



## Object Relations Theory and Practice: An Introduction (The Library of Object Relations)

By -

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**Summary:** Object relations theory has caused a fundamental reorientation of psychodynamic thought. In Object Relations Theory and Practice, Dr. David E. Scharff acclimates readers to the language and culture of this therapeutic perspective and provides carefully selected excerpts from seminal theorists as well as explanations of their thinking and clinical experience. He offers readers an unparalleled resource for understanding object relations psychotherapy and theory and applying it to the practice of psychotherapy and psychoanalysis. The book's sequence establishes the centrality of relationships in this theory: the internalization of experience with parents, splitting, projective identification, the role of the relationship between mother and young child in development, and transference and countertransference in the therapeutic action of psychoanalysis and psychotherapy. This book will introduce students to the basics, to the widening scope of object relations theory, and to its application to psychoanalysis and, individual, group, and family psychotherapy.



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