

TERMINATION IN PSYCHOANALYSIS

Goals and Technical Principles Evolving from Sullivanian Conceptions

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Terminating psychoanalysis is not in the nature of a final chapter in a book. The analytic experience is intimately interwoven with the total texture of a person's life. Analysis reaches into the past and by its very nature goes on far beyond its terminal phase. At the same time, it is understood that technically and practically speaking analytic treatment has to be ended. There is a somewhat recondite connection between this principle and the ancient ritual of "The King is dead! Long live the King."

Conceptual Frame of Reference

In this paper my primary concern is to focus attention on concepts and technical considerations as they pertain to the terminal aspects of all analytic therapy. The goals and therapeutic approaches in short-term psychotherapy are of a somewhat different nature.

The conceptual framework of my presentation has in many respects evolved from the matrix of sullivanian notions and formulations. Actually, Sullivan himself did not write anything on this particular subject; nor did he give a lecture or a talk dealing with termination, as far as I know. So let me make it clear that I am not expressing his specific views on the subject. I cannot tell you how he handled the final curtain. Instead I wish to sketch some notions of the process of therapy that have been partially formulated by Sullivan. His therapeutic method of observing human personality lends itself well as a background for highlighting certain landmarks in therapy.

Therapeutic Considerations

To Sullivan (1), therapy consists largely of participant observation in regard to personal vulnerabilities connected with anxiety and low self-esteem. Focal attention is directed toward inadequate and inappropriate performances in past and present living. The therapeutic interest is always in the personality as it relates to the demands of the personal situation. Both are so closely inter-

Termination In Psychoanalysis

C. R. Snyder, Rick E. Ingram



Termination In Psychoanalysis:

Termination in Psychoanalysis and Psychotherapy Stephen K. Firestein, 2001 Dr Firestein examined the cases of four men and four women who entered the termination phase of analysis at the Treatment Center of the New York Psychoanalytic Institute In the current paperback edition the case records of the eight psychoanalyses that formed the main portion of the earlier edition remain as they were Although none of the analysts would today conduct those treatments in the same manner as is summarized the accounts are faithful to what unfolded in each of the treatment collaborations The current edition accomplishes several purposes to amend the essay that reviewed the literature up to 1978 with selected references to contributions of the past two decades to discuss ways in which termination of psychotherapy resembles and is different from termination in analysis and to consider many facets of treatment termination in some detail Endings Fausta

Ferraro, Alessandro Garella, 2009 Ever since Analysis Terminable and Interminable the termination of therapy has placed the clinical and metapsychological levels of psychoanalytic thought in a dialectical tension The rereading proposed by the authors situates Freud and Ferenczi as two poles of a debate which is still ongoing psychoanalytic literature demonstrates the convergences divergences and hybridizations which have come about through time the various schools and the geography of analysis The authors explore the development of the termination process and within this the termination event as a final moment each with its own characteristics The beginning of the termination process constitutes a critical moment in the analysis one we may investigate through the conceptual lens of liminality a sort of threshold or border that is useful for the reading of a wide range of phenomena related to termination Every termination is nonetheless incomplete and it is against this backdrop that the authors theoretical reflection and clinical experience interact suggesting a typology of analytic termination From this a map of a little explored terrain emerges where we see a mixing of the boundaries between interior and exterior reality individual and couple goals and theoretical aims and concrete aspirations all requiring a meticulous task of reconnaissance **Termination in Psychoanalysis** Stephen K. Firestein, 1978 **Termination in Psychotherapy**

Anthony S. Joyce, 2007 A successful termination phase is a critically important component of psychotherapy of any orientation The authors synthesize and evaluate the clinical theoretical and empirical literature on termination They then offer their own Termination Phase Model designed to help psychotherapists understand and address the full range of both patient and therapist responses that must be considered as therapy winds down and the patient prepares for life without treatment

Myths of Termination Judy Leopold Kantrowitz, 2014-07-25 Psychoanalysis can make a huge difference in the lives of patients their families and others they encounter Myths have developed however about how psychoanalysis should end what patients experience and what analysts do These expectations come primarily from accounts by analysts in the analytic literature which are often perpetuated in an oversimplified form in teaching Patients perspectives are rarely presented In her book Judy Leopold Kantrowitz seeks to address this omission Exploring the accounts of 82 former analysands she illustrates

the rich diversity of psychoanalytic endings and ways of maintaining analytic benefits after ending in presenting patients experiences Kantrowitz provides correctives for some myths about termination Myths of termination What patients can teach psychoanalysts about endings is not a book that seeks to refute or support any specific idea about a best way of ending analysis but rather to show that there are countless ways of having a satisfactory conclusion to the process Nor is the author espousing any particular analytic theory Kantrowitz sets out to show that an oversimplified view of psychoanalytic endings not only diminishes an appreciation of the diversity of psychoanalytic outcomes but may also interfere with the creativity of individual psychoanalysts In this book former analysands describe and illustrate how their analyses ended They reflect on the effect of non mutual endings due to external factors moving retirement illness or death or psychological factors wishing to avoid facing some issue the impact of post analytic contact and the ways in which they have held on to their analytic benefits after ending their analyses Myths of termination confronts and refutes the myths about the termination phase of psychoanalysis that are passed from generation to generation It is a refreshing and insightful study that will be welcomed by psychoanalysts psychodynamic therapists such as clinical psychologists social workers and others trained or in training to do clinical work

Textbook of Psychoanalysis Glen O. Gabbard, Bonnie E. Litowitz, Paul Williams, 2012-09-24 The second edition of this groundbreaking text represents a complete departure from the structure and format of its predecessor Though still exhaustive in scope and designed to provide a knowledge base for a broad audience from the beginning student to the seasoned analyst or academician this revision emphasizes the interdisciplinary nature of psychoanalytic thought and boldly focuses on current American psychoanalysis in all its conceptual and clinical diversity This approach reflects the perspective of the two new co editors whose backgrounds in linguistics and social anthropology inform and enrich their clinical practice and the six new section editors who themselves reflect the diversity of backgrounds and thinking in contemporary American psychoanalysis The book begins with Freud and his circle and the origins of psychoanalysis and goes on to explore its development in the post Freud era This general introduction orients the reader and helps to contextualize the six sections that follow The most important tenets of psychoanalysis are defined and described in the Core Concepts section including theories of motivation unconscious processes transference and countertransference defense and resistance and gender and sexuality These eight chapters constitute an excellent introduction to the field of psychoanalysis The Schools of Thought section features chapters on the most influential theories from object relations to self psychology to attachment theory and relational psychoanalysis and includes the contributions of Klein and Bion and of Lacan Rather than making developmental theory a separate section as in the last edition developmental themes now permeate the Schools of Thought section and illuminate other theories and topics throughout the edition Taking a more clinical turn the Treatment and Technique section addresses critical subjects such as transference and countertransference theories of therapeutic action process interpretation and resistance termination and reanalysis combined psychoanalysis and psychopharmacotherapy child analysis

ethics and the relationship between psychoanalysis and psychodynamic psychotherapy A substantive utterly current and meticulously referenced section on Research provides an in depth discussion of outcome process and developmental research The section entitled Psychoanalysis and Other Disciplines takes the reader on a fascinating tour through the many fields that psychoanalysis has enriched and been enriched by including the neurosciences philosophy anthropology race ethnicity literature visual arts film and music A comprehensive Glossary completes this indispensable text The Textbook of Psychoanalysis is the only comprehensive textbook of psychoanalysis available in the United States This masterful revision will both instruct and engage those who are learning psychoanalysis those who practice it and those who apply its theories to related disciplines Though always controversial this model of the human psyche still provides the best and most comprehensive insight into human nature

The Origins and Organization of Unconscious Conflict Martin S. Bergmann, 2016-10-04 The Origins and Organization of Unconscious Conflict provides a comprehensive set of contributions by Martin S Bergmann to psychoanalytic theory technique and its applications Following a general approach Bergmann synthesizes Freud's major contributions the development of his thinking the ramifications to present day psychoanalytic theory and practice and finally discusses unresolved problems requiring further work In these selected papers profound meditations are offered on love and death the leap from hysteria to dream interpretation in Freud's intellectual development the genetic roots of Psychoanalysis in the creative clash between Enlightenment and Romantic ideas old age as a clinical and theoretical phenomenon the death instinct as clinical controversy and the interminable debate about termination in psychoanalysis and how to effect it Crucial clinical and theoretical questions are constantly addressed and the challenges they pose will engage and enlighten the reader Bergmann was a philosopher of mind as much as he is a psychoanalyst and the range and scope of the ideas in these selected papers is impressive instructive and illuminating Bergmann deals with psychoanalysis as a science and with an ideology referring to psychoanalysis as a *Weltanschauung* a philosophical basis for psychoanalytic theory He presents an original penetrating analysis of Freud's inner struggle about empirical research validation and related to five other sciences about irrational forces that constitute major motivators of human life and require taking an existential position regarding their implications the search for the meaning of one's existence The Origins and Organization of Unconscious Conflict is an exciting intellectual journey of the scientific and ideological aspects of psychoanalysis and the study of love It will appeal to psychoanalysts psychologists philosophers and both undergraduate and postgraduate students studying in these fields as well as anyone with an interest in mental health and human behaviour

The Struggle Against Mourning Ilany Kogan, 2007-06-14 The main questions raised in this book are How does the analyst help the patient to be in touch with pain and mourning Is the relinquishment of defenses always desirable And what is the analyst's role in the mourning process should the analyst struggle to help patients relinquish defenses against pain and mourning which they may experience as vital to their precarious psychic survival Or should he or she accompany patients on

their way to self discovery which may or may not result in the patients letting go of their defenses when faced with the pain and mourning inherent in trauma the utilization of various defenses and the resulting unresolved mourning reflect the magnitude of the anxiety and pain that is found on the road to mourning The ability to mourn and the capacity to bear some helplessness while still finding life meaningful are the objectives of the analytic work in this book **Saying Goodbye** Anita G. Schmukler, 2013-05-13 Termination of psychoanalysis or psychotherapy is centrally important both to the process of treatment and to the patient's experience of treatment It is surprising then that there has heretofore been no comprehensive study of the subject This book begins to bridge the gap in this area It is the first volume devoted entirely to issues surrounding the ending of treatment in analytic and therapeutic work with children and adolescents Organized into separate clinical and theoretical sections framed by a preface and sectional introductions and covering a wide range of psychopathology this book explores the different ways in which children and adolescents grapple with the experience of separation at the conclusion of treatment Of special note is the contributors' recognition that the parents of children ending treatment face their own termination experience in relinquishing the support of their child's therapist The presentations are enriched as well by frank discussions of countertransference as it enters into the termination phase of treatment

Separation-Individuation Struggles in Adult Life Sarah Fels Usher, 2016-10-04 Separation Individuation Struggles in Adult Life Leaving Home focuses on the developmental task of separating from parents and siblings for individuals and couples who have not been able to resolve these issues earlier in life Sarah Fels Usher extends Mahler's theory and includes the writing of Loewald and Modell among others stressing the right of adult patients to a separate life She describes the predicament of Oedipal victors or victims their introjected feelings of responsibility for their parents and their resultant inability to be truly individuated adults Difficulties separating from siblings are also given analytic attention Usher's experience treating couples adds a new and powerful dimension to her theory She is optimistic throughout about the therapist's ability to help adult patients resolve the rapprochement sub phase in a satisfying manner An additional crucial question is raised when the author asks if the therapist can allow the patient to terminate treatment Has the therapist achieved separation from their own parents or indeed from their analyst Exploring the plight of patients of the unseparated analyst Usher describes how these generational factors rear their unfortunate heads when it is time to end therapy Listening to patients from the perspective of separation individuation is not new what is new is Usher's emphasis on how these particular issues are often masked by significant achievement in adult professional life Separation Individuation Struggles in Adult Life Leaving Home will be of great importance for psychoanalysts and psychoanalytic psychotherapists working with adults as well as for clinical postgraduate students **International Journal of Psychoanalytic Psychotherapy** Robert J. Langs, 1984-03 *The Psychoanalytic Quarterly* Dorian Feigenbaum, Bertram David Lewin, Gregory Zilboorg, Frankwood Earl Williams, 1978 Primitive high gods by G eza R oheim v 3 no 1 pt 2 133 p Good Enough Endings , **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.

International Encyclopedia of Psychiatry, Psychology, Psychoanalysis & Neurology, 1977 Comprehensive coverage with over 1800 signed articles by 1500 worldwide authors presenting the current status of research, theory and therapy in their respective fields. Intended for professional personnel concerned with the problems of mental health and the human mind. Each entry gives article bibliography and signature. Cross references. V 1 contains brief biographical notes on authors. V 12 is the index. Name subject indexes.

Entering Night Country Stephanie Brody, 2015-12-14 None of us will escape the experience of personal loss, illness, aging or mortality. Yet psychoanalysis seems to shy away from a discussion of these core human experiences. Existential vulnerability is painful and we all avoid this awareness in different ways. However, when analysts fail to explore the topic of mortality, their own and their patients, they may foreclose an important exploration and short change patient and therapist. *Entering Night Country* focuses on the existential condition and explores how it penetrates professional lives, analytic work and theoretical formulations. Each chapter explores this topic, shifting the lens from analytic process to include theoretical assumptions and professional

communities Stephanie Brody shows how the analytic process is a journey no less profound than the epic journeys depicted in the classic literature of Homer and repeated in the patient's own heroic and painful stories Weaving literary references into the clinical experience of psychoanalysis Brody reveals the transformative power of the analytic process for the patient and for the analyst By relating the ancient past to our current struggles psychoanalyst and patient together are guided to a destination a life of meaning in the universe of possibilities Clinical vignettes and personal reflections intersect with motifs from the epic poems and fantasy fiction where the despair of loss and trauma do not extinguish the wish for change and the search for intimacy Entering Night Country highlights the common themes that arise for patient and analyst as any person entering an unknown territory It is intended for psychoanalysts psychoanalytically oriented psychotherapists and mental health clinicians It will also be accessible to those outside the clinical profession even to individuals who have little understanding of psychoanalysis

The Annual Survey of Psychoanalysis John Frosch, 1952 **The Scandinavian Psychoanalytic Review**, 2006 *Psychoanalysis and Contemporary Thought*, 2002 Handbook of Psychological Change C. R. Snyder, Rick E. Ingram, 2000-02 Psychotherapeutic change in perspective A Changing History of Efforts to Understand and Control Change The Case of Psychotherapy M Mahoney Effectiveness of psychotherapeutic change Randomized Clinical Trials in Psychotherapy Research Methodology Design and Evaluation D Haaga W Stiles Empirically Supported Treatments A Critical Analysis R Ingram et al Components of psychotherapeutic change Therapist Variables E Teyber F McClure Stalking the Elusive Client Variable in Psychotherapy Research N Petry et al Change at Differing Stages J Prochaska Hope Theory Updating a Common Process for Psychological Change C Snyder et al The Long and Short of Psychological Change Toward a Goal Centered Understanding of Treatment Durability and Adaptive Success P Karoly C Anderson Enhancing Perceived Control in Psychotherapy S Thompson M Wiersen Psychotherapeutic approaches Psychodynamic Approaches to Psycho

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