

Contents

	PART I. Defenses in Everyday Life	1
CHAPTER 1	Introduction	3
	Why Study Defenses?	
	Defenses Occur Every Day	
	What Is a Defense Mechanism?	
	Distinction from Coping Mechanisms	
	Distinction from Defensiveness	
	Defenses as Part of Normal Development	
	The Developmental Theory of Defenses	
	The Importance of Understanding What Defenses Are and How They Function	
	Problems of Defense Assessment	
	The Present Book	
	General Issues to Be Addressed	
CHAPTER 2	Development of Defenses	20
	Biological Origins of Defense Mechanisms	
	A Theory of Defense Mechanism Development	
	Early Research Studying Children and Defense Mechanisms	
	The Use of Narrative Material to Study Children's Use of Defenses	

Are Defenses Being Assessed?: The Validity of the DMM	
Understanding a Defense Should Preclude Its Use	
Defense Use in Adolescence	
Defense Use in Adulthood	
Concluding Remarks	

PART II. A Closer Look at Three Defenses 41

CHAPTER 3 Denial 43

Components of Denial	
Denial as Seen in Folktales	
The Development of Two Forms of Denial	
Another Folktale	
Clinical Examples	
The Use of Denial in Projective Stories	
Concluding Remarks	

CHAPTER 4 Projection 70

Components of Projection	
Projection as Seen in Folktales	
The Development of Projection	
Another Folktale	
Clinical Example	
The Use of Projection in Projective Stories	
Concluding Remarks	

CHAPTER 5 Identification 93

Components of Identification	
Identification as Seen in Folktales	
The Development of Identification	
The Development of Primary Identifications	
The Development of Secondary Identifications	
Examples of Identification in Literature	
Clinical Example	
The Use of Identification in Projective Stories	
Concluding Remarks	

PART III. Defense Mechanisms in Action		123
CHAPTER 6	Defenses in Childhood: Stress and Psychopathology	125
	Studies of Children's Defenses in Response to Experimentally Induced Stress	
	Children's Defenses in Response to "Real-Life" Stress	
	Observational Studies of the Relation between Children's Defense Use and Psychological Problems	
	Longitudinal Studies	
	Patient Studies	
	Concluding Remarks	
CHAPTER 7	Stress and Defense Use in Adulthood	145
	Stress and DMM Defense Assessment	
	Other Studies of Stress and Defense Use	
	Physiological Concomitants of Defense Use	
	"Real-Life" Stress and Defense Use	
	Concluding Remarks	
CHAPTER 8	Defenses and Personality	161
	Defenses and Narrow-Band Personality Variables	
	Defenses and the Big Five Personality Factors	
	Defenses (DMM) and Identity Development	
	Other Approaches to the Investigation of Identity and Defenses	
	Defenses and Ego Development	
	Defenses and IQ	
	Concluding Remarks	
CHAPTER 9	Gender Differences and Defenses	183
	The "Masculine" Defenses	
	The "Feminine" Defenses	
	Gender Differences in Child and Adolescent Defense Use	
	The Implications of Defense Use: Gender-Based Differences	
	Synthesis	
	Concluding Remarks	

CHAPTER 10	Studying Defenses over Time: Longitudinal Studies	202
	Change in Defense Use over Time	
	Predicting over Time from Childhood Personality to Later Defense Use	
	Predicting over Time from Defense Use to Later Personality/Behavior	
	Defenses Predict Personality Change: Narrow-Band Variables	
	Defense Use Predicts Big Five Personality Change	
	Defense Use Predicts Identity Change	
	Concluding Remarks	
	PART IV. Defenses and Psychopathology	221
CHAPTER 11	Defenses and Psychopathology in Adult Community and Student Samples	223
	Defenses and Personality Disorders in Nonclinical Samples	
	Defenses and Pathological Aggression	
	Defenses and Depression	
	Defenses and Other Indications of Pathology	
	Concluding Remarks	
CHAPTER 12	Defenses and Psychopathology in Adult Psychiatric Patients	237
	Psychopathology and the DMM	
	Further Studies of Defense Use by Psychiatric Patients	
	Does Defense Use by Psychiatric Patients Differ from That of Nonpatients?	
	Can Defense Use Differentiate among Diagnostic Groups?	
	Are Specific Defenses Associated with Specific Diagnoses?	
	Concluding Remarks	
CHAPTER 13	Defenses and Psychotherapy	255
	Research with Psychiatric Patient Groups	
	Comparison of Most Improved and Least Improved Patients	
	Comparison of Anaclitic and Introjective Patients	
	DSQ Studies	
	DMRS Studies	
	Concluding Remarks	

CHAPTER 14	Case Studies	269
	“Ben”: A Serial Killer	
	“Martin”: A 10-Year-Old Boy	
	Three Females: Before and after Treatment	
	“Jim”: A Psychoanalytic Patient	
	Concluding Remarks	
	PART V. Assessment of Defenses	295
CHAPTER 15	Explaining the Defense Mechanism Manual	297
	Assessment of Denial with the DMM	
	Assessment of Projection with the DMM	
	Assessment of Identification with the DMM	
	Concluding Remarks	
CHAPTER 16	Other Approaches to Assessing Defense Mechanisms	323
	Defense Style Questionnaire	
	Defense Mechanism Rating Scales	
	A Comparison of the DSQ and the DMRS	
	Defense Axis of DSM-IV	
	Defense Mechanism Inventory	
	Defense-Q	
	Life Style Index	
	Other Measures for Assessing Children’s Defenses	
	Concluding Remarks	
	Notes	337
	References	349
	Index	373