

ANXIETY AND PERSONALITY

The Concept of a Directing Object
and its Applications



KARL KOENIG

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Object and its Applications

Karl König

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For ease of reading, "he" is used throughout for the patient (and the child) and "she" for the therapist, but, at any point, the opposite gender can be substituted.

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ABOUT THE AUTHOR

Karl König, MD, studied medicine at Heidelberg, where he became a medical doctor in 1957 and worked for several years in the Heidelberg Institute of Physiology. In Hamburg University he trained as an internist, and in Göttingen as a psychoanalyst. From 1971 to 1981 he directed the psychotherapy department for adults in a state hospital concentrating on neuroses, borderline conditions, and psychosomatic disturbances. At the medical school of Göttingen University he was then appointed director of a department concentrating on clinical group psychotherapy and couples therapy. More recently, his scientific work has addressed anxiety syndromes and problems of technique in psychoanalysis and psychotherapy. He has written or co-authored thirty-one books, which have been translated into several languages. He was president of the Göttingen psychoanalytic institute and vice president of the German Psychoanalytic Society, and is a member of the IPA.



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PREFACE

In the German version this book has seen three editions and three reprints to date. In the second and third editions I had included addenda which I have now integrated into the main body of the book. Some of the references to literature which have proved of ephemeral interest have been omitted and I have amplified the sections of the book that address applications of the concept in practice.

The subject of this book is one that I originally discussed with Reinhard Kreische, Regine Tischtau-Schröter, and Ulrich Streeck. Regine Tischtau-Schröter also helped me to obtain the literature cited here. At a later stage I had fruitful discussions with Jochen Biskup, Gerlinde Herdieckerhoff-Sandler, Reinhard Kreische, Falk Leichsenring, and Hermann Staats, who worked with me in a department of clinical group psychotherapy at Göttingen University, and also with colleagues at the Lou Andreas Salomé Institute of Psychoanalysis and Psychotherapy: these were Mohammad Ephraim Arjomandi, Jochen Haustein, Anne Heigl-Evers, Ursula Kreuzer-Haustein, and Wulf Volker Lindner. Franz Heigl appointed me to a post at the state hospital for psychotherapy and psychosomatics at Tiefenbrunn near Göttingen, which enabled me to see patients presented by six to seven collaborators who were also training to be psychoanalysts at the Göttingen institute.