



Psychoanalysis and Psychoanalytic Therapies (Theories of Psychotherapy)

Jeremy D. Safran

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Winner of the 2013 Gradiva Award!

In *Psychoanalysis and Psychoanalytic Therapies*, Jeremy D. Safran provides a masterful and engaging overview of this uniquely important family of theories and approaches to psychotherapy, developed and refined over more than a century by key theorists, researchers and clinicians around the world. He also examines the origins of psychoanalysis as a new way of looking at inner life, and discusses its role as one of the more influential intellectual developments of the 20th century. This book charts the major turning points in the development of psychoanalytic theory, as well as cutting edge developments in theory, practice and research. Safran explores the way in which psychoanalysis, which originated in the Austro-Hungarian Empire at the end of the nineteenth century, evolved in diverse ways as it took hold in different countries and cultures. Of particular interest is his examination of the ongoing historical tension between the subversive and politically progressive threads in psychoanalysis, and its more culturally conservative tendencies. Safran also presents a carefully reasoned assessment of the vital and constructive role that contemporary psychoanalytic developments can potentially have on the future of our healthcare system and culture. This essential primer to psychoanalytic approaches, amply illustrated with case examples, is perfect for students and trainees interested in learning about psychoanalysis, as well as seasoned clinicians interested in keeping up with state of the art developments in theory, practice and research.

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