



Treating Severe Depressive and Persecutory Anxiety States: To Transform the Unbearable

Robert Waska

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This book serves two purposes. First, it provides the psychoanalyst or psychotherapist with a more flexible method of practicing psychoanalysis. This is the clinical approach of "analytic contact", a technical stance in which more patients can be reached in a deeper and more helpful manner. Analytic contact is an operationally robust Kleinian approach for the real world of private practice and targets the combination of internal and external factors there are consistently at play with all patients. The second aim of this book is to examine specific groups of patients that present unique challenges to the psychoanalyst. These populations are examined and new and creative ways of working with them are introduced. The author invites the reader to discover the clinical value and technical utility of analytic contact.

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