

barry joseph weber

david l. downing

object-relations & self-psychology

a user-friendly primer

Object-relations & Self-psychology: A User-friendly Primer is a much-needed primary text that is a strong introduction to complex theories. The book anchors developmental theory and associated treatment methods alongside the DSM-IV-TR to assist clinicians and students more familiar with this tool in translating these ideas into psychoanalytical ones. The reader will develop an appreciation for the DSM's limitations, finding theories in the authors' text to be of greater clinical value, as the authors articulate the complexity of the lived experience and internal worlds of the persons they treat in their consulting rooms—considerations generally absent in the emphasis on observable behaviour and treatment-by-manual we commonly find today. The authors introduce the reader to a dynamic theory that produces results and offer a wealth of citations to point readers in directions that build on new foundations they will receive. While not written exclusively as a text on short-term psychoanalytical psychotherapy, clinicians working in this modality also will find it an invaluable resource.

About the Authors

David L. Downing, PsyD, is Director of Graduate Programs in Psychology and a professor in the School of Psychological Sciences at the University of Indianapolis as well as Dean of Chicago's Center for Psychoanalytic Study. Dr. Downing is a current and former president of many psychoanalytical societies. He maintains private practices in psychoanalysis, psychoanalytical psychotherapy, and consultation in Chicago and Indianapolis.

Barry J. Weber, MDiv, PhD, was Director of Allied Associates in Psychology, a group private practice and practicum training facility in the northwest suburbs of Chicago. Dr. Weber was a certified forensic psychologist and adjunct instructor in psychology at several Chicago-area programs.



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"This book is the first of its kind: an introduction to object relations and self psychology for the uninitiated. The authors are true to their determination to present complex theories in plain English and their clinical examples are clear and easy to follow. This is a deceptively simple accomplishment and the more experienced clinicians using this text—perhaps for teaching purposes or review of the field—will appreciate the shrewd intelligence operating in the choice of topics, the way they are presented, and above all the generous and open-spirited point of view that imbues the entire text."

— Christopher Bollas, PhD, British Psychoanalytical Society member

Doctors Weber and Downing have written an exceptionally readable, clear, comprehensive text that introduces the reader to basic concepts in object relations theory and self psychology. In addition to elucidating the conceptual framework of Object Relations Theory, the authors demonstrate the Object Relations understanding of the major forms of psychopathology. This book fills a need for an introductory text in ORT that can be used for teaching this form of contemporary psychoanalytic theory to students who are new to the psychoanalytic way of thinking. I highly recommend this text to all clinicians and students who wish to become acquainted with Object Relations concepts and have an interest in using them in their clinical work.

— Frank Summers, PhD, ABPP, Supervising and Training Analyst, Chicago Institute for Psychoanalysis, Associate Professor of Psychiatry and the Behavioral Sciences, Northwestern University Medical School



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