Contents

INTRODUCTION 3

CHAPTER ONE So What Is Object Relations Anyway? 6
CHAPTER TWO The Big Picture 11
CHAPTER THREE Assessment and Formulation 15
CHAPTER FOUR Patient Selection: Susan's Case 23
CHAPTER FIVE The Treatment Contract 34
CHAPTER SIX The Value of Rules and Boundaries 38
CHAPTER SEVEN Beginning the First Session 41

Contents

CHAPTER EIGHT The Four Levels of Meaning 47	
CHAPTER NINE Tools of the Trade 54	
CHAPTER TEN Projective Identification 59	
CHAPTER ELEVEN Anxiety and the Paranoid-Schizoid Position	66
CHAPTER TWELVE Silence and Boredom in Therapy 72	
CHAPTER THIRTEEN Neediness in Therapy 82	
CHAPTER FOURTEEN Addressing Possible Decompensation 90	
CHAPTER FIFTEEN Structure and How to Use It Therapeutically	99
CHAPTER SIXTEEN Verbal Attacks on the Therapist 102	
CHAPTER SEVENTEEN Sadness in Therapy 109	
CHAPTER EIGHTEEN Erotic Transference and Countertransference	112
CHAPTER NINETEEN	

Advice in Therapy 116

Contents

CHAPTER TWENTY Self-Disclosure 126

CHAPTER TWENTY-ONE Gifts in Therapy 134

CHAPTER TWENTY-TWO
Putting It All Together: A Sample Session 141

CHAPTER TWENTY-THREE What Is Progress in Therapy? 148

CHAPTER TWENTY-FOUR
Termination and Other Therapy Endings 152

CHAPTER TWENTY-FIVE
Object Relations Concepts and Cognitive Therapies 158

CHAPTER TWENTY-SIX
Object Relations Concepts in General Follow-Up 166

References 171

Glossary 175

Suggested Reading List 181

Index 183