



Self and Motivational Systems: Towards A Theory of Psychoanalytic Technique (Psychoanalytic Inquiry Book Series)

Joseph D. Lichtenberg, Frank M. Lachmann, James L. Fosshage

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In this sequel to Lichtenberg's *Psychoanalysis and Motivation* (TAP, 1989), the authors show how their revised theory of motivation provides the foundation for a new approach to psychoanalytic technique. The approach in *Self and Motivational System* emphasizes a finely honed sensitivity to moment-to-moment analytic exchanges and an appreciation of which motivational system is dominant during that exchange. Throughout, the authors stress the creative power of psychoanalysis as a joint effort shaped by the intersubjective context of a particular analysand communicating and interacting with a particular analyst. At the heart of the analytic relationship is the analysand's expectation of evoking a vitalizing selfobject experience from the analyst and the analyst's expectation, in turn, of evoking a selfobject experience of efficacy from his or her work with the analysand.

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