Good Enough Endings

Breaks, Interruptions, and Terminations from Contemporary Relational Perspectives

Edited by Jill Salberg



Elizabeth F. Howell

Good Enough Endings Jill Salberg, 2011-01-19 In the relational literature the subject of termination the ending of an analysis has received scant attention and traditional Freudian or ego psychological criteria are not always enough to assess the readiness to terminate therapy in the coconstructed intersubjective analytic relationship Good Enough Endings seeks to remedy this gap bringing together contributions from contemporary relational thinkers while at the same time engaging with ideas from other psychoanalytic perspectives Topics given consideration include Can there be a relational criteria or paradigm for termination and what would it include How do treatment goals of the analyst and or that of the patient affect the decision to terminate How do recent developments in attachment theory and research influence the preparation to end analysis What occurs for the patient after termination and how do we assess the need for follow up Integrating elements of existing psychoanalytic theory with the fruits of the relational turn Good Enough Endings expands and expounds upon the relational considerations in ending analysis providing a resource for reflection and insight into the final and perhaps most difficult aspect of psychoanalytic treatment Good Enough Endings Jill Salberg, 2010 First Published in 2010 Routledge is an imprint of Taylor Francis an informa company Textbook of Psychoanalysis, Third Edition Glen O. Gabbard, M.D., Bonnie E. Litowitz, Ph.D., Paul Williams, Ph.D., 2024-07-05 Relational Psychoanalysis, Volume 5 Lewis Aron, Adrienne Harris, 2014-01-27 Building on the success and importance of three previous volumes Relational Psychoanalysis continues to expand and develop the relational turn Under the keen editorship of Lewis Aron and Adrienne Harris and comprised of the contributions of many of the leading voices in the relational world Volume 5 carries on the legacy of this rich and diversified psychoanalytic approach by taking a fresh look at the progress in therapeutic process Included here are chapters on transference and countertransference engagement dissociation and self states analytic impasses privacy and disclosure enactments improvisation development and more Thoughtful capacious and integrative this new volume places the leading edge of relational thought close at hand and pushes the boundaries of the relational turn that much closer to the horizon Contributors Lewis Aron Anthony Bass Beatrice Beebe Philip Bromberg Steven Cooper Jody Messler Davies Darlene Ehrenberg Dianne Elise Glen Gabbard Adrienne Harris Irwin Hoffman Steven Knoblauch Thomas Ogden Spyros Orfanos Stuart Pizer Philip Ringstrom Jill Salberg Stephen Seligman Joyce Slochower Donnel Stern Paul Myths of Termination Judy Leopold Kantrowitz, 2014-07-25 Psychoanalysis can make a huge difference in the Wachtel lives of patients their families and others they encounter Myths have developed however about how psychoanalysis should end what patients experience and what analysts do These expectations come primarily from accounts by analysts in the analytic literature which are often perpetuated in an oversimplified form in teaching Patients perspectives are rarely presented I her book Judy Leopold Kantrowitz seeks to address this omission Exploring the accounts of 82 former analysands

she illustrates the rich diversity of psychoanalytic endings and ways of maintaining analytic benefits after ending in presenting patients experiences Kantrowitz provides correctives for some myths about termination Myths of termination What patients can teach psychoanalysts about endings is not a book that seeks to refute or support any specific idea about a best way of ending analysis but rather to show that there are countless ways of having a satisfactory conclusion to the process Nor is the author espousing any particular analytic theory Kantrowitz sets out to show that an oversimplified view of psychoanalytic endings not only diminishes an appreciation of the diversity of psychoanalytic outcomes but may also interfere with the creativity of individual psychoanalysts In this book former analysands describe and illustrate how their analyses ended They reflect on the effect of non mutual endings due to external factors moving retirement illness or death or psychological factors wishing to avoid facing some issue the impact of post analytic contact and the ways in which they have held on to their analytic benefits after ending their analyses Myths of termination confronts and refutes the myths about the termination phase of psychoanalysis that are passed from generation to generation It is a refreshing and insightful study that will be welcomed by psychoanalysts psychodynamic therapists such as clinical psychologists social workers and others trained or in training to do clinical work Toward Mutual Recognition Marie T. Hoffman, 2011-01-19 In Toward Mutual Recognition Marie T Hoffman coming from a Christian perspective suggests that the current relational turn in psychoanalysis has been influenced by numerous theorists analysts and philosophers alike who were themselves shaped by an embedded Christian narrative As a result the redemptive concepts of incarnation crucifixion and resurrection central to the tenets of Christianity can be traced to relational theories emerging analogously in the transformative process of mutual recognition in the concepts of identification surrender and gratitude a trilogy which she develops as forming the path of recognition Each movement on this path of recognition is given thought provoking in depth attention Relational Psychoanalysis and Psychotherapy Integration Jill Bresler, Karen E. Starr, 2015-03-24 Relational Psychoanalysis and Psychotherapy Integration traces the history of efforts to integrate psychoanalysis with other psychotherapeutic modalities beginning with the early analysts including Ferenczi and Rank and continuing on to the present day It explores the potential for integration made possible by contemporary developments in theory and technique that are fundamental to a relational psychoanalytic approach Editors Jill Bresler and Karen Starr bring together an array of valuable theoretical and clinical contributions by relationally oriented psychoanalysts who identify their work as integrative The book is organized in four segments theoretical frameworks of psychotherapy integration integrating multiple models of psychotherapy into a psychoanalytically informed treatment working with specific populations the future of integration exploring the issues involved in educating clinicians in integrative practice. The contributions in this volume demonstrate that integrating techniques from a variety of psychotherapies outside of psychoanalysis can enrich and enhance psychoanalytic practice. It will be an invaluable resource for all practicing psychoanalysts psychotherapists and psychoanalysts and psychotherapists in training particularly those

with an interest in relational psychoanalysis and psychotherapy integration A Disturbance in the Field Steven H. Cooper, 2011-01-19 This outstanding volume of essays presents an extraordinary synthesis of classical and contemporary concepts and methods of psychoanalysis with immediate relevance to clinical practice. The author's encyclopedic knowledge of the psychoanalytic literature brings the reader into the exciting center of current clinical psychoanalysis The extensive clinical illustrations with detailed evaluation of his participation in the analytic work and particular attention to its imperfections form the heart of this book These clinical discussions more than anything else highlight the power of the modern focus on countertransference and the analyst s contributions to the psychoanalytic dialogue Anton O Kris M D Clinical Professor of Psychiatry Harvard Medical School Book Jacket First Do No Harm Adrienne Harris. Steven Botticelli, 2011-01-19 At the outset of World War I the Great War Freud supported the Austro Hungarian Empire for which his sons fought But the cruel truths of that bloody conflict wrought on the psyches as much as the bodies of the soldiers returning from the battlefield caused him to rethink his stance and subsequently affected his theory Psychoanalysis a healing science could tell us much about both the drive for war and the ways to undo the trauma that war inherently breeds but its principles could just as easily serve the enemy s desires to inculcate its own brand of truth Even a century later psychoanalysis can still be used as much for the justifications of warfare and propaganda as it is for the defiance of and resistance to those same things But it is in the investigation of the motives and methods behind these uses that psychoanalysis proves its greatest strength To wit this edited collection presents published and unpublished material by analysts writers and activists who have worked at the front lines of psychic life and war from various stances Set at a point of tension and contradiction they illustrate the paradoxical relation of psychoanalysis as both a site of resistance and healing and a necessary aspect of warmaking propaganda and militarism In doing so we venture from the home front from the trauma of returning veterans to the APA s own complicity in CIA black sites across international borders from the treatment of women in Latin American dictatorships to the resistance to occupation in Palestine from mind control to an ethics of responsibility Throughout a psychoanalytic sensibility deconstructs the very opposition that it inhabits and seeks to reestablish psychoanalysis as the healing discipline it was conceived to be **Uprooted Minds** Nancy Caro Hollander, 2014-04-08 In our post 9 11 environment our sense of relative security and stability as privileged subjects living in the heart of Empire has been profoundly shaken Hollander explores the forces that have brought us to this critical juncture analyzing the role played by the neoliberal economic paradigm and conservative political agenda that emerged in the West over the past four decades with devastating consequences for the hemisphere's citizens Narrative testimonies of progressive U S and Latin American psychoanalysts illuminate the psychological meanings of living under authoritarian political conditions and show how a psychoanalysis beyond the couch contributes to social struggles on behalf of human rights and redistributive justice By interrogating themes related to the mutual effects of social power and ideology large group

dynamics and unconscious fantasies affects and defenses Hollander encourages reflections about our experience as social psychological subjects Relational Psychoanalysis, Volume 4 Lewis Aron, Adrienne Harris, 2014-01-27 Building on the success and importance of three previous volumes Relational Psychoanalysis continues to expand and develop the relational turn Under the keen editorship of Lewis Aron and Adrienne Harris and comprised of the contributions of many of the leading voices in the relational world Volume 4 carries on the legacy of this rich and diversified psychoanalytic approach by taking a fresh look at recent developments in relational theory Included here are chapters on sexuality and gender race and class identity and self thirdness the transitional subject the body and more Thoughtful capacious and integrative this new volume places the leading edge of relational thought close at hand and pushes the boundaries of the relational turn that much closer to the horizon Contributors Neil Altman Jessica Benjamin Emanuel Berman Jeanne Wolff Bernstein Susan Coates Ken Corbett Muriel Dimen Martin Stephen Frommer Jill Gentile Samuel Gerson Virginia Goldner Sue Grand Hazel Ipp Kimberlyn Leary Jonathan Slavin Malcolm Owen Slavin Charles Spezzano Ruth Stein Melanie Suchet With Culture in Mind Muriel Dimen, 2012-03-29 This is a new kind of anthology More conversation than collection it locates the psychic and the social in clinical moments illuminating the analyst's struggle to grasp a patient's internal life as voiced through individual political social and material contexts Each chapter is a single detailed case vignette in which aspects of race gender sexual orientation heritage ethnicity class elements of the sociopolitical matrix of culture are brought to the fore in the transference countertransference dimension demonstrating how they affect the analytic encounter Additionally discussions by three senior analysts further deconstruct patients and analysts cultural embeddedness as illustrated in each chapter For the practicing clinician as well as the seasoned academic this highly readable and intellectually compelling book clearly demonstrates that culture saturates subjective experience something that all mental health professionals should keep in mind A Relational **Psychoanalytic Approach to Couples Psychotherapy** Philip A. Ringstrom, 2014-03-26 This is a model of psychoanalytically oriented couples theory based on ideas from various relational approaches and other psychoanalytic traditions Blooming in December: Psychodynamic Psychotherapy With Older Adults Amy Schaffer, 2021-04-12 This book covers the essentials of psychotherapeutic work with older adults discussing how contemporary psychodynamic thought can be applied clinically to engage the older patient in psychotherapeutic work of depth and meaning work that not only relieves suffering but also promotes growth It describes the way the difficulties accompanying older age can affect psychological functioning and it examines the unique psychotherapeutic needs of this age group Using clinical vignettes for illustrative purposes it explores the psychotherapeutic challenges tasks techniques and accomplishments involved in the treatment of older adults Topics discussed include the reemergence of earlier developmental challenges the concurrent treatment of late life and revived early trauma transference and countertransference the functions of developing an enriched life narrative in restoring the self existential issues and mourning Throughout the focus is on what psychotherapy can do to help The demand for mental health

services for older adults is growing alongside increasing life spans but the psychodynamic literature has neglected this population Blooming in December Psychodynamic Psychotherapy with Older Adults fills this gap offering a clear guide to effective work with older adults for all psychotherapists and psychoanalysts Conservative and Radical Perspectives on Psychoanalytic Knowledge Aner Govrin, 2015-11-06 Psychoanalysis really should not exist today Until a few years ago most of the evidence suggested that its time was drawing to a close and yet psychoanalysis demonstrated remarkable resilience in the face of criticism alongside significant resurgence over the course of the last years In Conservative and Radical Perspectives on Psychoanalytic Knowledge The Fascinated and the Disenchanted psychoanalyst and philosopher Aner Govrin describes the mechanisms of sociology within the psychoanalytic community which have enabled it to withstand the hostility levelled at it and to flourish as an intellectual and pragmatic endeavour He defends the most criticized aspect of psychoanalysis the fascination of analysts with their theories Govrin demonstrates that fascination is a common phenomenon in science and shows its role in the evolution of psychoanalysis Govrin argues that throughout its history psychoanalysis has successfully embraced an amalgam of what he has defined and termed fascinated and troubled communities A fascinated community is a group that embraces a psychoanalytic theory such as Bion s Klein s Winnicott s as one embraces truth A troubled community is one that is not satisfied with the state of psychoanalytic knowledge and seeks to generate a fundamental change that does not square with existing traditions such as new psychoanalytic schools scientifically troubled communities and the relational approach It is this amalgam and the continuous tension between these two groups that are responsible for psychoanalysis rich and varied development and for its ability to adapt to a changing world Clinical vignettes from the work of Robert Stolorow Betty Joseph Antonino Ferro and Michael Eigen illustrate the dynamic by which psychoanalytic knowledge is formed Conservative and Radical Perspectives on Psychoanalytic Knowledge will be of interest to psychoanalysts psychotherapists and philosophers alike Gender in the Therapy Hour Holly Barlow Sweet, 2012 First Published in 2012 Routledge is an imprint of Taylor Francis an informa company Individualizing Gender and **Sexuality** Nancy Chodorow, 2012 Nancy Chodorow in her groundbreaking book The Reproduction of Mothering quite simply changed the conversation in at least three areas of study psychoanalysis women s studies and sociology In her latest book Individualizing Gender and Sexuality she examines the complexity and uniqueness of each person s personal creation of sexuality and gender and the ways that these interrelate with other aspects of psychic and cultural life She brings her well known theoretical agility wide ranging interdisciplinarity and clinical experience to every chapter advocating for the clinician s openness curiosity and theoretical pluralism The book begins with reflections on Freud's Three Essays on the Theory of Sexuality followed by considerations of Melanie Klein and Stephen Mitchell as well as on her own work and on the postmodern turn in psychoanalytic gender theory Subsequent chapters address contemporary clinical cultural issues such as women and work women and motherhood and men and violence Concluding chapters elaborate on the multiple ingredients

and the personal affective conflictual and defensive constellations and processes that create sexuality and gender in each individual Ending with a chapter on homosexualities as compromise formations Chodorow deepens her account of clinical individuality and sex gender transference countertransference while bringing her readers back to Freud and to the many strands that followed as she consolidates a consistent line of interest in sexuality and gender theory and practice sustained Traumatic Ruptures: Abandonment and Betrayal in the Analytic Relationship Robin A. over a lifetime Deutsch, 2014-05-09 For much of its history psychoanalysis has been strangely silent about sudden ruptures in the analytic relationship and their immediate and far reaching effects for those involved Such issues of betrayal and abandonment the death of an analyst a patient s suicide an ethical violation disrupt the stability and cohesion of the analytic framework and leave indelible marks on both individuals and institutions alike In Traumatic Ruptures an international range of contributors present first person highly personal and sometimes painful accounts of their experiences and the occasionally difficult yet redeeming lessons they have taken from them Presented in four parts the book explores multiple meanings and consequences of the break in the analytic relationship Part One Ruptured Subjectivity Lost and Found presents accounts of clinical encounters with death Part Two Rupture The Clinical Process addresses the sudden loss of an analyst the trauma of patient suicide and the issue of countertransference when working with patients who have suffered the unexpected loss of their first analyst Part Three The Long Shadow of Rupture examines the effects of ethical violations in the short and long term Finally Part Four Ruptures Impact on Organizations looks at the wider impact of ethical and sexual boundary violations in the context of an organization and the effect of trauma on a psychoanalytic institute By giving voice to issues that are usually silenced the authors here open the door to understanding the complex nature of traumatic rupture within the analytic field This intimate exploration of psychoanalytic treatments and communities is ideal for psychoanalysts psychologists clinical social workers psychiatrists and family therapists It is an important text for clinicians working with individuals who have experienced traumatic ruptures and for members of organisations dealing with their effects The Silent Past and the **Invisible Present** Paul Renn, 2012 First Published in 2012 Routledge is an imprint of Taylor Francis an informa company Understanding and Treating Dissociative Identity Disorder Elizabeth F. Howell, 2011-06 Building on the comprehensive theoretical model of dissociation elegantly developed in The Dissociative Mind Elizabeth Howell makes another invaluable contribution to the clinical understanding of dissociative states with Understanding and Treating Dissociative Identity Disorder Howell working within the realm of relational psychoanalysis explicates a multifaceted approach to the treatment of this fascinating yet often misunderstood condition which involves the partitioning of the

personality into part selves that remain unaware of one another usually the result of severely traumatic experiences Howell

attachment and neuroscience She then discusses the identification and diagnosis of Dissociative Identity Disorder DID before

begins with an explication of dissociation theory and research that includes the dynamic unconscious trauma theory

moving on to outline a phase oriented treatment plan which includes facilitating a multileveled co constructed therapeutic relationship emphasizing the multiplicity of transferences countertransferences and kinds of potential enactments She then expands the treatment possibilities to include dreamwork before moving on to discuss the risks involved in the treatment of DID and how to mitigate them All concepts and technical approaches are permeated with rich clinical examples

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