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dissociation and clinical process begun in *Standing in the Spaces* (1998). Bromberg is among our most gifted clinical writers, especially in his unique ability to record peripheral variations in relatedness - those subtle, split-second changes that capture the powerful workings of dissociation and chart the changing self-states that analyst and patient bring to the moment.

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Awakening the Dreamer: Clinical Journeys (Book Review) A Welcome New Pragmatism. Is it possible to find a new perspective in psychoanalysis that is both useful and original? Intersubjectivity and Analytic Inquiry. Both authors claim that a contemporary relational approach requires a new kind... When ...

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the united kingdom on 25 october 2006 for the practicing clinician awakening the dreamer clinical journeys is an exciting trip into the

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shared reality of the interpersonal field in which psychoanalytic treatment takes place and into the critically important dissociated aspect of that field in awakening the dreamer clinical journeys philip

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Awakening the Dreamer is in essence a deep exploration of the central roles of early trauma and the survival defense of dissociation in the psychotherapeutic context, especially with patients who possess a limited self-reflective capacity. As such, it is the most important work on the topic since Henry Krystal's (1988) pioneering volume.

Review of Awakening the Dreamer: Clinical Journeys by ...

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Awakening the Dreamer: Clinical Journeys by Philip M. Bromberg

A Review of *Awakening the Dreamer*:

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M.Bromberg. Contemporary

Psychoanalysis, 43: 666-680.

Bromberg, Philip, 2006. Awakening

the Dreamer. Mahwah, NJ: The

Analytic Press ...

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bring to the moment. For Bromberg, a model of mind premised on the centrality of self-states and dissociation not only offers the optimal lens for comprehending and interpreting clinical data; it also provides maximum leverage for achieving true intersubjective relatedness. And this manner of looking at clinical data offers the best vantage point for integrating psychoanalytic experience with the burgeoning findings of contemporary neuroscience, cognitive and developmental psychology, and attachment research. Dreams are approached not as texts in need of deciphering but as means of contacting genuine but not yet fully conscious self-states. From here, he explores how the patient's "dreamer" and the analyst's "dreamer" can come

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together to turn the "real" into the "really real" of mutative therapeutic dialogue. The "difficult," frequently traumatized patient is newly appraised in terms of tensions within the therapeutic dyad. And then there is the "haunted" patient who carries a sense of preordained doom through years of otherwise productive work - until the analyst can finally feel the patient's doom as his or her own. Laced with Bromberg's characteristic honesty, humor, and thoughtfulness, these essays elegantly attest to the mind's reliance on dissociation, in both normal and pathological variants, in the ongoing effort to maintain self-organization. Awakening the Dreamer, no less than Standing in the Spaces, is destined to become a permanent part of the literature on therapeutic process and change.

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Early in these essays, Bromberg contemplates how one might engage schizoid detachment within an interpersonal perspective. To his surprise, he finds that the road to the patient's disavowed experiences most frequently passes through the analyst's internal conversation, as multiple configurations of self-other interaction, previously dissociated, are set loose first in the analyst and then played out in the interpersonal field. This insight leads to other discoveries. Beneath the dissociative structures seen in schizoid patients, and also in other personality disorders, Bromberg regularly finds traumatic experience -- even in patients not otherwise viewed as traumatized. This discovery allows interpersonal notions of psychic structure to emerge in a new light, as

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Bromberg arrives at the view that all severe character pathology masks dissociative defenses erected to ward off the internal experience of trauma and to keep the external world at bay to avoid retraumatization. These insights, in turn, open to a new understanding of dissociative processes as intrinsic to the therapeutic process per se. For Bromberg, it is the unanticipated eruption of the patient's relational world, with its push-pull impact on the analyst's effort to maintain a therapeutic stance, that makes possible the deepest and most therapeutically fruitful type of analytic experience. Bromberg's essays are delightfully unpredictable, as they strive to keep the reader continually abreast of how words can and cannot capture the subtle shifts in relatedness

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that characterize the clinical process. Indeed, at times Bromberg's writing seems vividly to recreate the alternating states of mind of the relational analyst at work. Stirring evocative in character and radiating clinical wisdom infused with compassion and wit, *Standing in the Spaces* is a classic destined to be read and reread by analysts and therapists for decades to come.

In *Awakening the Dreamer: Clinical Journeys*, Philip Bromberg continues the illuminating explorations into dissociation and clinical process begun in *Standing in the Spaces* (1998). Bromberg is among our most gifted clinical writers, especially in his unique ability to record peripheral variations in relatedness - those subtle, split-second changes that

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First Published in 2011. Routledge is an imprint of Taylor & Francis, an informa company.

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A contemporary, wide-ranging exploration of one of the most provocative topics currently under

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psychoanalytic investigation: the relationship of dissociation to varieties of knowing and unknowing. The twenty-eight essays collected here invite readers to reflect upon the ways the mind is structured around and through knowing, not-knowing, and sort-of-knowing or uncertainty. The authors explore the ramifications of being up against the limits of what they can know as through their clinical practice, and theoretical considerations, they simultaneously attempt to open up psychic and physical experience. How, they ask, do we tolerate ambiguity and blind spots as we try to know? And how do we make all of this useful to our patients and ourselves? The authors approach these and similar epistemological questions through an impressively wide variety of clinical dilemmas (e.g., the impact of new

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technologies upon the analytic dyad) and theoretical specialties (e.g., neurobiology).

During early development, every human being is exposed to the relative impact of relational trauma – disconfirmation of aspects of oneself as having legitimate existence in the world of others – in shaping both the capacity for spontaneous human relatedness and the relative vulnerability to "adult-onset trauma." To one degree or another, a wave of dysregulated affect – a dissociated "tsunami" – hits the immature mind, and if left relationally unprocessed leaves a fearful shadow that weakens future ability to regulate affect in an interpersonal context and reduces the capacity to trust, sometimes even experience, authentic human

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discourse. In his fascinating third book, Philip Bromberg deepens his inquiry into the nature of what is therapeutic about the therapeutic relationship: its capacity to move the psychoanalytic process along a path that, bit by bit, shrinks a patient's vulnerability to the pursuing shadow of affective destabilization while simultaneously increasing intersubjectivity. What takes place along this path does not happen because "this" led to "that," but because the path is its own destination – a joint achievement that underlies what is termed in the subtitle "the growth of the relational mind." Expanding the self-state perspective of *Standing in the Spaces* (1998) and *Awakening the Dreamer* (2006), Bromberg explores what he holds to be the two nonlinear but interlocking rewards of successful treatment –

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healing and growth. The psychoanalytic relationship is illuminated not as a medium for treating an illness but as an opportunity for two human beings to live together in the affectively enacted shadow of the past, allowing it to be cognitively symbolized by new cocreated experience that is processed by thought and language – freeing the patient's natural capacity to feel trust and joy as part of an enduring regulatory stability that permits life to be lived with creativity, love, interpersonal spontaneity, and a greater sense of meaning.

Attachment: New Directions in Psychotherapy and Relational Psychoanalysis is a leading-edge journal for clinicians working relationally with their clients. It is a

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Articles - "ATTACHNET"—The Impact of the Internet on Our Relational Life by Orit Badouk Epstein - Fear of Attachment, Ruptured Adult Relationships, and Therapeutic Impasse by Thomas Rosbrow - Being Alongside the Track: Experiences of Derailment Across the Adult Lifecycle

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Organized into five parts, this book represents his major ideas and studies regarding infant-adult interactions, developmental processes, and mutual regulation."--BOOK JACKET.

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