



Ego Mechanism of Defense: A Guide for Clinicians and Researchers

By Professor of Psychiatry George E Vaillant M.D.

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By summarizing the empirical studies, proposing a universal language of defense mechanisms, and demonstrating how various assessment methods can be used in diagnosis, case formulation, and treatment, Dr. Vaillant and an interdisciplinary group of contributors provide the groundwork for clinical practice as well as future research in the field.

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Review

"This book is at once thorough, creative, and enticing... This book is quite an important offering. Clinicians can benefit from the wisdom imparted in the chapter on clinical management of immature defenses, researchers from the summaries of the empirical studies, and educators from the whole work as a guide to thinking about patients in a most humane and empirically supported way."-- "American Journal of Psychiatry"

"Dr. George Vaillant is, in the tradition of Anna Freud and Elvin Semrad, an international authority in empirical research on the nature of defense mechanisms and their elaboration into personality traits."-- "Hospital and Community Psychiatry"

"In this clearly conceptualized, useful, and well-written book, George Vaillant discusses defense mechanisms from both a clinical and a research perspective."-- "Social Work: Journal of the National Association of Social Workers"

From the Inside Flap

Not since Anna Freud's 1937 book, *The Ego and the Mechanisms of Defense*, has any one volume explored this topic as fully as *Ego Mechanisms of Defense* by George E. Vaillant.

By summarizing the latest empirical studies, proposing a universal language of defense mechanisms, and demonstrating how various assessment methods can be used in diagnosis, case formulation, and treatment, Dr. Vaillant and an interdisciplinary group of contributors provide the groundwork for clinical practice as well as future research in the field.

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