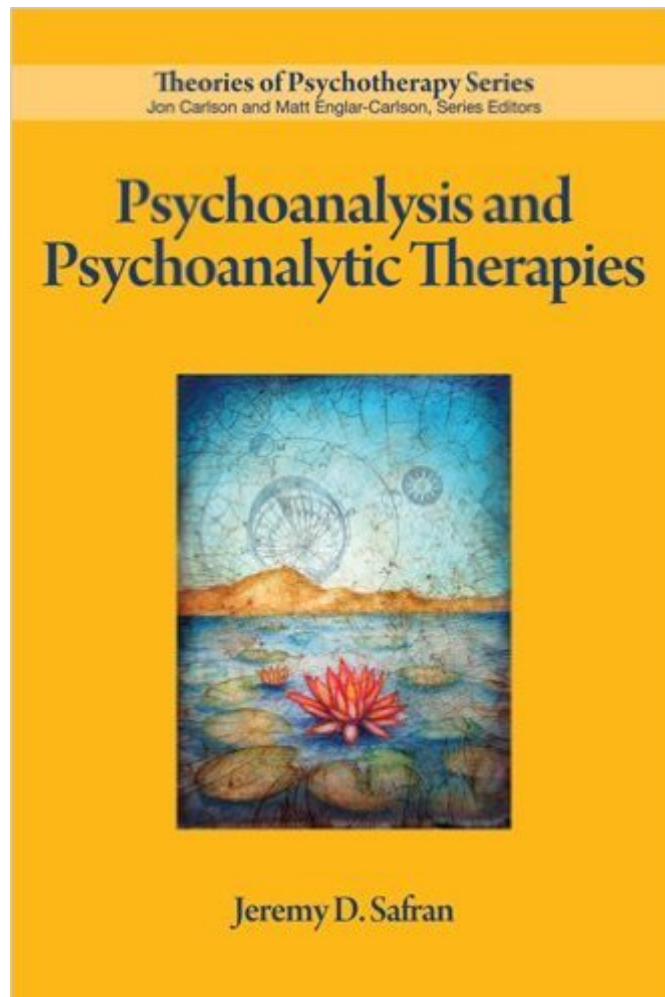


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# Psychoanalysis And Psychoanalytic Therapies (Theories Of Psychotherapy)



## Synopsis

Winner of the 2013 Gradiva Award! In *Psychoanalysis and Psychoanalytic Therapies*, Jeremy D. Safran provides a masterful and engaging overview of this uniquely important family of theories and approaches to psychotherapy, developed and refined over more than a century by key theorists, researchers and clinicians around the world. He also examines the origins of psychoanalysis as a new way of looking at inner life, and discusses its role as one of the more influential intellectual developments of the 20th century. This book charts the major turning points in the development of psychoanalytic theory, as well as cutting edge developments in theory, practice and research. Safran explores the way in which psychoanalysis, which originated in the Austro-Hungarian Empire at the end of the nineteenth century, evolved in diverse ways as it took hold in different countries and cultures. Of particular interest is his examination of the ongoing historical tension between the subversive and politically progressive threads in psychoanalysis, and its more culturally conservative tendencies. Safran also presents a carefully reasoned assessment of the vital and constructive role that contemporary psychoanalytic developments can potentially have on the future of our healthcare system and culture. This essential primer to psychoanalytic approaches, amply illustrated with case examples, is perfect for students and trainees interested in learning about psychoanalysis, as well as seasoned clinicians interested in keeping up with state of the art developments in theory, practice and research.

## Book Information

Series: Theories of Psychotherapy

Paperback: 232 pages

Publisher: American Psychological Association (APA); 1 edition (January 15, 2012)

Language: English

ISBN-10: 1433809788

ISBN-13: 978-1433809781

Product Dimensions: 0.8 x 6 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

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Best Sellers Rank: #381,415 in Books (See Top 100 in Books) #449 in [Books > Medical Books > Psychology > Movements > Psychoanalysis](#) #553 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Psychoanalysis](#) #688 in [Books > Textbooks > Social Sciences > Psychology > Clinical Psychology](#)

## Customer Reviews

This is a truly remarkable book, and an invaluable contribution to the field. Jeremy Safran's superb writing sheds light on psychoanalytic concepts while also placing them in historical context. He presents complex ideas with impressive ease. After reading this book, I feel I've gained a great deal of depth of understanding of psychoanalytic concepts - *Psychoanalysis and Psychoanalytic Therapies* is a must read for anyone with an interest in psychoanalytic theory and practice.

This was a very informative and clearly-written book. I read it for a clinical theory class and it gave me a comprehensive picture of the history of psychoanalysis and the basic tenets (e.g. transference, countertransference, etc.) I highly recommend it to any beginning student of psychoanalysis.

This is an impressive book from an impressive psychodynamic thinker/empirical researcher. One of the most difficult tasks faced by any writer is to tackle a discipline with a long history (over 100 years) that has already been the subject of 100s (if not thousands) of other volumes. The difficulty comes from the fact that one has to not only make it interesting, but also strike an uneasy balance b/w accuracy (viz., paying homage to a complex and nuanced past) and accessibility (i.e., simplifying yet not oversimplifying). I believe that this balance is achieved by Safran. Neophytes (graduate students and advanced undergraduates) and experts alike will gain from reading this work and the particular intellectual synthesis that Safran achieves. Though the book is consistently good, chapters 3 and 4 are real highlights. I will definitely be recommending this book to my doctoral trainees.

Even to a clinician who has studied psychoanalysis in grad school, the field can seem confusing and unwieldy. This book provides a very clear, readable overview of many aspects of psychoanalytic theory and practice. On one level, it is a bit like a sophisticated, elegant "Cliff's Notes" to the entire field of psychoanalysis including history, theory, therapy, and a consideration of its place in culture and politics. But Dr. Safran's insight elevates this from much more than just a "Cliff's Notes" version to a valuable academic accomplishment in its own right. After reading this, I understood the "big picture" of contemporary psychoanalysis in a way I never have before. I would recommend this for every clinician's library.

For me who was not too familiar with the subject of psychoanalysis, this was an interesting

introduction. The author writes in a way that makes the material easy to understand and presents clinical illustrations of central concepts in the therapy theories. Be sure to watch the accompanying DVD, as made by APA, for a presentation of one of the case studies in the book as well as commentaries by the therapist. If I could wish for an improvement it would be adding more clinical illustrations than the current two to get a better in-depth look at the therapy process in Psychoanalysis and Psychoanalytic Therapies.

Excellent book covering the basics of psychoanalytic theory and an especially unique account of the movement's history. A stand-out gem--you will be pleasantly surprised at its uniqueness, critical perspective, and depth if you are familiar with the other titles in this APA series that tend to be edited down to basic, descriptive primers.

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