



# Containing Rage, Terror and Despair: An Object Relations Approach to Psychotherapy (The Library of Object Relations)

*Jeffrey Seinfeld*

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This work offers a contemporary object relations perspective on working with a wide range of psychological difficulties, from the neurotic to the psychotic, including addictions and personality disorders. The first chapter presents a concise overview of recent developments in object relations theory. Subsequent chapters use detailed clinical examples to examine each psychological difficulty and the appropriate therapeutic approach. The impact of early trauma on personality and psychotherapy is also extensively discussed.



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