



Endings & Beginnings

On
Terminating
Psychotherapy
and
Psychoanalysis

Herbert J. Schlesinger

Endings And Beginnings On Terminating Psychotherapy And Psychoanalysis

Glen O. Gabbard



Endings And Beginnings On Terminating Psychotherapy And Psychoanalysis:

Endings and Beginnings Herbert J. Schlesinger, 2013-04-15 What sets off the termination of analysis and psychodynamic therapy from the variety of endings that enter into all human relationships So asks Herbert J Schlesinger in *Endings and Beginnings On Terminating Psychotherapy and Psychoanalysis* a work of remarkable clarity conceptual rigor and ingratiating readability Schlesinger situates termination which he understands variously as a phase of treatment a treatment process and a state of mind within the family of beginnings and endings that permeate one another throughout the course of therapy For Schlesinger therapeutic endings cannot be aligned with the final phase of treatment ending phase phenomena are ongoing accompaniments of therapeutic work They occur whenever patients achieve some portion of their treatment goals and supervene when therapy stagnates Small wonder that an assessment of the patient's relationship to time and capacity to end therapy are key aspects of diagnostic evaluation By linking beginning and ending phases not to the chronology of treatment but to the patient's experience of it Schlesinger brings revivifying insight to a host of psychodynamic concepts Nor does he shy away from a trenchant critique of the instrumental medical model of psychiatric and psychotherapeutic training which militates against the therapeutic exploration of treatment endings Schlesinger's exemplification of how to begin treatment from the point of view of ending his sensitive delineation of the mid treatment ending crises characteristic of vulnerable patients his richly woven case vignettes illustrating various ending contingencies and permutations these inquiries are gems of pragmatic clinical wisdom *Endings and Beginnings* distills lessons learned over the course of a half century of practicing teaching and supervising psychotherapy and psychoanalysis and is a gift to the profession

Endings and Beginnings, Second Edition Herbert J. Schlesinger, 2013-10-01 In this second edition of *Endings* both the obvious main endings and beginnings of any course in treatment and the many little endings and beginnings that permeate analysis The second edition contains new chapters including one on transference and counter transference as sources of information about the process of therapy and as sources of difficulty in ending It deals especially with the impact of prospective ending on the therapist which if not understood and well handled might interfere with working through and impede termination if not ending itself Another new chapter deals with the difficulties in terminating with especially narcissistic patients One of the main criticisms against psychoanalysis and the psychotherapies derived from it is that it lacks criteria for when the patient has had enough Herbert J Schlesinger shows how we may view the process as a series of episodes each with an ending and possibly with a new beginning He presents the way patients signal even before they are aware of it that ending is in the air and how it organizes how they experience the therapy If alerted the therapist can make use of these signals to locate self and patient in the process So informed the therapist is better able to discern when the therapy should end and help the patient work through the issues of separation and loss to terminate the treatment constructively All patients tend to end psychotherapy in the way they end all other relationships In several chapters on the

problems related to severe regression therapists can learn how to help vulnerable patients for whom attachment is problematic deal with separation non traumatically In Endings Beginnings 2nd Edition the theory of the continuous experience of ending and beginning and the array of landmarks that parse the clinical process are distinct advances to the technique of psychoanalysis and the psychotherapies derived from it Schlesinger offers many clinical examples of ending and beginning with their technical problems and solutions This contribution to the technique of ending and beginning psychotherapy electively will be useful to practicing psychotherapists and psychoanalysts and to undergraduate and post graduate students in clinical psychology psychiatry and social work

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mind within the family of beginnings and endings that permeate one another throughout the course of therapy For Schlesinger therapeutic endings cannot be aligned with the final phase of treatment ending phase phenomena are ongoing accompaniments of therapeutic work They occur whenever patients achieve some portion of their treatment goals and supervene when therapy stagnates Small wonder that an assessment of the patient s relationship to time and capacity to end therapy are key aspects of diagnostic evaluation By linking beginning and ending phases not to the chronology of treatment but to the patient s experience of it Schlesinger brings revivifying insight to a host of psychodynamic concepts Nor does he shy away from a trenchant critique of the instrumental medical model of psychiatric and psychotherapeutic training which militates against the therapeutic exploration of treatment endings Schlesinger s exemplification of how to begin treatment from the point of view of ending his sensitive delineation of the mid treatment ending crises characteristic of vulnerable patients his richly woven case vignettes illustrating various ending contingencies and permutations these inquiries are gems of pragmatic clinical wisdom Endings and Beginnings distills lessons learned over the course of a half century of practicing teaching and supervising psychotherapy and psychoanalysis and is a gift to the profession Good Enough Endings ,

Navigating Ruptures, Repairs, and Termination Within the Therapeutic Process Judy Z. Koenigsberg, 2024-03-21 This book explores the importance of the therapeutic relationship the tensions or disagreements that may emerge during a therapy session and how they can be repaired Dr Koenigsberg introduces a two part transtheoretical psycholinguistic model which focuses on the connection between ruptures and the termination phase of therapy emphasizing the verbal and nonverbal nuances of language to understand what is happening in the therapeutic alliance With a reliance on psycholinguistic elements this model can guide therapists who wish to reduce the premature termination of patients from therapy Written in an accessible format it provides case examples including the patient s and therapist s inner experiences and defines and describes the phases of therapy so that difficult transitions in the therapeutic process can be navigated with skill and compassion This text is essential for providing early career as well as more seasoned therapists with excellent strategies to repair their therapeutic relationships with clients **Psychodynamic Psychotherapy** Deborah L.

Cabaniss, 2016-07-26 An updated and expanded new edition of a widely used guide to the theory and practice of psychodynamic psychotherapy Cabaniss Psychodynamic Psychotherapy A Clinical Manual 2nd Edition provides material for readers to apply immediately in their treatment of patients **Finding Winnicott** Fadi Abou-Rihan, 2023-03-03 In Finding Winnicott Philosophical Encounters with the Psychoanalytic Fadi Abou Rihan expands upon Winnicott s category of the found object and argues that a genuine understanding of the analyst s own thought requires that it be considered in relation to that of another The essays in this collection are in dialogue with the work of Freud Deleuze and Guattari Laplanche Bonaventure Ibn Al Arabi and Huizinga these encounters showcase some of Winnicott s yet unexplored contributions to the questions of subjectivity time and language They weave psychoanalytic theory clinical vignette and key moments from the history of ideas

in order to shed light on our findings regarding and indeed findings of desire on some of the playful but no less compelling ways in which the subject lives suffers understands questions and or normalizes desire Chapters span a range of topics including rationales findings and spaces and highlight the subject as not only that which finds but that which is found With clinical vignettes throughout this book is vital reading for practicing analysts as well as analysts in training and students of both philosophy and psychoanalysis

Boundaries and Boundary Violations in Psychoanalysis Glen O.

Gabbard,2016-02-16 **Boundaries and Boundary Violations in Psychoanalysis** is a state of the art overview of the problem of boundary violations in psychoanalysis and psychotherapy This new edition is a major overhaul of the seminal first edition published 20 years ago and addresses topics with which every psychoanalyst therapist resident and training director should be conversant Penned by one of the foremost experts on psychoanalysis the book is both broad and thorough in scope presenting models of prevention to help readers avoid boundary problems in their practices and providing expert advice on institutional responses to complaints and rumors In addition the impact of boundary violations on patients is examined a long neglected and overdue exploration that encourages increased institutional responsiveness to victims needs The book was designed to inform and forearm with chapters and features that psychoanalysts and therapists will find eminently useful The fear that the patient may commit suicide and how that fear may play a role in the development of boundary violations warrants a separate chapter therapists will find illuminating Boundaries in cyberspace a topic only recently pertinent is explored in depth in a chapter that provides guidance on how the therapeutic frame has been broadened by the impact of texting email googling and social media Detailed guidelines on how to handle complaints are included information that will prepare organizations to respond both strategically and compassionately to these complex situations Examples and cases are based on those the author has encountered over 30 years of evaluating treating and consulting and reflect the diversity of clinical practice involving both male and female violators as well as victims and their families Boundary violations do not always include a sexual relationship and the types of boundary violations discussed include nonsexual supervisory and post termination Every chapter has been updated to include new data and current understanding addressing the most critically important topics in a rigorous yet humane manner **Boundaries and Boundary Violations in Psychoanalysis** is the most authoritative resource on the subject and will help the reader manage boundaries across a variety of therapeutic contexts

The Second Century of Psychoanalysis Christopher Christian,Michael J. Diamond,2018-05-08 This book explores the internal and external boundaries of psychoanalysis It examines the interrelationships between various psychoanalytic theoretical and clinical perspectives as well as between psychoanalysis and other disciplines **On Psychoanalysis, Disillusion, and Death** Antonie Ladan,2014-02-24 For some years now psychoanalysts have been trying to understand the implications of neuroscientific findings for psychoanalytic theory and practice In **On Psychoanalysis Disillusion and Death** Dead certainties Antonie Ladan looks at how findings from neuroscience and memory research can inform our understanding

of some of the most important psychoanalytic concepts such as transference and unconscious fantasy Central to the book are the dead certainties that to a great extent determine how we lead our lives Antonie Ladan argues that these certainties are too self evident to be seen as invisible as the air we breathe He shows how in our associations with others we are in large measure guided by dead certain relational patterns of which we are not conscious but that remain implicit Using clinical examples Ladan illustrates how a specific form of observation where the analysand and the analyst pay careful attention to their relationship over an extended period of time makes it possible to gradually recognise these automatic expectations and behaviours in relational situations On Psychoanalysis Disillusion and Death explores how the psychoanalyst can bring the implicit patterns within which analysands find themselves trapped to their attention enabling them to look at the world from a disillusioning perspective in order to accept life and the prospect of death for what they are This book will be of interest to psychotherapists analytical psychologists psychoanalysts therapists and students

Relational Psychoanalysis and Temporality Neil J. Skolnick, 2019-07-05 Includes a foreword by Nancy McWilliams In Relational Psychoanalysis and Temporality Neil J Skolnick takes us on a journey that traces his personal evolution from a graduate student through to his career as a relational psychoanalyst Skolnick uniquely shares his publications and presentations that span his professional career weaving in issues around temporality and relational psychoanalysis Accessible and deeply thought provoking this book explores the many ways our lives are pervaded and shaped by time and how it infuses the problems that psychoanalysts work with in the consulting room Skolnick begins each chapter with an introduction contextualizing the papers in his own evolution as a relational analyst as well as in the broader evolution of the relational conceit in the psychoanalytic field Following an incisive description of the realities and mysteries of time he highlights how psychoanalysts have applied several temporal phenomena to the psychoanalytic process The papers and presentations address an assortment of time worn psychoanalytic issues as they have become redefined reconfigured and re contextualized by the application of a relational psychoanalytic perspective It purports to chart the changes in the field and the author s practice as like many psychoanalysts Skolnick explains his shifted perspective from classical to ego psychological to relational psychoanalysis across the trajectory of his career Finally the author struggles to understand the contributions of time to the process of change in psychoanalytic thought and practice This book also provides a fascinating guide to how our lives are contextualized in the invisibilities of time illuminating the most frequent ways time influences psychoanalytic thinking and practice Relational Psychoanalysis and Temporality will be of immense interest to psychoanalysts psychoanalytic psychotherapists and therapists of all persuasions in their practice and training It should also be of interest to philosophers historians and scholars of psychoanalysis who have a general interest in studying the role of psychoanalysis in influencing contemporary trends of Western thought

From Breakdown to Breakthrough Danielle Knafo, Michael Selzer, 2023-11-22 As a clear and user friendly guide for clinicians who work with patients affected by psychosis this book challenges the false notion that psychosis is untreatable through talk

therapy The authors contend that since psychotic symptoms are features of survival adaptation they naturally serve as a valuable source of information providing clues about the origins of people's psychic derailment along with a path to its cure The authors advise therapists not only to read and respond to the messages embedded in the symptoms but also to recognize and utilise the non psychotic aspects of the patient in facilitating recovery The overall aim is to recruit the patient as a collaborator in their treatment thus wresting a meaningful and redemptive narrative from the psychotic experience All aspects and phases of treatment from initial encounters through the middle phase to termination and even supervision are covered in this volume Abundant with clinical examples theoretical and technical points and treatment methods this book is essential reading for all psychotherapists psychoanalysts and other mental health clinicians working with psychosis **Good Goodbyes** , Jack Novick, Kerry Kelly Novick, 2025-05-20 Good Goodbyes offers a comprehensive model for ending therapy well Bad goodbyes in therapy can contribute to therapist burnout and pessimism regarding the efficacy of therapy Within the framework of the therapeutic relationship and a clearly articulated set of goals for therapy Jack Novick and Kerry Kelly Novick describe how to recognize and respond to termination themes from the very beginning of treatment Each phase of treatment brings its own challenges as well as the risk of premature ending by patient or therapist Each chapter in this book addresses specific danger signals to look out for and helpful techniques to support treatment Organized in a pedagogical question and answer format and with vivid clinical examples from all diagnostic groups and all stages of development Good Goodbyes is a fundamental text on termination for psychodynamic and psychoanalytic therapists New to this Second Edition New preface by the authors discussing updated content and outlining the book format for pedagogical use Updated organization for course usage and flow of Socratic question dialogue Updated terminology Thematic application to practicing psychologists psychotherapists psychoanalysts therapists and counselors and their relationships with clients as well as students and trainees Examination of the micro terminations and transitions at each treatment stage *Internship, Practicum, and Field Placement Handbook* Brian N. Baird, 2015-07-14 The Internship Practicum and Field Placement Handbook Seventh Edition is a practical guide to the real world knowledge and skills that students need when they begin working in the field of mental health This text guides interns through every phase of the internship process from finding placements to concluding relationships with clients and supervisors Along the way students learn about ethics clinical writing and record keeping working with peers and supervisors understanding diversity and self care and safety Following an evidence and competency based approach the latest research findings are reviewed from the fields of psychology social work and counseling **Boundaries and Bridges** Andrea Sabbadini, 2018-04-17 This book explores the meaning of gaps and intervals between events and between experiences the transitional space time separating them as well as the metaphorical bridges that could join them It examines the experience of time as a central aspect of the psychoanalytic situation A Clinical Guide to Psychodynamic Psychotherapy Deborah Abrahams, Poul Rohleder, 2021-01-19 A Clinical Guide to

Psychodynamic Psychotherapy serves as an accessible and applied introduction to psychodynamic psychotherapy. The book is a resource for psychodynamic psychotherapy that gives helpful and practical guidelines around a range of patient presentations and clinical dilemmas. It focuses on contemporary issues facing psychodynamic psychotherapy practice including issues around research, neuroscience, mentalising, working with diversity and difference, brief psychotherapy, adaptations and the use of social media and technology. The book is underpinned by the psychodynamic competence framework that is implicit in best psychodynamic practice. The book includes a foreword by Prof Peter Fonagy that outlines the unique features of psychodynamic psychotherapy that make it still so relevant to clinical practice today. The book will be beneficial for students, trainees and qualified clinicians in psychotherapy, psychology, counselling, psychiatry and other allied professions.

Textbook of Psychoanalysis, Third Edition Glen O. Gabbard, M.D., Bonnie E. Litowitz, Ph.D., Paul Williams, Ph.D., 2024-07-05

Introduction to the Practice of Psychoanalytic Psychotherapy Alessandra Lemma, 2025-02-25

An essential guide to psychoanalytic psychotherapy in modern practice. A must have for those new to the field and seasoned professionals alike. Introduction to the Practice of Psychoanalytic Psychotherapy provides up to date practice oriented coverage of the latest research and techniques in psychoanalysis. Distinguished clinical psychologist and psychoanalyst Alessandra Lemma synthesizes decades of clinical experience and the latest research into actionable advice for developing analytic skills with clarity, confidence and adaptability across diverse therapeutic settings. This popular textbook offers step by step guidance on essential areas of practice including conducting assessments, formulating cases and navigating therapeutic endings. Throughout the book, detailed yet accessible chapters demystify the processes behind psychoanalytic psychotherapy while offering real world insights into the day to day practice of psychoanalytic therapy. Fully revised to reflect contemporary practice, this edition features three entirely new chapters on psychoanalytic ethics, working with the body and online therapy. Updated and expanded chapters address new developments in Dynamic Interpersonal Therapy (DIT), discuss the current evidence base for psychoanalytic interventions, present new case studies and illustrative examples and more. Very few psychoanalysts are capable of what Alessandra Lemma achieves with this book: a deep understanding of the life of the mind coupled with a comfortable familiarity with the science of the mind.

MARK SOLMS, Ph.D., Editor, The Revised Standard Edition of the Complete Psychological Works of Sigmund Freud, 2024. A third edition of this classic text is testimony to how well the original edition was written. Yet it also demonstrates that psychoanalytic therapy and the contexts in which it is practiced are in continual flux. To explain these changes and offer new updates, there is no better guide than Alessandra Lemma. She has been at the forefront of many developments and has endeavoured to make psychoanalytic ideas and techniques relevant for the decade that lies ahead. This is a highly readable, enjoyable and insightful book that deserves to be read again and again. There is always something fresh to discover.

DR ALISTAIR ROSS, Associate Professor in Psychotherapy, Kellogg College, Author of *Introducing Contemporary Psychodynamic Counselling and Psychotherapy*. There are many things to cherish about

Alessandra Lemma's Introduction to the Practice of Psychoanalytic Psychotherapy Now appearing in its third edition Lemma exemplifies a mentality that psychoanalysis is alive and kicking and evolving The book is especially candid in acknowledging how psychoanalysis which began ahead of the social curve but then began to lag behind is now making up for lost time It is a pleasure to encounter readings of Freud that are neither adulating nor deprecating and it is even more of a pleasure to consider this version of contemporary psychoanalysis Lemma's work on integrating the body in psychoanalytic theory is well known and is now incorporated into this book In addition Lemma addresses profound ethical issues that we have faced during the pandemic and in its aftermath Clinicians at every stage of their careers will benefit from reading and reflecting on this terrific book ELLIOT L JURIST Ph D Ph D Professor Psychology and Philosophy The City College of New York and Doctoral Faculty in Psychology and in Philosophy The Graduate Center The City University of NY

Secrets in Psychotherapy Kathryn Zerbe, 2025-04-01 This book brings together contemporary perspectives from psychodynamic treatment advances in cognitive science medicine and neuroscience in a user friendly format guiding practitioners from beginner to more advanced practitioner in working with secrets that emerge during psychotherapy Despite their ubiquity in life and in clinical practice secrets and secret keeping receive limited attention in the training and skill set required for mental health clinicians Drawing on personal experience and clinical expertise as well as film memoir and literature Dr Kathryn Zerbe shares how secrets come to light in both life and treatment demonstrating the powerful hold that secrets can have on our lives This book offers a fresh take on how we view our secrets and how we can use them as a tool to sustain our most intimate and valued connections over the course of a lifetime Using cutting edge research as well as honed clinical expertise the author suggests how one might go about managing the secrets of everyday living that we must keep as well as how we can identify which we can let go Particular attention is paid to the mind body relationship and somatic countertransference reactions Each chapter suggests guidelines to promote wellness and resilience in the secret keeper whether that be the psychotherapist or their patient Written with compassion and in a user friendly style Secrets in Psychotherapy will benefit anyone who is navigating the thorny terrain of keeping a secret for themselves or someone they know It is an essential read for psychotherapists psychoanalysts and practicing mental health professionals of all disciplines

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