



## BETTER LATE THAN NEVER

### The Reparative Therapeutic Relationship in Regression to Dependence

BY LORRAINE PRICE

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This book is concerned with an enigmatic set of experiences which theorists in the object relations tradition have characterised as regression to dependence, a return to a primitive, pre-verbal relational process presenting in some clients in psychotherapy. It highlights the effects of early infantile trauma resulting in the experience of failed dependency. Clients who present with chronic anxiety, relational failures, and an inner emptiness are considered, and the opportunity for a therapeutic repair is explored with recommendations for the therapeutic stance being made.

Written from an integrative psychotherapy perspective, it addresses the current absence of writing in the field from a relational/developmental viewpoint on concepts more usually addressed in psychoanalytic writing. The insights of Winnicott are particularly highlighted in relation to failed dependency and maternal failure. This work offers a way forward to successfully work with this client group.

'Lorraine Price has written an important book for all psychotherapists. She describes the need for some clients to regress to an early developmental age while relying on a secure, dependable, healing relationship with the psychotherapist. Price's review of the literature includes such topics as relational loss, terror, annihilation, psychological withdrawal, cumulative trauma, relational needs, shame, and identity, as well as the effects of acute anxiety and depression. This is a must-read for any psychotherapist interested in doing in-depth psychotherapy.'

—Dr Richard G. Erskine, Training Director, Institute for Integrative Psychotherapy

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#### About the Author

LORRAINE PRICE is currently Programme Leader of the MSc in Integrative Psychotherapy programme at the Sherwood Psychotherapy Training Institute, Nottingham. She is accredited with the British Association for Counselling and Psychotherapy (BACP), the United Kingdom Council for Psychotherapy (UKCP), and the Irish Association of Humanistic and Integrative Psychotherapy (IAHIP).