

Useful Reading about Psychoanalytic Psychotherapy

For those wanting to learn more about psychoanalytic psychotherapy, the books listed below — a small selection from a large body of literature — give an introduction to the field.

General introduction

- Lemma, A. (2003). *Introduction to the Practice of Psychoanalytic Psychotherapy*. Chichester, UK: Wiley.
- Mitchell, S. and Black, M. (1995). *Beyond Freud: A History of Modern Psychoanalytic Thought*. New York: Basic Books.
- Symington, N. (1996). *The Making of a Psychotherapist*. London: Karnac Books.
- Waddell, M. (2002). *Inside Lives: Psychoanalysis and the Growth of the Personality*. London: Karnac Books.

Assessment and case formulation

- McWilliams, N. (1994). *Psychoanalytic Diagnosis: Understanding Personality Structure in the Clinical Process*. New York: Guilford Press.
- McWilliams, N. (1999). *Psychoanalytic Case Formulation*. New York: Guilford Press.
- PDM Task Force. (2006). *Psychodynamic Diagnostic Manual*. Silver Spring, MD: Alliance of Psychoanalytic Organisations.

Self-Psychology, Intersubjectivity, and Object Relations

- Goldberg, A. (1988). *A Fresh Look at Psychoanalysis: the View from Self Psychology*. Hillsdale, NJ: The Analytic Press.
- Masterson, J.F. (1988). *The Search for the Real Self: Unmasking the Personality Disorders of Our Age*. New York: The Free Press.
- Scharff, D. (ed.) (2005). *Object Relations Theory and Practice: An Introduction*. Oxford: Rowman & Littlefield.
- Stolorow, R., Brandchaft, B. and Atwood, G. (1987). *Psychoanalytic Treatment: an Intersubjective Approach*. Hillsdale, NJ: The Analytic Press.

Short-Term Psychodynamic Psychotherapy

- Book, H. (2002). *How to Practice Brief Psychodynamic Psychotherapy: The Core Conflictual Relationship Theme (CCRT) Method*. Washington, DC: American Psychological Association.
- Levenson, H. (1995). *Time-Limited Dynamic Psychotherapy: a Guide to Clinical Practice*. New York: Basic Books.
- Malan, D. and Coughlin Della Selva, P. (2006). *Lives Transformed: a Revolutionary Method of Dynamic Psychotherapy*. London: Karnac Books.

Psychoanalytic couple therapy

- Crawley, J. and Grant, J. (2008). *Couple Therapy: the Self in the Relationship*. Basingstoke (UK), Palgrave Macmillan.
- Fisher, J. (1999). *The Uninvited Guest: Emerging from Narcissism towards Marriage*. London: Karnac Books.
- Scharff, D. and Savage Scharff, J. (1991). *Object Relations Couple Therapy*. Northvale, NJ: Jason Aronson.

Infant, Child, and Adolescent Psychoanalytic Psychotherapy

- Cassidy, J. & Shaver, P. (eds) (1999). *Handbook of Attachment. Theory, Research and Clinical Applications*. New York: Guilford Press.
- Edgumbe, R. (2000). *Anna Freud. A View of Development, Disturbance and Therapeutic Techniques*. London: Routledge
- Lanyado, M. & Horne, A. (eds) (1999). *The Handbook of Child and Adolescent Psychotherapy. Psychoanalytic Approaches*. London: Routledge
- Matin Maldonado-Duran, J. (ed) (2002). *Infant and Toddler Mental Health. Models of clinical intervention with infants and their families*. Arlington, Va: American Psychiatric Pub.
- Rustin, M. & Quagliata, E. (eds) (2000). *Assessment in Child Psychotherapy*. London: Duckworth.
- Stern, D. (1985). *The Interpersonal World of the Infant*. New York: Basic Books.
- Tyson, P. & Tyson, R.L. (1990). *Psychoanalytic Theories of Development*. New Haven & London: Yale University Press.