

# Object Relations Theory and Self Psychology in Social Work Practice: An Essential Guide for Clinicians

Object relations theory and self psychology are two of the most influential theories in psychoanalysis. They have been used to understand a wide range of clinical phenomena, including personality disorders, anxiety disorders, and depression. In recent years, these theories have also been increasingly used in social work practice.



## Object Relations Theory and Self Psychology in Soc

by Hairy Bikers

★★★★☆ 4.8 out of 5

Language : English

File size : 912 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 326 pages



This book provides a comprehensive overview of object relations theory and self psychology, and their application to social work practice. The book is written in a clear and accessible style, and it is packed with case examples and exercises to help readers understand the theories and apply them to their work.

## Chapter 1: Object Relations Theory

The first chapter of the book provides an overview of object relations theory. The chapter begins by discussing the basic concepts of object relations theory, such as the id, ego, and superego. The chapter then goes on to discuss the different schools of object relations theory, including the British school, the American school, and the Kleinian school.

## **Chapter 2: Self Psychology**

The second chapter of the book provides an overview of self psychology. The chapter begins by discussing the basic concepts of self psychology, such as the self, the self-object, and the self-object transference. The chapter then goes on to discuss the different schools of self psychology, including the Kohutian school, the Stolorow school, and the Ghent school.

## **Chapter 3: Object Relations Theory and Self Psychology in Social Work Practice**

The third chapter of the book discusses the application of object relations theory and self psychology to social work practice. The chapter begins by discussing the different ways that object relations theory and self psychology can be used to understand clinical phenomena. The chapter then goes on to discuss the different ways that object relations theory and self psychology can be used to intervene in clinical practice.

## **Chapter 4: Case Examples**

The fourth chapter of the book provides case examples of how object relations theory and self psychology can be used in social work practice. The case examples illustrate how the theories can be used to understand a wide range of clinical phenomena, and how they can be used to intervene in clinical practice.

Object Relations Theory and Self Psychology in Social Work Practice is an essential guide for clinicians who want to deepen their understanding of these two influential theories and apply them to their work with clients. The book is written in a clear and accessible style, and it is packed with case examples and exercises to help readers understand the theories and apply them to their work.

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