The Masterson Collection

Essential resources for understanding and treating personality disorders.

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Dear Reader:

I have devoted much of my professional life to clinical research and pioneering the developmental self and object relations approach to the psychotherapy of the Personality Disorders.

The body of my work is represented in the books I have written, many of which I have had the good fortune to see translated into several languages.

In 1967, *The Psychiatric Dilemma of Adolescence* was published. The book focused on the basic question facing any clinician treating adolescents: Is the presenting problem a genuine psychiatric illness or is it connected with adolescent transition and will fade as the patient gets older? That book, some 40 years old, still has relevance today as any clinician treating adolescents can attest.


In 2006, my most recent book was published. *The Personality Disorders Through the Lens of Attachment Theory and the Neurobiologic Development of the Self – A Clinical Integration* is the culmination and fulfillment of 40 years of clinical research. It stands at the cross-roads of where the essential elements of the theory of the development of the self meet, and provides answers to the questions first raised in 1967.

As you read through the pages of this catalog you will glean something about how the history of the field is still alive and well in the present – and how the current cutting edge has its roots in a not-so-distant past.

It is my great privilege to introduce what I think is an important selection of contributions to the literature for students and professionals alike.

Sincerely,

James F. Masterson, M.D.

Edited by James F. Masterson, M.D.

“This outstanding text, spearheaded by one of the foremost authorities of our time on personality disorders, is the culmination of four decades of clinical observation and research. Integrating the latest information from attachment theory and neurobiological development, Masterson and his colleagues have created a well-crafted text that is a must-read for serious students, researchers, and clinicians of all contemporary modalities of treatment. Surely destined to become a classic!”
— Frank M. Dattilio, Ph.D., ABPP, Department of Psychiatry, Harvard Medical School

“An extraordinary collection of cutting-edge treatments of patients…”
—Marion Solomon, Ph.D., author of Narcissism and Intimacy, Director of Training, Lifespan Learning Institute, Senior Extension Faculty, Dept. of Humanities, Sciences and Social Science of UCLA

The culmination of 40 years of research on the personality disorders, this book documents the breakthrough integration that has brought Dr. Masterson’s theory into its fullest possible dimension. Initially descriptive, it evolved into a developmental theory, then into a developmental object relations theory, and, finally, into a developmental self and object relations theory. Now, with the recent emergence of attachment theory and the theory of the neurobiologic development of the self, the picture is complete and a clear and comprehensive statement depicting the origin and development of the personality disorders has taken shape.

Dr. Masterson and his fine team of coauthors have assembled a rich and comprehensive volume that features discussions of transference and countertransference, consciousness, mother-infant attachment, the psychotherapy of trauma, therapeutic neutrality under challenge, among many other important topics.

Team Members
Margot T. Beattie  Barbara L. Short  Donald D. Roberts  Ken Seider
Steven K. Reed  Joseph Farley  Jerry S. Katz  Judith Pearson

2006 • 6 x 9 • 296 pages • Hardcover • ISBN: 978-1-932462-34-0 • $39.95
A THERAPIST’S GUIDE TO THE PERSONALITY DISORDERS:
The Masterson Approach
A Handbook & Workbook
Edited by James F. Masterson, M.D.
and Anne R. Lieberman, L.C.S.W.

“This volume features clear, concise chapters from experts on the Masterson approach (including Masterson) to treating what are often our most challenging clients... Masterson’s seminal contributions have never been made clearer or more relevant.”
—Micheal D. Yapko, Ph.D., Clinical Psychologist, Author of Breaking the Patterns of Depression and Trancework: An Introduction to the Practice of Clinical Hypnosis (3rd edition)

“In this remarkable book, James Masterson ... offers a concise theoretical overview, informative updating, and extremely practical application of his ongoing work on the etiology and treatment of developmental arrests of the self...”
—Allan N. Schore, Ph.D., Dept. of Psychiatry and Biobehavioral Sciences, U. of California at Los Angeles, David Geffen School of Medicine

Now, for the first time, James F. Masterson, along with the faculty of the Masterson Institute, offers a volume specifically designed to encompass the entire evolution of the work from the basic tenets that anchor it to its application across a variety of contexts. In the hands of these contributors, discussions of fundamental precepts; differential diagnosis; the etiology and treatment of the Borderline, Narcissistic, and Schizoid Disorders; the role of Posttraumatic Stress Disorder; and countertransference are comprehensive, accessible, and far reaching.

In addition, this writing ensemble has created a workbook component that extends the educational process even further by highlighting critical points in the chapters and encouraging the reader to track his or her own absorption of the information through a detailed questionnaire at the back of the book. The 162 questions home in on issues from theory to practice, thus helping readers move from concept to action within different clinical scenarios, and with realistic foundations for selected interventions.

A successfully completed review will mean that the reader has taken important steps in mastering this essential material and in changing the course of his or her therapy practice for the better.

2004 ● 7 x 10 ● 187 pages ● Softcover ● ISBN: 978-1-932462-09-8 ● $24.95
The Personality Disorders
A New Look at the Developmental Self and Object Relations Approach

James F. Masterson, M.D.

“A brilliant account of an exceptionally effective treatment approach by a masterful theorist, clinician, and writer. Case examples and treatment directives are cogent and compelling. If you treat personality-disordered individuals in your practice, you must read this book.”
— Len Sperry, M.D., Ph.D., author of Handbook of Diagnosis and Treatment of the DSM-IV Personality Disorders

“His approach is a powerful intervention for [personality] disorders, both in longer term treatment, with the aim of resolution of the underlying causes of the disorders, and also in shorter term treatment, where interruption of pathological defenses by his techniques leads to much better self-management by the patient... This book should be highly useful to all disciplines working with patients with personality disorders of all degrees of intensity of pathology, whether [they] are in an inpatient unit for crisis stabilization or in outpatient treatment settings of any variety.”
— T. Stuart Harris, MD, Associate Clinical Professor of Psychiatry, University of Arkansas School of Medicine

In this extraordinary book, James Masterson gives new meaning to “back to the future” as he reviews some of the most significant ideas he set forth a quarter of a century ago and wonders out loud how they will cross over into the new millennium. Most have stood the test of time and indeed will serve as a strong foundation for the work that is to come; some have gone through a healthy evolution and remain more fluid. All continue to hold our interest and to demand our attention.

Among the featured topics:

• the role of the mother or primary caretaker in the development of the normal self
• the minimizing and denial of the role of the mother in the borderline personality disorder
• handicaps of the DSM-IV descriptive approach to diagnosis and the advantage of a psychodynamic approach
• the integrating influence of a concept of the self on an understanding of the personality disorders
• the differential diagnosis of those patients whose primary defense is focus on the object
• the diagnosis and treatment of intimacy problems in patients with personality disorders

A unique highlight is the inclusion of a comprehensive report of a six-year course of psychoanalytic psychotherapy of a patient with a closet narcissistic defense against neurosis. This rich case study makes accessible not only the overt clinical issues being negotiated, but also the all-important nuances of disclosure and treatment.

2000 ● 6 x 9 ● 276 ● Softcover ● ISBN: 978-1-932462-89-0 ● $37.95
CLOSET NARCISSISTIC DISORDER

The Masterson Approach

James F. Masterson, M.D.

“Dr. Masterson Draws his original therapeutic approach from a thorough understanding of developmental theory within the self- and object-relational perspective. In this video, which reenacts the treatment of a typical case of ‘closet narcissism,’ we are offered a rare inside look at an experienced clinician at work. We see Masterson explicate his theoretical base into concrete moment-to-moment clinical observations, interventions, and technical suggestions. A Most valuable teaching tool!”

—Leo Goldberger, Ph.S., Professor of Psychology, New York University

In this dramatic recreation of key moments in the two-year course of therapy with David C., a 31-year-old patient referred by his physician, pioneering therapist James F. Masterson demonstrates—for the first time—how to diagnose and treat one of the yet unclassified in the DSM™ system, this disorder, Masterson clearly shows, too often presents as an intractable case of borderline personality disorder.

In this groundbreaking video Masterson elucidates, through both treatment and commentary on the reenacted sessions, how to:

- Differentiate closet narcissistic disorder from other personality disorders;
- Establish and maintain therapeutic neutrality (a key feature of work with patients with disorders of the self);
- Implement and evaluate the efficacy of interventions unique to the Masterson Approach, such as confrontation and mirroring interpretations of narcissistic vulnerability;
- Recognize and deal with countertransference;
- Identify when the patient is ready to terminate and bring the treatment to a successful conclusion.

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Disorders of the Self:
New Therapeutic Horizons The Masterson Approach
*Edited by James F. Masterson and Ralph Klein*

A testament to the vitality of the Masterson Approach to the study and treatment of the disorders of the self, this incisive volume documents the evolution of Masterson’s theoretical and clinical work during the past five years. It is comprised of writings by a second generation of clinicians who both carry on and expand the horizons of the Masterson Approach. *Disorders of the Self* is a vital addition to the armamentarium of any clinician who works with personality disorders. It demonstrates the continued expansion and evolution of a profound theoretical and clinical paradigm aimed at penetrating and healing the disorders of the self.

1995 ● ISBN: 0-87630-786-1 ● $85.95

Emerging Self:
A Developmental Self and Object Relations Approach to the Treatment of the Closet Narcissistic Disorder of the Self
*James F. Masterson*

This volume sheds substantial light on one of the most difficult disorders to diagnose and treat—the closet narcissistic disorders of the self. The third of a series on the disorders of the self, and first written by Dr. Masterson in 1985, the book fills a crucial niche in his work and in the field of personality disorders. It describes not only the psychopathology and treatment of this disorder but, more importantly, demonstrates the key dynamic of the disorders of the self triad: self activation leads to anxiety and depression, which leads to defense. This is the central dynamic of all the disorders of the self, and its particular manifestations in the closet narcissistic personality disorder are described along with the therapeutic techniques required to identify and manage it. *The Emerging Self* offers a clear, down to earth, hands-on presentation of interest to all therapists, students, teachers, and practitioners.

1993 ● ISBN: 0-87630-721-7 ● $60.95

Countertransference and Psychotherapeutic Technique:
Teaching Seminars on Psychotherapy of the Borderline Adult
*James F. Masterson*

This volume explores the vicissitudes of working with borderline patients on a daily basis—the knotty problems of differential diagnosis, of managing countertransference with acting-out patients, and of keeping the total process in mind while grappling with immediate setbacks. The setting is a teaching seminar where therapists bring up the common but difficult problems of managing countertransference and psychotherapeutic technique. Masterson, as supervisor, candidly reacts to case presentations and to questions raised by the therapists in the group. Borderline patients are especially challenging, since they are often experts at evoking countertransference reactions that enable them to avoid the intrapsychic nature of their conflict. Consequently, therapists will find Masterson’s explorations of these issues both reassuring and clinically valuable.

1983 ● ISBN: 0-87630-334-3 ● $60.95
Treatment of the Borderline Adolescent: A Developmental Approach
James F. Masterson

This book demonstrates why an understanding of the psychodynamics of separation-individuation is essential to both diagnosis and treatment of the borderline adolescent. It shows how the separation-individuation theory lays bare the underlying psychodynamic anatomy of the borderline syndrome and enhances the understanding of transference and resistance, so that it makes intensive psychotherapy not only possible, but the treatment of choice for many of these patients. If the patient receives the proper therapeutic support outlined in this book, he can and will work through much of the painful effect associated with the tie that binds.

1986 ● ISBN: 0-87630-394-7 ● $60.95

Psychotherapy of the Disorders of the Self: The Masterson Approach
Edited by James F. Masterson and Ralph Klein

The Masterson Approach has evolved from 32 years of scientific inquiry, and integrates developmental theory with both object relations theory and a psychology of the self. It also provides its own self-corrective tools. It allows the formation of clinical hypotheses which can then be tested in the clinical arena. This book represents the learning of a renowned group of contributors, and demonstrates how The Masterson Approach stimulated their thinking and broadened their own clinical perspective.

1988 ● ISBN: 0-87630-533-8 ● $70.95

The Psychiatric Dilemma of Adolescence
James F. Masterson

This volume addresses the question, Does the patient suffer from a genuine psychiatric illness that needs treatment, or is the problem “adolescent turmoil” that will subside with future growth? In answer to this diagnostic dilemma faced by all clinicians treating adolescents, Dr. Masterson initiated a longitudinal study of 101 outpatient adolescents as compared with a matched control group. This basic study covers an analysis of the problem, details work with specific personality disorder manifestations, and concludes by stressing the need for accurate diagnosis, timely interventions, and treatment with adolescent patients.

1984 ● ISBN: 0-87630-356-4 ● $65.95
The Narcissistic and Borderline Disorders: 
An Integrated Developmental Approach
James F. Masterson

This volume presents a fully integrated developmental approach that not only differentiates between varying etiologies of the narcissistic and borderline disorders but also provides a detailed guide to effective treatment.

1981 ● ISBN: 0-87630-292-4 ● $60.95

Psychotherapy of the Borderline Adult: 
A Developmental Approach
James F. Masterson

In this volume, Masterson brings diagnostic order, a comprehensible theory, and a clinical approach out of the confusion and controversy surrounding the concept “borderline.” Through an interweaving of theoretical concepts and rich clinical experience, the author develops not only a clear definition of the borderline syndrome, but also the etiology and treatment of this complex disorder.

1988 ● ISBN: 0-87630-127-8 ● $60.95

Comparing Psychoanalytic Psychotherapies
James F. Masterson, Marian Tolpin, and Peter E. Sifneos

This stimulating book attempts to better define the similarities and differences between various contrasting approaches to borderline and narcissistic personality disorders. It presents a clinical dialogue between three master psychotherapists who have pioneered the formation of theory and the shaping of clinical practice in the treatment of such disorders and neuroses. These experts compare and contrast developmental, self, and object relations theory with self psychology theory. In addition, they contrast these two approaches with the short-term dynamic approach to the neuroses. Comparing Psychoanalytic Psychotherapies provides a remarkably candid and revealing picture not only of these three widely accepted theories but also of their clinical consequences.

1991 ● ISBN: 0-87630-640-7 ● $60.95

The Real Self: 
A Developmental, Self, and Object Relations Approach
James F. Masterson

This informative volume examines the clinical research linking normal separation-individuation with object relations theory and developmental psychopathology. It focuses on the core problem—the lack of a concept of the self integrated with object relations theory. By adding a theory of the self to object relations theory, the book both enlarges and more acutely focuses the therapeutic perspective, thereby enhancing work with patients. It also further enables therapists to clarify their own real selves. Of special interest are the numerous case illustrations drawn from Masterson’s extensive clinical work showing how acknowledgment and support enable the real self to fully emerge from the symbiotic union and to assume its full capacities.

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