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Object Relations in Depression: A Return to Theory

Trevor Lubbe

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This book examines the role of British object relations theory in order to explore our understanding and treatment of depression. It challenges current conceptualizations of depression while simultaneously discussing the complex nature of depression, its long-lasting and chronic implications and the susceptibility to relapse many may face.

Illuminated throughout by case studies, areas of discussion include:

- Freud's theory of depression
- analytic subtypes of depression
- a theoretical contribution to the problem of relapse
- the correlation between dream work and the work of mourning.

Object Relations in Depression offers a psychoanalytic discussion of the multifaceted nature of depression and as such will be of great interest to all those in the psychoanalytic field.

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