

Thomas Abel *Editor*

Handbook of Object Relations Theory

Key Concepts in Contemporary Psychoanalysis

This handbook is the first publication to offer a thorough overview of the fundamental principles of object-relations theory, the current mainstream approach to psychoanalysis worldwide. It offers a structured, easy-to-understand overview of modern psychoanalysis' central concepts. Each chapter is dedicated to an influential author who contributed to the development of object relations theory.

Starting with early pioneers such as Ian Suttie, Alfred Adler, and Otto Rank, it continues with psychoanalysts who established the object relations theory. These include Melanie Klein, Paula Heimann, Clare and Donald Winnicott. It also includes figures who built on object relations theory to create original contributions to clinical psychology. Examples are John Bowlby and Mary Ainsworth's attachment theory, Peter Fonagy's concept of mentalization, and Otto Kernberg's transference-focused psychotherapy. The third part presents modern intersubjective approaches by Stephen Mitchell, Jessica Benjamin, and Donna Orange. These authors outline the direction in which object-relations psychology is set to develop. In these concepts, the other person is not merely an object that fulfills our wishes and desires but rather a subject with their own needs.

The Handbook of Object Relations theory is a comprehensive introductory text for those new to the field who wish to learn about the main currents in contemporary psychoanalysis. It is also useful for experienced practitioners who wish to revisit and deepen their understanding of certain aspects and for researchers and practitioners working with other approaches who wish to understand psychoanalytic concepts. This theory helps explain and transform a wide range of issues in contemporary clinical psychology.

"In the present volume, a comprehensive, clear, and fascinating description of the history of contemporary psychoanalytic object relations theory, the reader will find the discovery of the elements of this theory, the various theoretical and technical developments that these findings have originate." - From the Foreword by Otto F. Kernberg, Professor Emeritus of Psychiatry, Weill Medical College of Cornell University.

This is an English translation of a book that was originally published in German. The original manuscript was translated into English with the help of artificial intelligence. A subsequent human revision focused primarily on content.

ISBN 978-3-032-29314-5



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Foreword by Otto Kernberg

 Springer