



# Affect Regulation, Mentalization, and the Development of Self

*Peter Fonagy, Gyorgy Gergely, Elliot Jurist, Mary Target*

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Winner of the 2003 Gradiva Award and the 2003 Goethe Award for Psychoanalytic Scholarship

Arguing for the importance of attachment and emotionality in the developing human consciousness, four prominent analysts explore and refine the concepts of mentalization and affect regulation. Their bold, energetic, and encouraging vision for psychoanalytic treatment combines elements of developmental psychology, attachment theory, and psychoanalytic technique. Drawing extensively on case studies and recent analytic literature to illustrate their ideas, Fonagy, Gergely, Jurist, and Target offer models of psychotherapy practice that can enable the gradual development of mentalization and affect regulation even in patients with long histories of violence or neglect.

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