



# **Mourning, Spirituality and Psychic Change: A New Object Relations View of Psychoanalysis**

*Susan Kavaler-Adler*

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In her earlier books, Susan Kavalier-Adler identified healthy mourning for traumas and life changes as an essential aspect of successful analysis, and drew the distinction between a healthy acceptance of mourning as part of development and pathological mourning, which 'fixes' a patient at an unhealthy stage of development. This new book brings such distinctions into the consulting room, exploring how a successful analyst can help patients to utilise mourning for past troubles to move them forward to a lasting change for the better, emotionally, psychically and erotically. The author also tackles the controversial issue of spirituality in psychoanalysis, and explores how psychoanalysis can help patients come to terms with difficult issues in a time of great psychic and spiritual disturbance. These themes are brought to life via two richly detailed case studies.

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