brief updating prologue to each subsequent chapter. Hirsch offers an original perspective on clinical psychoanalytic process, comparative psychoanalysis and psychoanalytic theory particularly explicating the many ways in which Interpersonal thinking is absolutely central to contemporary theory and practice. Each chapter is filled with theoretical explication and clinical examples that illustrate the degree to which the idiosyncratic person of each psychoanalyst inevitably plays a significant role in both analytic praxis and analytic theorizing. Key to this perspective is the recognition that each unique individual analyst is an inherently subjective co-participant in all aspects of analytic process, underscoring the importance that analysts maintain an acute sensitivity to the participation of both parties in the transference-countertransference matrix. Overall, the book argues that the Interpersonal psychoanalytic tradition more than any other is responsible for the post-modern and Relational turn in contemporary psychoanalysis. Based on a range of seminal papers that outline how the Interpersonal psychoanalytic tradition is integral to understanding much of contemporary psychoanalytic thought, this book will be essential reading for practitioners and students of psychoanalysis.

**Handbook of Interpersonal Psychoanalysis** Marylou Lionells, John Fiscalini, Carola Mann, Donnel B. Stern, 2014-10-14 A decade in the making, the Handbook is the definitive contemporary exposition of interpersonal psychoanalysis. It provides an authoritative overview of development, psychopathology and treatment as conceptualized from the interpersonal viewpoint.

**Interpersonal Psychoanalysis and the Enigma of Consciousness** Edgar A. Levenson, 2017-07-28 Edgar A. Levenson is a key figure in the development of interpersonal psychoanalysis whose ideas remain influential. *Interpersonal Psychoanalysis and the Enigma of Consciousness* builds on his previously published work in his key areas of expertise such as interpersonal psychoanalysis, transference and countertransference, and the philosophy of psychoanalysis and sets his ideas into contemporary context. Combining a selection of Levenson's own writings with extensive discussion and analysis of his work by Stern and Slomowitz, it provides an invaluable guide to how his most recent mature ideas may be understood and applied by contemporary psychoanalysts in their own practice. This book explores how the rational algorithm of psychoanalytic engagement and the mysterious flows of consciousness interact; this has traditionally been thought of as dialectical, an unresolvable duality in psychoanalytic practice. Analysts move back and forth between the two perspectives rather like a gestalt leap, finding themselves listening either to the interpersonal or to the intrapsychic in what feels like a self-state leap. But the interpersonal is not in dialectical opposition to the intrapsychic; rather, a manifestation of it, a subset. The chapters pick up from the themes explored in *The Purloined Self*.

shifting the emphasis from the interpersonal field to the exploration of the enigma of the flow of consciousness that underlies the therapeutic process This is not the Freudian Unconscious nor the consciousness of awareness but the mysterious Jamesian matrix of being Any effort at influence provokes resistance and refusal by the patient Permitted a working space the patient ultimately cures herself How that happens is a mystery wrapped up in the greater mystery of unconscious process which in turn is wrapped into the greatest philosophical and neurological enigma of all the nature of consciousness Interpersonal Psychoanalysis and the Enigma of Consciousness will be highly engaging and readable Levenson's witty essayist style and original perspective will make it greatly appealing and accessible to undergraduate and postgraduate students of psychoanalysis and psychoanalytic psychotherapy as well as practitioners in these fields Pioneers of Interpersonal Psychoanalysis Donnel B. Stern, Carola Mann, Stuart Kantor, Gary Schlesinger, 2015-12-03 This volume brings together 14 classic papers by interpersonal pioneers Collectively these papers not only demonstrate the coherence and explanatory richness of interpersonal psychoanalysis they anticipate the emphasis on relational patterns and analyst analysis and interaction that typifies much recent theorizing Each paper receives a substantial introduction from a leading contemporary interpersonalist The pioneers of interpersonal psychoanalysis are H Sullivan F Fromm Reichmann J Rioch C Thompson R Crowley E Schachtel E Tauber E Fromm H Bone E Singer D Schechter J Barnett S Arieti and J Schimmel **Harry Stack Sullivan** F. Barton Evans III, 2006-09-21 Harry Stack Sullivan 1892-1949 has been described as the most original figure in American psychiatry Challenging Freud's psychosexual theory Sullivan founded the interpersonal theory of psychiatry which emphasized the role of interpersonal relations society and culture as the primary determinants of personality development and psychopathology This concise and coherent account of Sullivan's work and life invites the modern audience to rediscover the provocative groundbreaking ideas embodied in Sullivan's interpersonal theory and psychotherapy **The Interpersonal Perspective in Psychoanalysis, 1960s-1990s** Donnel B. Stern, Irwin Hirsch, 2017-02-28 North American psychoanalysis has long been deeply influenced and substantially changed by clinical and theoretical perspectives first introduced by interpersonal psychoanalysis Yet even today despite its origin in the 1930s many otherwise well read psychoanalysts and psychotherapists are not well informed about the field The Interpersonal Perspective in Psychoanalysis 1960s-1990s provides a superb starting point for those who are not as familiar with interpersonal psychoanalysis as they might be For those who already know the literature the book will be useful in placing a selection of classic interpersonal articles and their writers in key historical context During the time span covered in this book interpersonal psychoanalysis was most concerned with revising the understanding of the analytic relationship transference and countertransference and how to work with it Most of the works collected here center on this theme The interpersonal perspective introduced the view that the analyst is always and unavoidably a particular real person and that transference and countertransference need to be reconceptualized to take the analyst's individual humanity into account The relationship

needs to be grasped as one taking place between two very particular people. Many of the papers are by writers well known in the broader psychoanalytic world such as Bromberg, Greenberg, Levenson, and Mitchell. But also included are those by writers who while not as widely recognized beyond the interpersonal literature have been highly influential among interpersonalists including Barnett Schecter, Singer, and Wolstein. Donnel B. Stern and Irwin Hirsch, prominent interpersonalists themselves, present each piece with a prologue that contextualizes the author and their work in the interpersonal literature. An introductory essay also reviews the history of interpersonal psychoanalysis, explaining why interpersonal thinking remains a coherent clinical and theoretical perspective in contemporary psychoanalysis.

**The Interpersonal Perspective in Psychoanalysis** (1960s-1990s) will appeal greatly to psychoanalysts and psychoanalytic psychotherapists wanting to know more about interpersonal theory and practice than can be learned from current sources.

**The Purloined Self** (Edgar A. Levenson, 2016-10-04) *The Purloined Self: Interpersonal Perspectives in Psychoanalysis* brings together nineteen essays in updated form, still as relevant, witty, and informative today as when the book originally published. Edgar Levenson is a key figure in the development of Interpersonal psychoanalysis, and his ideas remain influential. This book covers his seminal writing on theoretical topics such as models of psychoanalysis, Harry Stack Sullivan's theories, and the nature of change, as well as his more familiar focus on practical analytic topics such as transference, supervision, and the use of the self in psychoanalytic clinical work. The content ranges from more technical articles on psychoanalysis and general systems theory, the holographic dimensions of psychoanalytic change, on to issues of metapsychology, and then to articles devoted to examining the nuances of the therapeutic praxis. The general thrust of the book is in the Interpersonal tradition, and is a major contribution to a contemporary elaboration of post-Sullivanian Interpersonalism and of the two-person model of psychoanalysis that has come to permeate the entire field. With a new foreword by Donnel Stern himself, a major name in current Interpersonal analysis, this book gives a comprehensive overview of Levenson's work and its continued relevance in contemporary psychoanalytic thought. *The Purloined Self* is highly readable; the author's witty, essayist style and original perspective on its material has made it appealing across a wide range of readerships. It will appeal to psychoanalysts and psychoanalytic psychotherapists as well as undergraduate and advanced postgraduate students in these fields.

***Object Relations in Psychoanalytic Theory*** (Jay R. Greenberg, Stephen A. Mitchell, 2013-12-01) *Object Relations in Psychoanalytic Theory* provides a masterful overview of the central issue concerning psychoanalysts today: finding a way to deal in theoretical terms with the importance of the patient's relationships with other people. Just as disturbed and distorted relationships lie at the core of the patient's distress, so too does the relation between analyst and patient play a key role in the analytic process. All psychoanalytic theories recognize the clinical centrality of object relations, but much else about the concept is in dispute. In their ground-breaking exercise in comparative psychoanalysis, the authors offer a new way to understand the dramatic and confusing proliferation of approaches to object relations. The result is major clarification of the

history of psychoanalysis and a reliable guide to the fundamental issues that unite and divide the field Greenberg and Mitchell both psychoanalysts in private practice in New York locate much of the variation in the concept of object relations between two deeply divergent models of psychoanalysis Freud's model in which relations with others are determined by the individual's need to satisfy primary instinctual drives and an alternative model in which relationships are taken as primary The authors then diagnose the history of disagreement about object relations as a product of competition between these disparate paradigms Within this framework Sullivan's interpersonal psychiatry and the British tradition of object relations theory led by Klein Fairbairn Winnicott and Guntrip are shown to be united by their rejection of significant aspects of Freud's drive theory In contrast the American ego psychology of Hartmann Jacobson and Kernberg appears as an effort to enlarge the classical drive theory to accommodate information derived from the study of object relations Object Relations in Psychoanalytic Theory offers a conceptual map of the most difficult terrain in psychoanalysis and a history of its most complex disputes In exploring the counterpoint between different psychoanalytic schools and traditions it provides a synthetic perspective that is a major contribution to the advance of psychoanalytic thought **Interpersonal**

**Psychoanalysis** Earl G. Witenberg, 1978 *Interpersonal Psychoanalysis* Anna Maria Loiacono, 2025-07-09 In this book Anna Maria Loiacono introduces the reader to the origins of Interpersonal Psychoanalysis its most important concepts and their clinical value Throughout the chapters Loiacono navigates historically through the principles of Harry Stack Sullivan clearly and succinctly outlining the ideas of those thinkers who followed to the latest reflections of Contemporary Interpersonal Psychoanalysis Illustrated with case vignettes this book addresses concepts such as dissociation differences between splitting and dissociation countertransference enactments field theory hermeneutics the unconscious the unformulated experience self disclosure relational and interpersonal psychoanalysis change and the use of the therapist's subjectivity as they are currently considered in the interpersonal approach seen from the perspective of Loiacono's personal point of view and professional experience Part of the Routledge Introductions to Contemporary Psychoanalysis series this book is a vital read for all analysts in practice and training as well as psychologists and psychiatrists **Interpersonal Psychoanalytic Perspectives on Relevance, Dismissal and Self-Definition** Arthur Feiner, 2000-09-01 Most books on psychoanalysis its theory or its process are packed with abstract esoteric lingo that's far away from how people feel or express themselves This one is different in that it's of the she said variety and at the same time presents a pot full of insight about patients that really rings true **Relational Freedom** Donnel Stern, 2015-06-12 Relational Freedom Emergent Properties of the Interpersonal Field addresses the interpersonal field in clinical psychoanalysis and psychotherapy especially the emergent qualities of the field The book builds on the foundation of unformulated experience dissociation and enactment defined and explored in Stern's previous widely read books Stern never considers the analyst or the patient alone all clinical events take place between them and involve them both Their conscious and unconscious conduct and experience are the field

s substance We can say that the changing nature of the field determines the experience that patient and analyst can create in one another's presence but we can also say that the therapeutic dyad simply by doing their work together ceaselessly configures and reconfigures the field Relational freedom is Stern's own interpersonal and relational conception of the field which he compares along with other varieties of interpersonal relational field theory to the work of Bionian field theorists such as Madeleine and Willy Baranger and Antonino Ferro Other chapters concern the role of the field in accessing the frozen experience of trauma in creating theories of therapeutic technique evaluating quantitative psychotherapy research evaluating the utility of the concept of unconscious phantasy treating the hard to engage patient and in devising the ideal psychoanalytic institute Relational Freedom is a clear authoritative and impassioned statement of the current state of interpersonal and relational psychoanalytic theory and clinical thinking It will interest anyone who wants to stay up to date with current developments in American psychoanalysis and for those newer to the field it will serve as an introduction to many of the important questions in contemporary psychoanalysis Psychoanalysts and psychotherapists of all kinds will profit from the book's thoughtful discussions of clinical problems and quandaries Donnel B Stern Ph D a psychoanalyst and psychotherapist in private practice in New York City serves as Training and Supervising Analyst at the William Alanson White Institute and Adjunct Clinical Professor and Consultant at the NYU Postdoctoral Program in Psychotherapy and Psychoanalysis He is the founder and editor of Psychoanalysis in a New Key a book series published by Routledge

*Interpersonal Psychotherapy* Arthur Burton, 1975      **Underlying Assumptions in Psychoanalytic Schools** Bernd Huppertz, 2023-04-05 This book offers a comparative study of the major schools of psychoanalysis by exploring their historical development their differences and similarities and the underlying assumptions made by each Encompassing the expertise of colleagues from different schools of psychoanalytic thought each chapter explores a particular perspective defining specific theoretical assumptions theories of etiology and implications for technique as well as providing each author's view on the historical development of key psychoanalytic concepts With contributions from leading authors in the field and covering both historical and international schools the book provides an enlightening account that will prove essential to psychoanalytic practitioners and students of psychoanalysis and the history of medicine      Theory & Practice in Clinical Social Work Jerrold R. Brandell, 2010-02-16 Today's clinical social workers face a spectrum of social issues and problems of a scope and severity hardly imagined just a few years ago and an ever widening domain of responsibility to overcome them Theory and Practice in Clinical Social Work is the authoritative handbook for social work clinicians and graduate social work students that keeps pace with rapid social changes and presents carefully devised methods models and techniques for responding to the needs of an increasingly diverse clientele Following an overview of the principal frameworks for clinical practice including systems theory behavioral and cognitive theories psychoanalytic theory and neurobiological theory the book goes on to present the major social crises problems and new populations the social work clinician confronts each day

Theory and Practice in Clinical Social Work includes 29 original chapters many with carefully crafted and detailed clinical illustrations by leading social work scholars and master clinicians who represent the widest variety of clinical orientations and specializations Collectively these leading authors have treated nearly every conceivable clinical population in virtually every practice context using a full array of treatment approaches and modalities Included in this volume are chapters on practice with adults and children clinical social work with adolescents family therapy and children s treatment groups other chapters focus on social work with communities affected by disasters and terrorism clinical case management cross cultural clinical practice psychopharmacology practice with older adults and mourning and loss The extraordinary breadth of coverage will make this book an essential source of information for students in advanced practice courses and practicing social workers alike

**Influence and Autonomy in Psychoanalysis** Stephen A. Mitchell, 2014-01-14 Stephen A Mitchell has been at the forefront of the broad paradigmatic shift in contemporary psychoanalysis from the traditional one person model to a two person interactive relational perspective In Influence and Autonomy in Psychoanalysis Mitchell provides a critical comparative framework for exploring the broad array of concepts newly developed for understanding interactive processes between analysand and analyst Drawing on the broad traditions of Kleinian theory and interpersonal psychoanalysis as well as object relations and progressive Freudian thought he considers in depth the therapeutic action of psychoanalysis anachronistic ideals like anonymity and neutrality the nature of analytic knowledge and authority and the problems of gender and sexual orientation in the age of postmodernism The problem of influence guides his discussion of these and other topics How Mitchell asks can analytic clinicians best protect the patient s autonomy and integrity in the context of our growing appreciation of the enormous personal impact of the analyst on the process Although Mitchell explores many facets of the complexity of the psychoanalytic process he presents his ideas in his customarily lucid jargon free style making this book appealing not only to clinicians with various backgrounds and degrees of experience but also to lay readers interested in the achievements of and challenges before contemporary psychoanalysis A splendid effort to relate parallel lines of theorizing and derivative changes in clinical practice and informed by mature clinical judgment and broad scholarship into the history of psychoanalytic ideas Influence and Autonomy in Psychoanalysis takes a well deserved place alongside Mitchell s previous books It is a brilliant synthesis of converging insights that have transformed psychoanalysis in our time and a touchstone for enlightened dialogue as psychoanalysis approaches the millennium

**Coparticipant Psychoanalysis** John Fiscalini, 2007-08-01 Traditionally two clinical models have been dominant in psychoanalysis the classical paradigm which views the analyst as an objective mirror and the participant observation paradigm which views the analyst as an intersubjective participant observer According to John Fiscalini an evolutionary shift in psychoanalytic consciousness has been taking place giving rise to coparticipant inquiry a third paradigm that represents a dramatic shift in analytic clinical theory and that has profound clinical implications Coparticipant inquiry integrates the individualistic focus of



the classical tradition and the social focus of the participant observer perspective It is marked by a radical emphasis on analysts and patients analytic equality emotional reciprocity psychic symmetry and relational mutuality Unlike the previous two paradigms coparticipant inquiry suggests that we are all inherently communal beings and yet are simultaneously innately self fulfilling unique individuals The book looks closely at the therapeutic dialectics of the personal and interpersonal selves and discusses narcissism the perversion of the self within its clinical role as the neurosis that contextualizes all other neuroses Thus the goal of this book is to define coparticipant inquiry articulate its major principles analyze its implications for a theory of the self and the treatment of narcissism and discuss the therapeutic potential of the coparticipant field and the coparticipant nature of transference resistance therapeutic action and analytic vitality Fiscalini explores analytic space which marks the psychic limit of coparticipant activity the living through process which he suggests subtends all analytic change and openness to singularity which is essential to analytic vitality Coparticipant Psychoanalysis brings crucial insights to clinical theory and practice and is an invaluable resource for psychoanalysts and therapists as well as students and practitioners of psychology psychiatry and social work

**The Routledge Handbook of Psychoanalysis in the Social Sciences and Humanities** Anthony Elliott, Jeffrey Prager, 2016-04-14 The Routledge Handbook of Psychoanalysis in the Social Sciences and Humanities provides a comprehensive critical overview of the historical theoretical and applied forms of psychoanalytical criticism This path breaking Handbook offers students new ways of understanding the powers and limits of psychoanalysis and of the social cultural and political possibilities of psychoanalytic critique The book offers students and professionals clear and concise chapters on the development of psychoanalysis introducing key theories that have influenced debates over the psyche desire and emotion in the social sciences and humanities There are substantive chapters on classical Freudian theory Kleinian and Bionian theory object relations psychoanalysis Lacanian and post Lacanian approaches feminist psychoanalysis as well as postmodern trends in psychoanalysis There is a strong emphasis on interdisciplinary approaches to psychoanalytic critique with contributions drawing from developments in sociology politics history cultural studies women s studies and architecture

*Introduction to Contemporary Psychoanalysis* Marilyn Charles, 2017-09-14 This book provides a clear introduction to the main contemporary psychoanalytic theoretical perspectives Psychoanalysis is often thought of as an obscure and outdated method and yet those familiar with it recognize the profound value of psychoanalytic theory and technique Part of the obscurity may come from psychoanalytic language itself which is often impenetrable The complexity of the subject matter has lent itself to a confusion of tongues and yet at base psychoanalysis remains an earnest attempt to make sense of and ease human distress Introduction to Contemporary Psychoanalysis seeks to make this rich wealth of information more accessible to clinicians and trainees Psychoanalytic clinicians from various schools here describe the key ideas that underlie their particular perspective helping the reader to see how they apply those ideas in their clinical work Inviting the contributors to speak about their actual practice rather than merely providing an overview this book helps the

reader to see common threads that run across perspectives but also to recognize ways in which the different lenses from each of the perspectives inform interventions Through brief vignettes the reader is offered an experience near sense of what it might be like to apply those ideas in their own work The contributors also note the limits or weaknesses of their particular theory inviting the reader to consider the broader spectrum of these diverse offerings so that the benefits of each might be more visible Introduction to Contemporary Psychoanalysis offers readers the richness and diversity of psychoanalytic theory and technique so that the advantages of each particular lens might be visible and accessible as a further tool in their clinical work This novel comparative work will be an essential text for any psychoanalyst or psychoanalytically inclined therapist in training as well as clinicians and those who teach psychoanalytic theory and technique **Further Developments in**

**Interpersonal Psychoanalysis, 1980s-2010s** Donnel B. Stern, Irwin Hirsch, 2017-12-14 Further Developments in Interpersonal Psychoanalysis 1980s 2010s is the second collection of selected classic articles of the modern era by psychoanalysts identified with the interpersonal perspective The first The Interpersonal Perspective in Psychoanalysis 1960s 1990s presented articles by second and third generation interpersonalists This book contains those written by the third and fourth generation of interpersonal psychoanalysts The articles selected by the Editors for this second book extend the theme of transference and countertransference that was the throughline of the first book lending even greater significance in clinical practice to the analyst's subjectivity and its relation to the patient's mind One chapter after another in this book reveal ways that the analyst's experience can lead to a greater appreciation of the patient's unconscious experience It is because of papers such as these that interpersonal psychoanalysis has been described as the origin at least in North America of the contemporary clinical interest in psychoanalytic subjectivity As in the first the articles in this second book include classic contributions from Bromberg Greenberg Hirsch Mitchell Levenson Stern and Wolstein these writers are joined here by Blechner Bonovitz Buechler Fiscalini Held Weiss Kuriloff and White North American psychoanalysis has long been deeply influenced and substantially changed by clinical and theoretical perspectives first introduced by interpersonal psychoanalysis Yet even today despite its origin in the 1930s many otherwise well read psychoanalysts and psychotherapists are not well informed about the field Along with its companion work this book provides a superb starting point for those who are not as familiar with interpersonal psychoanalysis as they might be For those who already know the literature the book will be useful in placing a selection of classic interpersonal articles and their writers in key historical context

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