



Mentalization: Theoretical Considerations, Research Findings, and Clinical Implications (Psychoanalytic Inquiry Book Series)

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Mentalization is the capacity to perceive and interpret behavior in terms of intentional mental states, to imagine what others are thinking and feeling, and is a concept that has taken the psychological and psychoanalytic worlds by storm. This collection of papers, carefully edited by Fredric Busch, clarifies its import as an essential perspective for understanding the human psyche and interpersonal relationships. The book is divided into theoretical, research and clinical papers, reflecting how the investigators thoughtfully and purposefully pursued each of these goals. Those involved in identifying mentalization have also made consistent efforts to measure and research the concept. Thus, in addition to expanding the theoretical bases and implications of mentalization and identifying clinically useful applications, the authors describe research that scientifically grounds the concept.

Mentalization addresses and expands upon a number of implications of mentalization. These include: What are the broader implications for mentalization with regard to social and evolutionary development? How does mentalization interdigitate with other psychoanalytic models? How is mentalization systematically assessed? What clinical correlates have been found? How do we understand variations in the capacity for mentalization, even within a given individual? What are the applications of mentalization in the clinical arena, including specific disorders? Readers of this volume will find their clinical work to be more productive and their view of the human psyche broadened.

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Editorial Review

Review

"Mentalization is a relatively new but extremely powerful concept in psychoanalysis. It bridges the neurobiologic substrate of behavior, its evolutionary significance, and its developmental origins and has become central in our understanding of affect regulation and effortful control. It has also catalyzed a fruitful dialogue among philosophy of mind, developmental psychology, and psychoanalysis. Most immediately, it has brought together psychoanalytic theoreticians, researchers and clinicians in mutually enriching interaction, and has generated new models of therapy and new ways of understanding the mechanism of action in familiar models. Fredric Busch has done a masterful job in bringing together the key persons in the field in this collection of theoretical, research and clinical studies, together with overviews by Otto Kernberg, Mary Target and Busch himself. There is no more comprehensive introduction to the contemporary place of mentalization in psychoanalytic thinking, a subject that no contemporary psychoanalyst can ignore." - **Robert Michels, Training and Supervising Analyst, Columbia University Center for Psychoanalytic Training and Research, USA**

"This fascinating and stimulating book focuses on a core aspect human mental capacity, how we perceive and understand ourselves and others, the understanding of which is of central importance to our work with every patient we treat. Dr. Busch has brought together an intellectual powerhouse team of authors, whose work spans the latest thinking about mentalization. The time spent with this work will be repaid over and over for clinicians at any stage of their careers." - **Allan Tasman, Professor and Chairman, Department of Psychiatry and Behavioral Sciences, University of Louisville School of Medicine, USA**

"Dr. Busch has given us an exceptional and very timely book. The study of mentalization is arguably the most vibrant research area in psychoanalysis. Moreover, the concept of Theory of Mind is also of great interest to developmental psychologists and cognitive neuroscientists. Comprised of chapters addressing the social and evolutionary development of mentalization, its integration with other psychoanalytic models, and the clinical and research efforts currently underway in the study of reflective function, this volume is a broad-based immersion into this exciting topic. Each chapter by internationally recognized authors is erudite and lucid. It is a joy to read. In addition, but not limited to, Peter Fonagy's engaging treatment of a mentalization-focused approach to social development, the fascinating personal and professional odysseys of Howard and Miriam Steele from the very beginning of the study of attachment, and the outstanding research of Barbara Milrod's and Frank Yeomans' groups on psychodynamic treatment of panic disorder and borderline personality disorder respectively, this volume also includes enlightening commentaries from Diana Diamond, Otto Kernberg, and Mary Target. In my opinion, this volume may be the best introduction to mentalization that is available." - **Jerald Kay, Professor and Chair, Department of Psychiatry, Boonshoft School of Medicine, Wright State University, USA**

About the Author

Fredric N. Busch is a Clinical Associate Professor at Weill Cornell Medical College and a faculty member of the Columbia University Center for Psychoanalytic Training and Research. He is on the editorial board of *Psychoanalytic Inquiry*, and has authored over 30 publications as well as 10 books or book chapters. His writing and research has focused on the links between psychoanalysis and psychiatry, including

psychodynamic approaches to specific disorders, psychoanalytic research, and psychoanalysis and medication. He has co-authored 3 books on the psychoanalytic approach to specific disorders: *Manual of Panic Focused Psychodynamic Psychotherapy*, *Psychodynamic Approaches to the Adolescent with Panic Disorder*, and *Psychodynamic Treatment of Depression*. He has been involved in research on panic focused psychodynamic psychotherapy, including the first study to demonstrate efficacy of psychodynamic treatment of panic disorder, recently published in the *American Journal of Psychiatry*. Additionally, Dr. Busch has written on integrating the theoretical conceptualizations and clinical approaches of psychoanalytic treatments and medication, including co-editing an issue of *Psychoanalytic Inquiry* on this topic, and co-authoring two seminal papers on "treatment triangles", addressing the complex interactions of the psychotherapist, psychopharmacologist, and patient. He is also the author, along with Larry Sandberg, of *Psychotherapy and Medication* (Analytic Press, 2007).

Users Review

From reader reviews:

Helen Kingsbury:

Spent a free time and energy to be fun activity to perform! A lot of people spent their down time with their family, or their very own friends. Usually they carrying out activity like watching television, about to beach, or picnic from the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? May be reading a book might be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to try look for book, may be the publication untitled Mentalization: Theoretical Considerations, Research Findings, and Clinical Implications (Psychoanalytic Inquiry Book Series) can be fine book to read. May be it might be best activity to you.

James Bergeron:

The actual book Mentalization: Theoretical Considerations, Research Findings, and Clinical Implications (Psychoanalytic Inquiry Book Series) has a lot of information on it. So when you make sure to read this book you can get a lot of profit. The book was authored by the very famous author. The writer makes some research prior to write this book. This kind of book very easy to read you can get the point easily after looking over this book.

Kathy Lloyd:

Mentalization: Theoretical Considerations, Research Findings, and Clinical Implications (Psychoanalytic Inquiry Book Series) can be one of your beginner books that are good idea. All of us recommend that straight away because this e-book has good vocabulary which could increase your knowledge in vocab, easy to understand, bit entertaining however delivering the information. The writer giving his/her effort to put every word into enjoyment arrangement in writing Mentalization: Theoretical Considerations, Research Findings, and Clinical Implications (Psychoanalytic Inquiry Book Series) nevertheless doesn't forget the main level, giving the reader the hottest and also based confirm resource data that maybe you can be certainly one of it. This great information can easily drawn you into brand-new stage of crucial pondering.

Dennis Utley:

What is your hobby? Have you heard which question when you got scholars? We believe that that question was given by teacher on their students. Many kinds of hobby, Everybody has different hobby. Therefore you know that little person just like reading or as looking at become their hobby. You need to understand that reading is very important along with book as to be the matter. Book is important thing to include you knowledge, except your personal teacher or lecturer. You will find good news or update in relation to something by book. Amount types of books that can you take to be your object. One of them is Mentalization: Theoretical Considerations, Research Findings, and Clinical Implications (Psychoanalytic Inquiry Book Series).

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