



Good Enough Endings: Breaks, Interruptions, and Terminations from Contemporary Relational Perspectives (Relational Perspectives Book Series)

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In the relational literature, the subject of termination - the ending of an analysis - has received scant attention, and traditional Freudian or ego-psychological criteria are not always enough to assess the readiness to terminate therapy in the coconstructed, intersubjective analytic relationship. *Good Enough Endings* seeks to remedy this gap, bringing together contributions from contemporary relational thinkers, while at the same time engaging with ideas from other psychoanalytic perspectives. Topics given consideration include:

- Can there be a relational criteria or paradigm for termination, and what would it include?
- How do treatment goals of the analyst and/or that of the patient affect the decision to terminate?
- How do recent developments in attachment theory and research influence the preparation to end analysis?
- What occurs for the patient after termination, and how do we assess the need for follow-up?

Integrating elements of existing psychoanalytic theory with the fruits of the relational turn, *Good Enough Endings* expands and expounds upon the relational considerations in ending analysis, providing a resource for reflection and insight into the final - and perhaps most difficult - aspect of psychoanalytic treatment.

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