

Book Essays and Reviews

The editors of *Psychiatry* are committed to reviewing books of interest to the community of professionals that deal with the human condition and its biology, psychology, anthropology and sociology. Reviewers are encouraged to develop points of interest to the interdisciplinary community of the readership of *Psychiatry*.

Harry C. Holloway, M.D.

Professor of Psychiatry and Neuroscience

Book Review Editor, *Psychiatry: Interpersonal and Biological Processes*

SIDNEY J. BLATT. *Experiences of Depression: Theoretical, Clinical, and Research Perspectives.* Washington, DC: American Psychological Association, 2004. \$49.95
Reviewed by **RICHARD M. WAUGAMAN, MD**

There are two kinds of people in the world—the kind who think there are two kinds of people in the world and the kind who do not. This book elaborates on the core thesis that there are two kinds of depressed people, those with “anaclitic” depression and those with “introjective” depression. Sidney Blatt has made many fundamental contributions to defining this distinction clinically, as well as testing it through a great deal of research. Further, his classification of depression has inspired many other investigators to expand on his own studies. All these investigations have amply validated the usefulness of Blatt’s distinction. In his Foreword, Peter Fonagy calls Blatt “a clinical psychologist with a record of discovery and mentorship that few anywhere in the world can rival and, beyond this, a psychoanalyst with a powerful clinical and epistemological commitment to the field” (p. ix).

Blatt observes that the subjective experience of people suffering from dependent or *anaclitic depression* is of being unloved and

neglected. Such people want to be comforted and taken care of. Yet they feel helpless about being loved and cared for. Their early relationships led them to feel deprived and abandoned. Their object representations are organized on a primitive level, where the other person exists primarily as a need-gratifying object whose physical presence must be constant, rather than as a separate, autonomous individual whose mental presence can be evoked even in the object’s physical absence. Their insufficient capacity to retain a stable, comforting mental representation of the object makes them more vulnerable to loss, to which they are likely to respond with efforts to find an immediate need-gratifying replacement. Their early attachment style was probably of the anxious-ambivalent insecure type. They are *not* prone to feelings of guilt. Clinicians may overlook the primary sources of dysphoria for these patients. They may be distracted by the patients’ somatic complaints, substance abuse, or antisocial behavior. Patients with anaclitic depression are highly attuned to the relational dimension of treatment, responding favorably to empathy and support. Since they are not psychologically minded, they are poorly suited for psychoanalytic treatment. However, they often respond well to supportive psychotherapy,

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Experiences Of Depression Theoretical Clinical And Research Perspectives

Minjie Lin



Experiences Of Depression Theoretical Clinical And Research Perspectives:

This book delves into Experiences Of Depression Theoretical Clinical And Research Perspectives. Experiences Of Depression Theoretical Clinical And Research Perspectives is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Experiences Of Depression Theoretical Clinical And Research Perspectives, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Experiences Of Depression Theoretical Clinical And Research Perspectives
 - Chapter 2: Essential Elements of Experiences Of Depression Theoretical Clinical And Research Perspectives
 - Chapter 3: Experiences Of Depression Theoretical Clinical And Research Perspectives in Everyday Life
 - Chapter 4: Experiences Of Depression Theoretical Clinical And Research Perspectives in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Experiences Of Depression Theoretical Clinical And Research Perspectives. The first chapter will explore what Experiences Of Depression Theoretical Clinical And Research Perspectives is, why Experiences Of Depression Theoretical Clinical And Research Perspectives is vital, and how to effectively learn about Experiences Of Depression Theoretical Clinical And Research Perspectives.
 3. In chapter 2, the author will delve into the foundational concepts of Experiences Of Depression Theoretical Clinical And Research Perspectives. The second chapter will elucidate the essential principles that must be understood to grasp Experiences Of Depression Theoretical Clinical And Research Perspectives in its entirety.
 4. In chapter 3, this book will examine the practical applications of Experiences Of Depression Theoretical Clinical And Research Perspectives in daily life. This chapter will showcase real-world examples of how Experiences Of Depression Theoretical Clinical And Research Perspectives can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Experiences Of Depression Theoretical Clinical And Research Perspectives in specific contexts. The fourth chapter will explore how Experiences Of Depression Theoretical Clinical And Research Perspectives is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Experiences Of Depression Theoretical Clinical And Research Perspectives. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Experiences Of Depression Theoretical Clinical And Research Perspectives.

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