

Contents

Introduction

On the Subjective/Empathic Tradition 2 On Being a Therapist and Teaching Psychotherapy at the Turn of the Century 4 Organization 7	A II
Chapter One: The Relationship between Case Formulation	9
and Psychotherapy	
Basic Premises 11	
Goals of Traditional Psychoanalytic Therapy 12	
Case Formulation for Therapeutic Rather Than	
Research Purposes 25	
Summary 28	
Chapter Two: Orientation to Interviewing	29
My Own Style of Initial Interviewing 30	
Concluding Comments 45	
Summary 47	
Chapter Three: Assessing What Cannot Be Changed	48
Temperament 49	
Genetic, Congenital, and Medical Conditions with Direct	
Psychological Effects 52	
Irreversible Consequences of Head Trauma, Illness,	
and Toxicity 53	
Unchangeable Physical Realities 56	
Unchangeable Life Circumstances 58	
Personal History 61	
Summary 63	

Chapter Four: Assessing Developmental Issues	65
Some Cautionary and Orienting Comments on Psychoanalytic	
Developmental Theory 66	
Classical and Post-Freudian Developmental Models and Their Clinical Applications 73	
Clinical Applications 73 Summary 83	
Summary 03	
Chapter Five: Assessing Defense	85
Clinical versus Research Considerations in Assessment	
of Defense 87	
Characterological versus Situational Defensive Reactions 90	
Clinical Implications of Assessing Defense 92	
Summary 101	
Chapter Six: Assessing Affects	102
Affects in the Transference/Countertransference Field 105	102
Affect States as Presenting Problems 108	
Evaluating the Diagnostic Meaning of Affect 110	
Therapeutic Implications of Getting It Right	
about Affect 116	
Summary 121	
Charter Same Association Identification	122
Chapter Seven: Assessing Identifications	122
Identifications Suggested by Transference Reactions 123	
Identification, Incorporation, Introjection, and Intersubjective Influencing 124	
Clinical Implications of Understanding Identifications 129	
Clinical Possibilities Where Counteridentification	
Predominates 132	
Ethnic, Religious, Racial, Cultural, and	
Subcultural Identifications 135	
Summary 138	
Chapter Eight: Assessing Relational Patterns	139
Relational Themes in the Transference 143	137
Relational Themes outside the Therapy Situation 152	
Implications of Relational Patterns for Long-Term	
versus Short-Term Therapies 155	
Summary 156	
severable Consequences of Freed Transmit Hinese	450
Chapter Nine: Assessing Self-Esteem	158
The Significance of Understanding Self-Esteem Issues 158	
Psychoanalytic Attention to Self-Esteem 161 Clinical Implications of Assessing Self-Esteem 166	
Summary 179	

	Contents	@ xv
Chapter Ten: Assessing Pathogenic Beliefs		180
The Nature and Function of Pathogenic Beliefs Developing Hypotheses about Pathogenic Beliefs Clinical Implications of Understanding Pathogenic Beliefs 190 Summary 199	181 186	
Concluding Comments		200
Some Final Advice 208		
Appendix: Sample Contract		210
References		212
Author Index		231
Subject Index		235