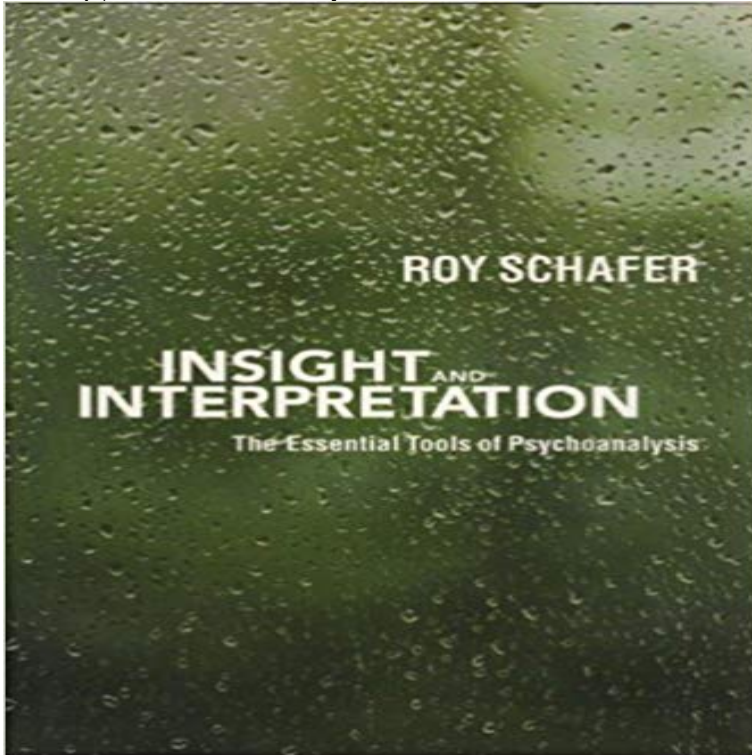


# Insight and Interpretation: The Essential Tools of Psychoanalysis



Insight and interpretation, the crucial tools of the psychoanalytic process, are no longer treated with the respect they deserve. In psychoanalytic literature the focus has shifted towards the effects of countertransference and its role in the relationship between patient and analyst. By the same token, the equally important question of the analysts neutrality is regularly misunderstood and discredited. Roy Schafer explains, in his typically lucid and even-handed approach, how these new shifts in contemporary psychoanalysis have often resulted in conceptual imbalance and erratic technique. His goal, however, is not to reject these recent contributions but rather to integrate them into a more cohesive understanding of the psychoanalytic process. Taken together, these essays will prove invaluable to analysts trying to maintain an articulated and rounder view of what it takes to bring meaning to their patients lives through the power of insight and beneficial interpretations.

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