A Thing Apart: Love and Reality in the Therapeutic Relationship

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Abstract

Originally published in Contemporary Psychology: APA Review of Books, 1996, Vol 41(11), 1149. Review of Love and Reality in the Therapeutic Relationship by Irving Steingart (see record 1995-98558-000). Steingart looks deeply at the psychoanalytic relationship, offering a new perspective about what it is and in what way a sort of love animates the relationship. Among other topics, Steingart examines issues of transference and countertransference; the ideal of a psychoanalytic relationship centering on the acquisition of insight; whether psychoanalytic knowledge is a special kind of narration or scientific theory; what brings about personality change in the analysand; and the need for and use of enacted symbols (especially with borderline or narcissistic patients) in analysis. Clinical vignettes and case studies are used throughout to illustrate concepts in the text. In the final chapter, Steingart presents a clinical episode that includes major topics addressed in the book: reality and truth contrasted to not-real experience in the psychoanalytic relationship; transference and countertransference; enacted symbolic transference organization; and the issue of real love the psychoanalyst possesses to understand the psychic reality of his or her analysand. (PsycINFO Database Record (c) 2006 APA, all rights reserved)
Histocompatibility leukocyte antigen and organ transplantation: love and hate relationship
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Population exposure to smoking and tobacco branding in the UK reality show ‘Love Island’
We see love as picturesque and effortlessly beautiful. There’s some sort of an attraction before we find that special someone. You care and love for each other; you create precious memories; you open up to one another and share your deepest, darkest secrets. You achieve things together and so the fairytale continues to unfold. But what we fail to acknowledge in our loved-up thoughts is the raw, real side of love. Sometimes, that’s the beauty of it all, that it may not work, but somehow, the two of you are willing to put in the time, effort and sacrifice to make it so. There’s a seemingly ugly side of love, the one that has the strongest likelihood of holding the relationship together rather than breaking it a part.