

Refinding the Object and Reclaiming the Self

# The Interlocking of Self and Object during Life Development

David E. Scharff M.D.

**The Interlocking  
of Self and  
Object During  
Life  
Development**

**Refinding the Object and  
Reclaiming the Self**

**David E. Scharff, M.D.**

From *Refinding the Object and Reclaiming the Self* Copyright © 1992 by David E. Scharff

e-Book 2020 International Psychotherapy  
Institute

All Rights Reserved

This e-book contains material protected under International and Federal Copyright Laws and Treaties. This e-book is intended for personal use only. Any unauthorized reprint or use of this material is prohibited. No part of this book may be used in any commercial manner without express permission of the author. Scholarly use of quotations must have proper attribution to the published work. This work may not be deconstructed, reverse engineered or reproduced in any other format.

Created in the United States of America

# **THE INTERLOCKING OF SELF AND OBJECT DURING LIFE DEVELOPMENT**

---

---

In the family, each person is a primary object for every other family member. Not only are the parents the primary objects for the children, but the children become new primary objects for each parent, potentially strengthening the marital bond because the parents share the children as objects for care and concern as well as for introjection. Just as the child introjects both the

individual parents and the parental couple (Scharff and Scharff 1991), so each parent introjectively identifies not only with a child, but with a child in relation with that parent's spouse. That is, a mother takes in her daughter and identifies with her as a growing girl and a potential woman, but she also takes in the experience of her daughter in relationship with her husband, and in so doing has the opportunity to modify aspects of her internal object relationship with her own father.

Ogden (1989) has described beautifully the way in which the child's first presentation of the father is through getting to know the mother's internal object constellation, which includes her own father. That is, the child's first experience of an oedipal constellation occurs through an introjective identification with the mother's self

and her paternal object. Almost equally important in a family with two parents, I suggest, is the child's introjective identification from the father's projection of himself and his maternal object, and that these are communicated unconsciously to both boy and girl babies and young children.

There is another aspect of growth within the family, which I first described in a book on adolescent development and the transition from school to work (Scharff and Hill 1976). I bring this aspect into the current context because it is consistent with my present view that the development of the individual is dependent on the members of the family and others with whom the individual has primary relationships.

It is this: Psychoanalysis and the dynamic developmental psychologies have described life stages in ever-increasing detail and with increasing sophistication. But they have not as yet described the complexity of the way in which one person's developmental stage interlocks with those of others in the family. I find that interlocking occurs universally. The infant's first crucial developmental steps intertwine with those of its parents who are becoming parents through that infant's birth. Or, if this is their second or later child, they are becoming parents of a growing family and, as every parent knows, the addition of each child changes the family experience dramatically simply on account of the numbers, even before we consider the unique individual contribution from each child.

Children find that their family experience is determined by birth order and number of siblings already in place. It is changed dramatically by the birth of subsequent siblings. The role of children as each others' primary objects has been vastly underestimated, a lack of understanding that is only now being redressed. For instance, Bank and Kahn (1982) point out that siblings often have the closest relationships within families, and at the end of the life cycle may spend more time together than at any time since childhood. Today, with divorce as a prominent factor disrupting the shaping of the family, siblings may be the only constant objects as children travel together back and forth between their two homes.

However, all these complications become part of a larger pattern in which children's



developmental life transitions occur in the context of the development of the adults with whom they live. We must consider the complexity that ensues when we acknowledge and explore the adult crises of development that are going on at the same time as those of the child.

Erikson's (1950, 1959) original work on the seven developmental stages described seven groups of developmental tasks. Erikson saw that development began in childhood but continued across the life span from early childhood dependency through adolescent struggles with identity formation to the adult stages of the development of intimacy, generativity, and finally the maintenance of integrity.

What we can now add to this is the way in which the infant, child, and adolescent face these tasks at the same time that the adults who form their objects face their own adult developmental tasks. And in a complex and reciprocal way, the adults undertake their own developmental crises while the children face theirs. These processes interlock and influence each other. In many cases, the adult crises are triggered or significantly punctuated by the developmental stages of the children.

For instance, it is common enough for the attainment of intimacy by young adults to be punctured by the birth of a first child, an increase in family size, or the birth of a first child of a particular sex. The oedipal struggles and ploys of children confront parents who are struggling with challenges of intimacy and

generativity they had not expected. And in a reciprocal way, the parental struggles for intimacy and sexual relatedness may extend to include children in encouraging or interfering ways. Examples extend right through the developmental epochs. Adolescents struggling for identity, including sexual identity, may find that they have introjectively identified with their parents, who are struggling with questions of their own capacities and worth in the midlife stage of adult development. Such is the case in the vignettes that follow.

## **VIOLETTE LA FRANCE**

The following case concerns a 15-year-old French girl, the youngest of three children. She was brought by her parents who were in their fifties. They initiated therapy because she had asked for birth

control, planning to begin an active sexual life with a man of 23. The parents were astounded and deeply upset. In the interview with them, it quickly developed that their own sexual life was nonexistent, having stalled several years ago. Even when their sex life was occurring, Mrs. La France had not experienced sexual passion for her husband whom she loved and deeply admired, because he had been chosen by her to be a safe, nonerotic choice in her own mid-twenties. She did so because she remained in love with the man of her fantasies, an exciting but unreliable artist. Mr. La France, for his part, had chosen his wife because she was beautiful beyond his dreams and socially glittering, whereas he was an awkward although brilliant scholar. Feeling little regard for his powers as an attractive man, he was willing to do without an active sexual life in order to have her. Now, twenty-five years later, having compromised their chances for vital marital and sexual intimacy, and shortly after the additional symbolic loss

to their sexuality from Mrs. La France's hysterectomy for fibroid growths, Mr. and Mrs. La France had both projectively identified with Violette's flowering sexuality, only to find that it was assuming proportions that alarmed them.

For her part, Violette was furious at her mother for an anti-sexual attitude. She took encouragement unconsciously from the adoring and encouraging fondness her father lavished on her and hoped to find this in the sexual relationship with an older man. Thus her urgent search for sexual intimacy was a precocious attempt to find compensation for parenting that derived from a sterile bond. Her parents found that the rift in understanding between themselves and Violette threatened their attempts to feel confirmed in their generativity. Another way of saying this uses the concepts of midlife crisis (Jacques 1965) and adult transitions (Levinson et al. 1978). Both parents were negotiating adult developmental stages as they attempted

to help Violette negotiate her adolescent development, but their previous failure to establish an integrated capacity for intimacy now compromised their achievement of a sense of generativity and of a move toward the later acquisition of a sense of integrity. Their concerns for the well-being of their daughter further eroded their sense of parental competence, one component of generativity.

## **THE HOLMES FAMILY**

The second example comes from my study of adolescent development in the transition between school and work (Scharff and Hill 1976). The Holmes family was referred by their family doctor to the Tavistock Clinic's Adolescent Department in London where I was working, because two family members were symptomatic. They had run into each other at the doctor's office, each there without knowing the other was

experiencing difficulty, each surprised and alarmed.

The boy, Keith, age 16, had been sent to his doctor's office because of "shaky feelings" on the job. He had left high school after the British equivalent of junior year to move into an apprenticeship as a draughtsman, a career course that was not unusual for nonacademic students. This job provided for a day a week study at a college of further education, with the expectation of a diploma in draughtsmanship at the end of four years. He had found school difficult during his last year, and he now found the day at college difficult. He was afraid of being called on to speak in public during class, an old fear he carried from school. To his alarm, he found that the public speaking phobia spread rapidly. He suddenly found that he was afraid to use the telephone for fear he might be asked to read a letter over the phone and would be unable to do so. He began to refuse to answer the phone at work. Since his job involved

frequent telephone calls, he grew increasingly afraid at work in case he would have to answer the phone or explain himself. It was for help with this fear that he went to his doctor's office, and it was then he met his father. When the doctor referred Keith to the clinic, he suggested that the whole family come with him.

Mr. Holmes, too, had gone to see the doctor for help with a symptom of anxiety, and it was also related to work. He had had a checkered business career. He did not have a university degree but had worked his way up in business until he reached a middle management position in a large printing corporation. However, he had not been promoted for a number of years now. He had been commuting long hours in order to work for this firm after it moved out of London. Feeling that the lack of credentials meant that his career growth was effectively at an end, he had recently decided to invest with his wife in a neighborhood dairy and newspaper



shop, one previously owned by his wife's parents, which would be more lucrative although less professional. However, in the transition, he had become unable to sleep from the anxiety about giving up his career, and it was then he had gone to see his family doctor, meeting Keith in the waiting room.

When I saw the family, a description of the family-wide stress emerged. The family was in the middle of arranging to move into the apartment above the shop and would be living close to Mrs. Holmes' mother for the first time since the parents had been married twenty years ago. In addition, in an individual interview, Keith revealed that his family had a secret that he was not supposed to know: Mrs. Holmes' father had died of late-stage syphilis contracted in his youth. This set of grandparents had apparently not gotten on well, and the syphilis had come as a final late-life blow to the grandmother. It had added shame to her bitterness about the long-standing arguments between

Keith's grandparents, and that shame had apparently been shared by Keith's mother about her father.

I saw Keith together with his mother, father, 6-year-old brother, and 18-year-old sister, who was about to get married. It became apparent that the mother bore more than her share of family burdens. She had always been the more active parent. Staying at home meant she had been the one to set limits on the children and care for them generally, whereas Mr. Holmes had been the provider. With their new investment in the dairy shop, she would also be called on to take the lead in the family's financial support. It was she who knew how to manage the dairy shop, since it had formerly been owned by her parents. She had never been able to move very far from her own family. Her inability or distaste for leaving her mother was the reason they had previously decided that Mr. Holmes would commute to work when the firm moved headquarters outside London instead of

the family moving, too. The new living arrangement above the dairy shop meant they would be living just around the corner from Mrs. Holmes' mother.

The difficulty Mrs. Holmes had with separation had affected the decisions the couple had recently made. We could see that her separation anxiety was echoed in Keith's difficulty with speaking in class. Finding his voice in public had the unconscious meaning of making the break from his family and of differentiating from the silent mass of schoolmates in class. His move into a job coincided with his father's making a transition that signaled the midlife failure of his own career, compounded by his mother's continued difficulty separating from her family.

Mr. Holmes also recounted a symptomatic aspect of his own development. In his youth, he had overcome a public speaking phobia. Unable to speak before even small

groups of employees, he had worried that his career would be jeopardized by this public speaking disability. He had faced his difficulty with a self-styled desensitization program, deliberately setting out to organize religious forums at which he would speak. Only by this conscious effort had he overcome a dread similar to the one now confronting Keith. He had come from a coal mining family in the north of England and his interest in business had been viewed by his parents, particularly by his mother, as threatening because he would become too different from them. As he told us this, he wept with recognition that his parents had feared losing him through his own career advancement and had wanted to hold on to him, their only child. He then realized that his parents' marriage had been marked by many angry arguments, but that they had been united in devotion to him. When he married at 19 and moved to London with the firm he had worked for since then, the life appeared to have gone out of his parents, who had

seemed depressed to him ever since. We could now see that his public speaking phobia had expressed his family's difficulty with his adolescent separation—individuation and the loss it meant for his parents—and that his self-styled cure of the phobia represented his creative work to get past the impasse in his development.

In the light of the father's story about the phobia of his youth and the way it expressed the issues of his family then, I wondered about the transmission of object relations issues in Keith's growing anxiety about work, expressed in his phobia about speaking in class and use of the telephone. As Mr. and Mrs. Holmes faced a change of career and a change of dominance in the family with mother now assuming a major leadership role in the family's financial life, a family crisis threatened that was echoed in Keith's individual crisis. Both his father's bitterness about his own stalled career and the domestic pattern of the family of

"pinning all worries on Mom" were consistent with Keith's increasing anxiety about pursuing a new career that involved learning, promotion, and a progressive assumption of independence and responsibility. Like his father, Keith had pursued a nonacademic career, but one that offered social and professional advancement. He was not consciously aware of the bitterness or anxiety his father felt but had not acknowledged within the family. All Keith was aware of was his own crippling symptom, which threatened to remove him from work right at the beginning of his career.

Our exploration of the family pattern began with understanding the meaning of the parents' family histories for their adult anxieties. We related them to the father's current disappointment and bitterness, and the threat that Mrs. Holmes would become more of a manager than her husband or son could tolerate. Mrs. Holmes also feared that her difficulty with separation would alienate her husband

and son as it had her father from her mother, and Mr. Holmes realized that, without knowing it, he worried that Keith's independent progress would cost him the companionship of his son at an age similar to the age at which Mr. Holmes had desperately wanted to leave his own parents behind. Keith's uncertainty about moving into the world of work and responsibility thus embodied his own adolescent anxiety about separation and independent striving, but at the same time expressed his parents' history of object relations issues.

Interlocking and reinforcing family themes emerged. Mr. Holmes was able to see that the life issues he had found crippling did not need to be passed on to Keith. He and Keith began to work together to relieve the anxiety present for both of them in the work area, and Keith quickly found himself able to use the phone, take on more difficult tasks, and move more confidently toward competence at college and at work.

At the same time the couple realized that they had been inhibited by the legacy of Mrs. Holmes' family secret. Mrs. Holmes had taken in from her mother the fear that separation, including letting Mr. Holmes pursue his career fully, might stimulate in him a promiscuous sexuality in which she and her mother imagined her father had engaged as a young man. Keith's adolescence had triggered this fear again for his mother in a way that the couple's older daughter's adolescence had not because she was a girl who had been unambitious and had remained close to her mother.

The couple's restriction of the range of their operations in the world had pushed each of them to hope that Keith would achieve a freedom of expression in the world that they had not. Yet, they were unconsciously afraid that this would include sexual activity that could expose him to risks like those Mrs. Holmes' father had run. Keith's use of the phone had more meaning than simply interfering with



his ability to work. If he could not make calls, he would not reach out to establish sexual connections with girls. This inhibition protected the parents from their fears for him at the same time as it blocked the hope that he would grow beyond the restricted development imposed on him by the parents from their own object relations set.

In addition, we learned that the parents' sexual life had become more circumscribed in this period of crisis. Partly because of the husband's anxiety about domination by his wife, he had lost his usually active interest in sex, leaving Mrs. Holmes more anxious about whether she was valued as a woman, or whether she would be appreciated only as the proprietess and manager of the dairy shop—an asexual mother to the men of the family. Now that Keith's older sister was getting married, Mrs. Holmes was the only woman at home, and she had begun to fear that everyone would depend on her without appreciating her own needs,

including that of reassurance that she was still sexually appealing to her husband.

## **ADOLESCENT ECHOES OF PARENTAL BLOCKED DEVELOPMENT**

In the two families discussed in the preceding sections, the adolescents' developmental crisis echoed the strain of the parents' midlife developmental setbacks. In the setting of an object relations understanding of the family, the adolescents' anxieties could be seen to be driven by the adult issues—both the individual ones of each parent, and by the midlife crisis in the parents as a couple. The parents were now experiencing conscious and unconscious aspects of the toll of earlier

developmental compromises through the limitations imposed on themselves and on their relationship. Successful negotiation of this adult developmental stage required new personal growth. The adolescents' sexual and work identity developmental issues had a significant role in propelling the parents toward the crisis in their own lives. Violette's attempt to make a premature sexual relationship to reassure herself of her capacity for sexuality was driven partly by her individual, age-appropriate needs, and partly by internalizing her parents' unconscious hope that she would create a sexual pairing that would substitute for their lack of sexual intimacy. Her actions drew attention to her parents' need for enhanced intimacy in their midlife if they were to be able to use the holding capacity in their own relationship to let her

separate from them in the manner appropriate to adolescence.

For Mr. and Mrs. Holmes, the sexual issues were triggered as their daughter was leaving for marriage and Keith was becoming self-supporting. But the area of expression for their crisis occurred primarily in the area of work. Keith's phobia of speaking in class and using the telephone embodied a family-wide failure to encapsulate and detoxify fears about the men reaching out into the wider world through career and sexuality, lest the wider world defeat competency and hopes for intimacy, both at midlife and at adolescence.

Both cases show that: (1) adult development needed to proceed to provide the context for the adolescent's development, and (2) the

adolescent's development triggered new needs in the adult development of the parents.

The adolescent's self has had to embody and contain the issues of its adult objects precisely because the adults were unable to make their own developmental moves necessary for maintaining the optimum context for the adolescent's continuing growth and separation. At the same time, the adult selves had put these issues into their children precisely because they could not solve or contain them in their selves and in their relationships. They hoped unconsciously to solve these issues through the projective identifications with their children. The adolescent's failure to do so was experienced as a personal failure by the parents because of the projective identification of each parent with the adolescent. It was also felt to be the failure of

the family's overall holding capacity and was carried by the family group as a shared feeling of inadequacy.

These two families demonstrate that development of each family member individually has to be understood as involving and challenging the development of the other family members and of the family as a whole in a continuously interlocking and interdependent cycle.

## REFERENCES

---

---

- Abelin, E. (1971). The role of the father in the separation-individualization process. In *Separation-Individuation*, ed. J. B. McDevitt and C. F. Settlage, pp. 229-252. New York: International Universities Press.
- \_\_\_\_\_ (1975). Some further observation and comments on the earliest role of the father. *International Journal of Psycho-Analysis* 56:293-302.
- Ainsworth, M., and Wittig, B. (1969). Attachment and exploratory behavior in one-year-olds in a stranger situation. In *Determinants of Infant Behavior*, ed. B. M. Foss. 4:111-136. New York: Wiley.
- Ainsworth, M., Blehar, M., Waters, E., and Wall, S. (1978). *Patterns of Attachment*. Hillsdale, NJ: Lawrence Erlbaum Associates.
- Aponte, H. J., and VanDeusen, J. M. (1981). Structural Family Therapy. In *Handbook of*

*Family Therapy*, ed. A. Gurman and D. Kniskern, pp. 310-360. New York: Brunner/Mazel.

Atwood, G., and Stolorow, R. (1984). *Structures of Subjectivity: Explorations in Psychoanalytic Phenomenology*. Hillsdale, NJ: Analytic Press.

Auden, W. H. (1945). In memory of Sigmund Freud. In *The Collected Poetry of W. H. Auden*, pp. 163-167. New York: Random House.

Balint, M. (1952). *Primary Love and Psychoanalytic Technique*. London: Tavistock, 1965.

\_\_\_\_\_ (1957). *Problems of Human Pleasure and Behaviour*. London: Hogarth Press.

\_\_\_\_\_ (1968). *The Basic Fault: Therapeutic Aspects of Regression*. London: Tavistock.

Bank, S. P., and Kahn, M. D. (1982). *The Sibling Bond*. New York: Basic Books.

Beebe, B., and Lachmann, F. M. (1988). The contribution of mother-infant mutual influence to the origins of self- and object representations. *Psychoanalytic Psychology* 5:305-337.



Bion, W. R. (1961). *Experiences in Groups and Other Papers*. London: Tavistock.

\_\_\_\_\_ (1967). *Second Thoughts*. London: Heinemann.

\_\_\_\_\_ (1970). *Attention and Interpretation: A Scientific Approach to Insight in Psychoanalysis and Groups*. London: Tavistock.

Bios, P. (1967). The second individuation process of adolescence. *Psychoanalytic Study of the Child* 22:162-186. New York: International Universities Press.

Bollas, C. (1987). *The Shadow of the Object*. New York: Columbia University Press.

\_\_\_\_\_ (1989). *Forces of Destiny: Psychoanalysis and Human Idiom*. London: Free Association.

Bowlby, J. (1969). *Attachment and Loss, Vol. 1: Attachment*. London: Hogarth Press.

\_\_\_\_\_ (1973). *Attachment and Loss, Vol. 2: Separation: Anxiety and Anger*. London: Hogarth Press.

\_\_\_\_\_ (1980). *Attachment and Loss, Vol. 3: Loss: Sadness and Depression*. London: Hogarth

Press.

\_\_\_\_\_ (1988). *A Secure Base: Parent-Child Attachment and Healthy Human Development*. New York: Basic Books.

Box, S. (1981). Introduction: space for thinking in families. In *Psychotherapy with Families: An Analytic Approach*, ed. S. Box, B. Copley, J. Magagna, and E. Moustaki, pp. 1-8. London: Routledge & Kegan Paul.

\_\_\_\_\_ (1984). *Containment and countertransference*. Paper presented at the Washington School of Psychiatry, Fifth Annual Symposium on Psychoanalytic Family Therapy, Bethesda, MD, April.

Box, S., Copley, B., Magagna, J., and Moustaki, E. (1981). *Psychotherapy with Families: An Analytic Approach*. London: Routledge & Kegan Paul.

Brazelton, T. B. (1982). Joint regulation of neonate-parent behavior. In *Social Interchange in Infancy*, ed. E. Tronick, pp. 7-22. Baltimore: University Park Press.

Brazelton, T. B., Koslowski, B., and Main, M. (1974). The origins of reciprocity: the early mother-infant interaction. In *The Effect of the Infant on Its Caregiver*, ed. M. Lewis and L. A. Rosenblum. 1:49-76. New York: Wiley.

Brazelton, T. B., Yogman, M., Als, H., and Tronick, E. (1979). The infant as a focus for family reciprocity. In *The Child and Its Family*, ed. M. Lewis and L. A. Rosenblum, pp. 29-43. New York: Plenum Press.

Breuer, J., and Freud, S. (1895). Studies on hysteria. *Standard Edition 2*.

Buber, M. (1978). *I and Thou*. Trans. W. Kaufman and S. G. Smith. New York: Scribner.

Campos, J., and Stenberg, C. (1980). Perception of appraisal and emotion: the onset of social referencing. In *Infant Social Cognition*, eds. M. E. Lamb and L. Sherrod. Hillsdale, NJ: Lawrence Erlbaum Associates.

Casement, P. J. (1991). *Learning from the Patient*. New York: Guilford.

Davies, R. (1985). *What's Bred in the Bone*. Toronto: MacMillan.

- Dicks, H. V. (1967). *Marital Tensions: Clinical Studies Towards a Psychoanalytic Theory of Interaction*. London: Routledge & Kegan Paul.
- Donne, J. (1952). "The Canonization." In *The Complete Poetry and Selected Prose of John Donne*, ed. C. M. Coffin, pp. 13-14. New York: Modern Library.
- Duncan, D. (1981). A thought on the nature of psychoanalytic theory. *International Journal of Psycho-Analysis* 62:339-349.
- \_\_\_\_\_ (1989). The flow of interpretation. *International Journal of Psycho-Analysis* 70:693-700.
- \_\_\_\_\_ (1990). The feel of the session. *Psychoanalysis and Contemporary Thought* 13:3-22.
- \_\_\_\_\_ (1991). *What analytic therapy does*. Paper presented at the Washington School of Psychiatry Object Relations Theory Conference, Washington DC, May 5, 1991.
- Edgumbe, R., and Burgner, M. (1975). The phallic-narcissistic phase: a differentiation between pre-oedipal and oedipal aspects of phallic

development. *Psychoanalytic Study of the Child* 30:160-180. New Haven: Yale University Press.

Emde, R. N. (1988a). Development terminable and interminable: I. Innate and motivational factors from infancy. *International Journal of Psycho-Analysis* 69:23-42.

\_\_\_\_\_ (1988b). Development terminable and interminable: II. Recent psychoanalytic theory and therapeutic considerations. *International Journal of Psycho-Analysis* 69:283-296.

Emde, R. N., Klingman, D. H., Reich, J. H., and Wade, J. D. (1978). Emotional expression in infancy: I. Initial studies of social signaling and an emergent model. In *The Development of Affect*, ed. M. Lewis and L. Rosenblum, pp. 125-148. New York: Plenum Press.

Emde, R. N., and Sorce, J. F. (1983). The rewards of infancy: emotional availability and maternal referencing. In *Frontiers of Infant Psychiatry, vol. 1*, ed. J. D. Call, E. Galenson, and R. Tyson, pp. 17-30. New York: Basic Books.

Erikson, E. H. (1950). *Childhood and Society*. Rev. ed. New York: Norton, 1963.

\_\_\_\_\_ (1959). *Identity and the Life Cycle. Psychological Issues*, Monograph 1. New York: International Universities Press.

Ezriel, H. (1950). A psychoanalytic approach to group treatment. *British Journal of Medical Psychology* 23:59-74.

\_\_\_\_\_ (1952). Notes on psychoanalytic group therapy II: interpretation and research. *Psychiatry* 15:119-126.

Fairbairn, W. R. D. (1940). Schizoid factors in the personality. In *Psychoanalytic Studies of the Personality*, pp. 3-27. London: Routledge & Kegan Paul, 1952.

\_\_\_\_\_ (1941). A revised psychopathology of the psychoses and psychoneuroses. In *Psychoanalytic Studies of the Personality*, pp. 28-58. London: Routledge & Kegan Paul, 1952.

\_\_\_\_\_ (1943). The repression and the return of bad objects (with special reference to the war neuroses). In *Psychoanalytic Studies of the Personality*, pp. 59-81. London: Routledge & Kegan Paul, 1952.

\_\_\_\_\_ (1944). Endopsychic structure considered in terms of object relationships. In *Psychoanalytic Studies of the Personality*, pp. 82-136. London: Routledge & Kegan Paul, 1952.

\_\_\_\_\_ (1951). A synopsis of the development of the author's views regarding the structure of the personality. In *Psychoanalytic Studies of the Personality*, pp. 162-179. London: Routledge & Kegan Paul, 1952.

\_\_\_\_\_ (1952). *Psychoanalytic Studies of the Personality*. London: Routledge & Kegan Paul.

\_\_\_\_\_ (1954). Observations on the nature of hysterical states. *British Journal of Medical Psychology* 27:105-125.

\_\_\_\_\_ (1958). The nature and aims of psychoanalytical treatment. *International Journal of Psycho-Analysis* 39:374-385.

\_\_\_\_\_ (1963). Synopsis of an object-relations theory of the personality. *International Journal of Psycho-Analysis* 44:224-225.

Freud, S. (1895). The psychotherapy of hysteria. *Standard Edition* 2: 255-305.

- \_\_\_\_\_ (1900). The interpretation of dreams. *Standard Edition* 4/5.
- \_\_\_\_\_ (1905a). Fragment of an analysis of a case of hysteria. *Standard Edition* 7:7-122.
- \_\_\_\_\_ (1905b). Three essays on the theory of sexuality. *Standard Edition* 7:135-243.
- \_\_\_\_\_ (1909). Notes upon a case of obsessional neurosis. *Standard Edition* 10:153-318.
- \_\_\_\_\_ (1910). Future prospects of psycho-analytic therapy. *Standard Edition* 11:141-151.
- \_\_\_\_\_ (1912a). The dynamics of transference. *Standard Edition* 12: 97-108.
- \_\_\_\_\_ (1912b). Recommendations to physicians practicing psychoanalysis. *Standard Edition* 12:111-120.
- \_\_\_\_\_ (1914). Remembering, repeating, and working through. *Standard Edition* 12:147-156.
- \_\_\_\_\_ (1915). Observations on transference love. *Standard Edition* 12:159-171.
- \_\_\_\_\_ (1917). Mourning and melancholia. *Standard Edition* 14:243-258.



\_\_\_\_\_ (1918). From the history of an infantile neurosis. *Standard Edition* 17:7-122.

\_\_\_\_\_ (1923). The ego and the id. *Standard Edition* 19:3-63.

\_\_\_\_\_ (1926). Inhibitions, symptoms, and anxiety. *Standard Edition* 20:87-174.

\_\_\_\_\_ (1937). Analysis terminable and interminable. *Standard Edition* 23:216-253.

Gill, M. (1984). Psychoanalysis and psychotherapy: a revision. *International Review of Psycho-Analysis* 11:161-169.

Gill, M., and Muslin, H. (1976). Early interpretation of transference. *Journal of the American Psychoanalytic Association* 24:779-794.

Greenberg, J. R., and Mitchell, S. A. (1983). *Object Relations in Psychoanalytic Theory*. Cambridge, MA: Harvard University Press.

Greenson, R. (1967). *The Technique and Practice of Psychoanalysis*, Vol. I. New York: International Universities Press.

Guntrip, H. (1961). *Personality Structure and Human Interaction: The Developing Synthesis*

*of Psychodynamic Theory*. London: Hogarth Press.

\_\_\_\_\_ (1969). *Schizoid Phenomena, Object Relations and the Self*. New York: International Universities Press.

Hamilton, N. G. (1988). *Self and Others: Object Relations Theory in Practice*. Northvale, NJ: Jason Aronson.

Heimann, P. (1950). On counter-transference. *International Journal of Psycho-Analysis* 31:81-84.

Hughes, J. M. (1989). *Reshaping the Psychoanalytic Domain: The Work of Melanie Klein, W. R. D. Fairbairn, & D. W. Winnicott*. Berkeley, CA: University of California Press.

Jacobs, T. J. (1991). *The Use of the Self*. Madison, CT: International Universities Press.

Jacques, E. (1965). Death and the mid-life crisis. *International Journal of Psycho-Analysis* 46:502-514.

Jones, E. (1952). Foreword to W. R. D. Fairbairn's *Psychoanalytic Studies of the Personality*. London: Routledge & Kegan Paul.

Joseph, B. (1989). *Psychic Equilibrium and Psychic Change: The Selected Papers of Betty Joseph*, ed. E. B. Spillius and M. Feldman. London: Routledge, Chapman Hall.

Kernberg, O. (1975). *Borderline Conditions and Pathological Narcissism*. New York: Jason Aronson.

\_\_\_\_\_ (1976). *Object Relations Theory and Clinical Psychoanalysis*. New York: Jason Aronson.

\_\_\_\_\_ (1980). *Internal World and External Reality: Object Relations Theory Applied*. New York: Jason Aronson.

\_\_\_\_\_ (1984). *Severe Personality Disorders: Psychotherapeutic Strategies*. New Haven: Yale University Press.

Khan, M. M. R. (1963). The concept of cumulative trauma. *The Psychoanalytic Study of the Child* 18:286-306. New York: International Universities Press.

\_\_\_\_\_ (1974). *The Privacy of the Self*. London: Hogarth Press.

\_\_\_\_\_ (1979). *Alienation in Perversions*. New York: International Universities Press.

- Klein, M. (1928). Early stages of the Oedipus conflict. In *Love, Guilt and Reparation and Other Works, 1921-45*, pp. 186-198. London: Hogarth Press.
- \_\_\_\_\_ (1932). *The Psycho-Analysis of Children*. Trans. A. Strachey, Rev. A. Strachey and H. A. Thorner. London: Hogarth Press.
- \_\_\_\_\_ (1935). A contribution to the psychogenesis of manic-depressive states. *International Journal of Psycho-Analysis* 16, pp. 145-174.
- \_\_\_\_\_ (1940). Mourning and its relation to manic-depressive states. *International Journal of Psycho-Analysis* 21:125-153.
- \_\_\_\_\_ (1945). The Oedipus complex in the light of early anxieties. *International Journal of Psycho-Analysis* 26:11-33.
- \_\_\_\_\_ (1946). Notes on some schizoid mechanisms. *International Journal of Psycho-Analysis* 27:99-110.
- \_\_\_\_\_ (1948). *Contributions to Psychoanalysis, 1921-45*. London: Hogarth Press.
- \_\_\_\_\_ (1957). *Envy and Gratitude*. London: Tavistock.

\_\_\_\_\_ (1961). *Narrative of a Child Analysis*.  
London: Hogarth Press.

\_\_\_\_\_ (1975a). *Love, Guilt and Reparation, 1921-45*. New York: Delacorte Press.

\_\_\_\_\_ (1975b). *Envy and Gratitude and Other Works, 1946-1963*. London: Hogarth Press.

Klinnert, M. D.; Campos, J. J., Sorce, J. F., et al. (1983). Emotions as behavior regulators: social referencing in infancy. In *Emotion: Theory, Research and Experience*, vol. 2, ed. R. Plutchik and H. Kellerman, pp. 57-86. New York: Academic Press.

Kohut, H. (1977). *The Restoration of the Self*. New York: International Universities Press.

\_\_\_\_\_ (1984). *How Does Analysis Cure?* Ed. A. Goldberg. Chicago: University of Chicago Press.

Levenson, E. (1983). *The Ambiguity of Change: An Inquiry into the Nature of Psychoanalytic Reality*. New York: Basic Books.

Levinson, D. J., Darrow, C. N., Klein, E. B., et al. (1978). *The Seasons of a Man's Life*. New York: Knopf.

Lichtenberg, J. (1983). *Psychoanalysis and Infant Research*. Hillsdale, NJ: Analytic Press.

\_\_\_\_\_ (1989). *Psychoanalysis and Human Motivation*. Hillsdale, NJ: Analytic Press.

Lichtenstein, H. (1961). Identity and sexuality: a study of their inter-relationship in man. *Journal of the American Psychoanalytic Association* 9:179-260.

Loewald, H. W. (1960). On the therapeutic action of psychoanalysis. *International Journal of Psycho-Analysis* 41:16-33.

\_\_\_\_\_ (1980). *Papers on Psychoanalysis*. New Haven: Yale University Press.

McDougall, J. (1970). Homosexuality in women. In *Female Sexuality: New Psychoanalytic Views*, ed. J. Chasseguet-Smirgel, pp. 94-134. Ann Arbor, MI: University of Michigan Press.

\_\_\_\_\_ (1985). *Theaters of the Mind: Illusion and Truth on the Psychoanalytic Stage*. New York: Basic Books.

\_\_\_\_\_ (1986). Identification, neoneeds, and neosexualities. *International Journal of Psycho-Analysis* 67:19-33.

\_\_\_\_\_ (1989). *Theaters of the Body*. New York: Norton.

Meltzer, D. (1975). Adhesive identification. *Contemporary Psychoanalysis* 11:289-310.

Mitchell, S. A. (1988). *Relational Concepts in Psychoanalysis: An Integration*. Cambridge, MA: Harvard University Press.

Modell, A. (1984). *Psychoanalysis in a New Context*. Madison, CT: International Universities Press.

Money-Kyrle, R. (1956). Normal countertransference and some of its deviations. *International Journal of Psycho-Analysis* 37:360-366.

\_\_\_\_\_ (1971). The aim of psychoanalysis. *International Journal of Psycho-Analysis* 52:103-106.

\_\_\_\_\_ (1978). *The Collected Papers of Roger Money-Kyrle*. Ed. D. Meltzer and E. O'Shaughnessy. Strath Tay, Scotland: Clunie Press.

Muir, R. (1989). Fatherhood from the perspective of object relations theory and relational systems theory. Paper presented at Washington School of

Psychiatry's Annual Symposium on  
Psychoanalytic Object Relations Family  
Therapy, Bethesda, MD, March 18, 1989.

Ogden, T. H. (1982). *Projective Identification and  
Psychotherapeutic Technique*. New York: Jason  
Aronson.

\_\_\_\_\_ (1986). *The Matrix of the Mind*. Northvale,  
NJ: Jason Aronson.

\_\_\_\_\_ (1989). *The Primitive Edge of Experience*.  
Northvale, NJ: Jason Aronson.

Palombo, S. R. (1978). *Dreaming and Memory: A  
New Information-Processing Model*. New York:  
Basic Books.

Racker, H. (1968). *Transference and  
Countertransference*. New York: International  
Universities Press.

Reiss, D. (1981). *The Family's Construction of  
Reality*. Cambridge, MA: Harvard University  
Press.

Sameroff, A. J., and Emde, R. N., eds. (1989).  
*Relationship Disturbances in Early Childhood:  
A Developmental Approach*. New York: Basic  
Books.



- Sandler, J. (1976). Actualization and object relationships. *The Journal of the Philadelphia Association for Psychoanalysis* 3:59-70.
- Scharff, D. E. (1982). *The Sexual Relationship: An Object Relations View of Sex and the Family*. Boston: Routledge & Kegan Paul.
- \_\_\_\_\_ (1987). The infant's reinvention of the family. In *Object Relations Family Therapy*, by D. E. Scharff and J. S. Scharff, pp. 101-126. Northvale, NJ: Jason Aronson.
- Scharff, D. E., and Hill, J. M. M. (1976). *Between Two Worlds: Aspects of the Transition from School to Work*. London: Careers Consultants.
- Scharff, D. E., and Scharff, J. S. (1987). *Object Relations Family Therapy*. Northvale, NJ: Jason Aronson.
- \_\_\_\_\_ (1991). *Object Relations Couple Therapy*. Northvale, NJ: Jason Aronson.
- Scharff, J. S. (1989). Play: an aspect of the therapist's holding capacity. In *Foundations of Object Relations Therapy*, ed. J. S. Scharff, pp. 447-461. Northvale, NJ: Jason Aronson.

\_\_\_\_\_ (1992). *Projective and Introjective Identification and the Use of the Therapist's Self*. Northvale, NJ: Jason Aronson.

Searles, H. F. (1959). Oedipal love in the countertransference. *International Journal of Psycho-Analysis* 40:180-90.

\_\_\_\_\_ (1963). The place of neutral therapist-responses in psychotherapy with the schizophrenic patient. In *Collected Papers on Schizophrenia and Related Subjects*, pp. 626-653. New York: International Universities Press, 1965.

\_\_\_\_\_ (1965). *Collected Papers on Schizophrenia and Related Subjects*. New York: International Universities Press.

\_\_\_\_\_ (1979). *Countertransference and Related Subjects: Selected Papers*. New York: International Universities Press.

\_\_\_\_\_ (1986). *My Work with Borderline Patients*. Northvale, NJ: Jason Aronson.

Segal, H. (1973). *Introduction to the Work of Melanie Klein*. London: Hogarth Press.

\_\_\_\_\_ (1981). *The Work of Hanna Segal*. New York: Jason Aronson.

\_\_\_\_\_ (1991). *Dream, Phantasy and Art*. London: Routledge, Chapman Hall.

Shakespeare, W. H. (1954). *The Tragedy of Romeo and Juliet*. Ed. R. Hosley. Yale Shakespeare ed. New Haven: Yale University Press.

Shapiro, R. L. (1979). Family dynamics and object-relations theory: an analytic, group-interpretive approach to family therapy. In *Adolescent Psychiatry: Developmental and Clinical Studies*, ed. S. C. Feinstein and P. L. Giovacchini, 7:118-135. Chicago: University of Chicago Press.

Slipp, S. (1984). *Object Relations: A Dynamic Bridge between Individual and Family Therapy*. New York: Jason Aronson.

Socarides, C. W. (1978). *Homosexuality*. New York: Jason Aronson.

Sophocles. (1956). *Oedipus Rex*. In *The Oedipus Cycle of Sophocles, An English Version*, English version by Dudley Fitts and Robert Fitzgerald. New York: Harvest Books.

\_\_\_\_\_ (1956). *Oedipus at Colonus*. In *The Oedipus Cycle of Sophocles, An English Version*, English version by Dudley Fitts and Robert Fitzgerald. New York: Harvest Books.

\_\_\_\_\_ (1956). *Antigone*. In *The Oedipus Cycle of Sophocles, An English Version*, English version by Dudley Fitts and Robert Fitzgerald. New York: Harvest Books.

Steiner, J. (1987). The interplay between pathological organizations and the paranoid-schizoid and depressive positions. *International Journal of Psycho-Analysis* 68:69-80.

\_\_\_\_\_ (1989). *Projective identification and the aims of psychoanalytic psychotherapy*. Paper presented at the Washington School of Psychiatry Object Relations Theory Conference, Washington, DC, November 12, 1989.

Stern, D. (1977). *The First Relationship: Infant and Mother*. Cambridge, MA: Harvard University Press.

\_\_\_\_\_ (1985). *The Interpersonal World of the Infant: A View from Psychoanalysis and Developmental Psychology*. New York: Basic Books.

Stolorow, R. D. (1991). The intersubjective context of intrapsychic experience: a decade of psychoanalytic inquiry. *Psychoanalytic Inquiry* 11:171-184.

Stolorow, R. D., Brandchaft, B., and Atwood, G. E. (1987). *Psychoanalytic Treatment: An Intersubjective Approach*. Hillsdale, NJ: Analytic Press.

Sullivan, H. S. (1953a). *Conceptions of Modern Psychiatry: The First William Alanson White Memorial Lectures*. New York: Norton.

\_\_\_\_\_ (1953b). *The Interpersonal Theory of Psychiatry*. New York: Norton.

\_\_\_\_\_ (1962). *Schizophrenia as a Human Process*. New York: Norton.

Sutherland, J. D. (1963). Object relations theory and the conceptual model of psychoanalysis. *British Journal of Medical Psychology* 36:109-124.

\_\_\_\_\_ (1980). The British object relations theorists: Balint, Winnicott, Fairbairn, Guntrip. *Journal of the American Psychoanalytic Association* 28:829-860.

\_\_\_\_\_ (1985). *The object relations approach*. Paper presented at the Washington School of Psychiatry, Sixth Annual Symposium on Psychoanalytic Family Therapy, Bethesda, MD, April 1985.

\_\_\_\_\_ (1989). *Fairbairn's Journey to the Interior*. London: Free Association.

Terr, L. C. (1991). Childhood trauma: an Outline and Overview. *American Journal of Psychiatry* 148:10-20.

Tower, L. (1956). Countertransference. *Journal of the American Psychoanalytic Association* 4:224-255.

Tronick, E., Als, H., Adamson, L., et al. (1978). The infant's response to entrapment between contradictory messages in face-to-face interaction. *Journal of the American Academy of Child Psychiatry* 17:1-13.

Tustin, F. (1986). *Autistic Barriers in Neurotic Patients*. London: Karnac.

\_\_\_\_\_ (1990). *The Protective Shell in Children and Adults*. London: Karnac.

Virag, R., Frydman, D. I., Legman, M., and Virag, H. (1984). Intracavernous injection of papaverine as a diagnostic and therapeutic method in erectile failure. *Angiology* 35:79-83.

Volkan, V. D. (1976). *Primitive Internalized Object Relations*. New York: International Universities Press.

\_\_\_\_\_ (1987). *Six Steps in the Treatment of Borderline Personality Organization*. Northvale, NJ: Jason Aronson.

Whitaker, C. A., and Keith, D. V. (1981). Symbolic-experiential family therapy. In *Handbook of Family Therapy*, ed. A. S. Gurman & D. P. Kniskern, pp. 187-225. New York: Brunner/Mazel.

Williams, A. H. (1981). The micro environment. In *Psychotherapy with Families: An Analytic Approach*, ed. S. Box, B. Copley, J. Magagna, and E. Moustaki, pp. 105-119. London: Routledge & Kegan Paul.

Winnicott, D. W. (1947). Hate in the countertransference. In *Collected Papers: Through Paediatrics to Psycho-Analysis*, pp. 194-203. London: Tavistock, 1958.

- \_\_\_\_ (1951). Transitional objects and transitional phenomena. In *Collected Papers: Through Paediatrics to Psycho-Analysis*, pp. 229-242. London: Tavistock, 1958.
- \_\_\_\_ (1956). Primary maternal preoccupation. In *Maturational Processes and the Facilitating Environment: Studies on the Theory of Emotional Development*, pp. 300-305. London: Hogarth Press, 1965.
- \_\_\_\_ (1958). *Collected Papers: Through Paediatrics to Psycho-Analysis*. London: Tavistock.
- \_\_\_\_ (1960a). The theory of the parent-infant relationship. *International Journal of Psycho-Analysis* 41:585-595.
- \_\_\_\_ (1960b). Ego distortion in terms of true and false self. In *The Maturational Processes and the Facilitating Environment: Studies on the Theory of Emotional Development*, pp. 140-152. London: Hogarth Press, 1965.
- \_\_\_\_ (1963a). Communicating and not communicating leading to a study of certain opposites. In *The Maturational Processes and the Facilitating Environment: Studies on the*



*Theory of Emotional Development*, pp. 179-192.  
London: Hogarth Press, 1965.

\_\_\_\_\_ (1963b). The development of the capacity for concern. In *The Maturational Processes and the Facilitating Environment: Studies in the Theory of Emotional Development*, pp. 73-82. London: Hogarth Press, 1965.

\_\_\_\_\_ (1965). *The Maturational Processes and the Facilitating Environment: Studies on the Theory of Emotional Development*. London: Hogarth Press.

\_\_\_\_\_ (1968). The use of an object and relating through cross-identification. In *Playing and Reality*, pp. 86-94. New York: Basic Books, 1971.

\_\_\_\_\_ (1971a). *Playing and Reality*. London: Tavistock.

\_\_\_\_\_ (1971b). The location of cultural experience. *Playing and Reality*, pp. 95-103. London: Tavistock.

Wright, K. (1991). *Vision and Separation between Mother and Baby*. Northvale, NJ: Jason Aronson.

Yogman, M. (1982). Observations on the father-infant relationship. In *Father and Child: Developmental and Clinical Perspectives*, ed. S. H. Cath, A. R. Gurwitt, and J. M. Ross, pp. 101-122. Boston: Little, Brown.

Zetzel, E. (1958). Therapeutic alliance in the analysis of hysteria. In *The Capacity for Emotional Growth*, pp. 182-196. New York: International Universities Press.

Zinner, J., and Shapiro, R. L. (1972). Projective identification as a mode of perception and behavior in families of adolescents. *International Journal of Psycho-Analysis* 53:523-530.