

PREFACE

In this book I present the most recent of my continuing explorations of the etiology, nature, and treatment of personality disorders. Essential to such explorations is an understanding of the dynamics of severely pathological human behavior. My book therefore opens with an examination of the psychoanalytic theory of motivation, with a particular focus on aggression.

Taking into consideration the contemporary developments in the studies of affects, I am proposing modification but not abandonment of Freud's drive theory. The modification I am suggesting recognizes the fundamental role of affects in the organization of drives and in bringing together the neuropsychological determinants of affects with the earliest interpersonal experiences of infancy and childhood as determinants of personality formation.

I follow these broad considerations of affects with a specific emphasis on aggression, undertaking the task of clarifying the relationship between aggression and rage and between rage and hatred.

Underlying all my work is the conviction that the psychopathology of personality is determined by the psychic structures erected under the impact of affective experiences with significant early objects. This conviction is expressed in my emphasis on the need to integrate a diagnostic system based upon description of behavior with a psychodynamic approach centered on psychic structure formation. I describe several prevalent personality disorders in the light of this approach.

In the central sections of this book, I have updated and spelled out my ego psychology-object relations theory as it applies to the clinical situation. In this context, my focus is on the specific distortions in the transference and countertransference induced by structured aggression in the form of

chronic hatred and secondary defenses against this hatred. The interplay among identity diffusion, reality testing, and treatment stalemates is explored through the entire spectrum of personality disorders from neurotic through borderline and psychotic organizations. I apply my theoretical conclusions regarding aggression and hatred to new technical approaches for severe personality disorders ranging from psychoanalysis proper through psychoanalytic psychotherapy to hospital milieu treatment.

Further exploring the implications regarding the primacy of the nature of psychic structure and aggression in determining psychopathology, the final section of this book deals with perversions. The psychodynamics of perversions and personality disorders are outlined—both their commonalities and the differences. Emphasized in this discussion is the unique position occupied by the homosexualities in current psychoanalytic thinking.

For their contributions to my ideas on object relations theory and affect theory, I am indebted to Doctors Selma Kramer, Rainer Krause, Joseph and Anna-Marie Sandler, Ernst and Gertrude Ticho, and the late John Sutherland. Regarding the psychoanalytic theories of perversion, I have been stimulated and helped by Doctors Janine Chasseguet-Smirgel, Andre Green, Joyce McDougall, and most especially the late Robert Stoller. My thinking on the subject of structural change has benefited significantly from my discussions with Doctors Mardi Horowitz, Lester Luborsky, and Robert Wallerstein.

In my work with patients as well as in my efforts to contribute to psychoanalytic and psychotherapeutic techniques, I have been privileged by my ongoing professional dialogue with a group of close friends and colleagues in New York, including Doctors Martin and Maria Bergman, Harold Blum, Arnold Cooper, William Frosch, William Grossman, Donald Kaplan, Robert Michels, and Ethel Person, all of whom have patiently read and criticized many of the chapters included in this volume. Dr. Paulina Kernberg, in her multiple roles as psychoanalyst, professional co-worker, and wife, not only influenced the content of my writings but must also be credited for creating the space that has permitted me to dedicate myself to this work.

Formal research on intensive psychotherapy with borderline patients has formed the background to the theoretical explanations contained in this book. I owe much to the enthusiasm, dedication, and unwaveringly critical review of our joint research enterprise on the part of the members of the Psychotherapy Research Project on Borderline Patients at the De-

partment of Psychiatry of Cornell University Medical College and the Westchester Division of New York Hospital throughout the entire body of work reported in this volume. I am deeply indebted to Doctors John Clarkin and Harold Koenigsberg, the codirectors of this project, and to Doctors Ann Appelbaum, Steven Bauer, Arthur Carr, Lisa Gornick, Lawrence Rockland, Michael Selzer, and Frank Yoemans, colleagues in this endeavor, whose critical evaluation of our group's evolving clinical experiences has shaped my approach to particularly challenging technical problems. Although I thank all these colleagues for the stimulation, suggestions, and criticisms, I assume personal responsibility for all the formulations of this book.

I am deeply appreciative to Miss Louise Taitt and Miss Becky Whipple for their endless patience in typing, revising, proofreading, and organizing the seemingly endless versions of the manuscript. Miss Whipple's indefatigable attention to every small detail of this manuscript saved the day on many occasions. Ms. Rosalind Kennedy, my administrative assistant, provided the overall organizational frame that permitted me to carry out this work in the context of my clinical, academic, and administrative functions; she protected the working ambience that made it all possible.

This is the second book I have produced with the assistance of both my editor over many years, Mrs. Natalie Altman, and the senior editor at Yale University Press, Mrs. Gladys Topkis. Both of them tactfully respected my investment in what I wanted to say while helping me to express it as clearly as possible. I am immensely grateful to them both.

