



Psychoanalytic Participation: Action, Interaction, and Integration (Relational Perspectives Book Series)

Kenneth A Frank

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In *Psychoanalytic Participation: Action, Interaction, and Integration*, Kenneth Frank argues that the gulf between analysis and what he terms "action-oriented" or cognitive-behavioral techniques is anachronistic and has unnecessarily limited the repertoire of analytically oriented clinicians. In point of fact, action-oriented and even cognitive-behavioral techniques may be employed in ways that are consistent with the analytic goal of promoting profound personality change, and so may be profitably incorporated into analytic treatments.

Anchoring his discussion in a contemporary two-person model of psychoanalysis, Frank clarifies and extends the shift toward analyst participation that has developed within recent relational theorizing. On the basis of this orientation, which calls attention to the therapeutic importance of the real qualities of the analyst and of the analytic relationship, Frank sets forth a pragmatic analytic approach that balances traditional "process" elements with patients' problem-solving and outside progress in realizing life goals. By letting themselves be known by their patients and by participating intensively and actively in their treatment, analysts as analysts can help patients shape new and adaptive behaviors in their daily lives. It is the participatory possibilities growing out of a contemporary relational perspective that provide the ground for a rapprochement between psychoanalysis and cognitive-behavior therapy. To this end, Frank presents numerous examples of how action-oriented, cognitive-behavioral principles and techniques can be used to potentiate and accelerate the analytic process.

At once scholarly and exploratory, pragmatic and visionary, *Psychoanalytic Participation* helps shepherd psychoanalysis into the 21st century while making psychoanalytic wisdom - both traditional and contemporary - available to the broad community of psychotherapists appreciative of the usefulness of cognitive-behavioral treatment strategies.

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