



Real People, Real Problems, Real Solutions: The Kleinian Psychoanalytic Approach with Difficult Patients

Robert Waska

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Real People, Real Problems, Real Solutions offers a clear introduction to psychoanalytic practice from a Kleinian perspective and shows how the modern Kleinian works with the most taxing and least conforming of their patients.

Illustrated by extensive case material this book:

- *reviews Freud's original theoretical concepts and examines Klein's contributions to the field of psychoanalysis, clarifying and comparing the two approaches in the clinical setting.

- *identifies and explores who makes up the psychoanalyst's most challenging case load and demonstrates how the Kleinian psychoanalytic approach is helpful to these individuals.

- *discusses the current state of traditional methods of training at psychoanalytic institutes, which are shown to be in need of renewal and critical restructuring.

Real People, Real Problems, Real Solutions shows how the average psychoanalyst and psychotherapist face many difficult patients in a typical days work. Together with its questioning of what really constitutes psychoanalytic therapy, this is a refreshing read for all practising and training psychoanalysts and psychotherapists.



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