

Students Name

Professor's Name

Course Title

Date

Case Study

Object relations theory differs from psychoanalytic theory by Sigmund Freud which proposed that human beings are inspired by sexual and aggressive desires. Instead, the theory suggests that human beings are motivated by the need to form relationships with other people. This theory puts great emphasis on early family interactions especially the mother-child relationship which is linked to personality development. According to this theory children tend to form mental representations of themselves in association with other people. These internal images tend to affect their interpersonal relationships.

The basic concept of object relation theory is the term "object" which is used to refer to people who are close to a person's life such as their mother, father or caregiver. An object can also refer to a part of a person such as a mother's breast or other things. Object relations include mental representations of the object as understood by self, the self in association with the object and the relationship between the object and self. Object representation is the mental depiction of an object. An internal representation refers to a person's representation of another while the external object could be a person, place or thing that someone has devoted emotional energy on it. Splitting is a condition that occurs mostly in children where they are unable to keep opposing thoughts or feelings in the cognizance at the same time. This causes them to keep the contrary feelings separate and concentrate on just one of them. Self-representation is another concept in

this theory which refers to an individual's representation of himself or herself as experiences about significant others (Lichtenberg et al. 54).

Cognitive theory tries to describe human behavior by understanding the thought processes. According to this theory; thoughts are the basic causes of feelings and conduct. People process information differently, and this is what makes people behave uniquely. Cognition is the study of mental processes to understand human knowledge and behavior. Cognition is the process of getting knowledge through perception, imagination, thinking, and remembering, judging problem-solving and selective attention. The theory suggests that thoughts, feelings, and beliefs determine the emotions and behavior of people.

The main concepts of this theory include perception, attention, and memory. Perception refers to how people interpret things. Attention is the ability of the human mind to focus on a certain area of interest and tune out information that seems irrelevant at that moment. Memory is the process of obtaining, keeping and remembering information (Lichtenberg et al. 67)

According to the case, Vered has various problems in her life that need to be addressed for her to live a normal life. According to the cognitive theory is that her thoughts, feelings, and beliefs determine her behavior. According to the cognitive theory, dysfunctional thoughts result in extreme emotions which ultimately lead to maladaptive behaviors.

Since she broke up with Gilad her boyfriend of 2 years, she has been completely overwhelmed by feelings of anger, anxiety, and helplessness. These feelings have resulted in maladaptive behaviors which made it hard for her to concentrate and sleep. She even smokes and drinks alcohol excessively. Her feelings have also made it impossible for her to study and to prepare for auditions. She has also refused to keep in touch with Gilad and his friends since she feels she cannot trust them. When Vered attended therapy, she showed feelings of anger, hurt

and shame. She also seemed to deep signs of longing and loneliness. She was angry when the therapist failed to give her straight answers on whether she should give Gilad a second chance or not. Her behavior towards the therapist can be liked to her thinking processes. She seems to think that a therapy session is whereby a person is provided answers to problems which makes her angry when her expectations are not met.

Distorted thinking patterns affect how people interpret the environment. People's behaviors are not determined by what happens in the environment rather their perception does. People's perceptions and interpretations of the environment affect their behavior. Irrational beliefs can be addressed by teaching people to reason to eliminate risky emotions. Vered's distorted thinking patterns caused her to believe that other students were looking down on her and therefore believed that they were fake and hypocritical. She also thought that her teachers were unapproachable and snobbish. She also thought that sharing her problems with her mother and friends would burden or disappoint them and therefore did not tell them what was going on with her life.

On the other hand, the object relations theory beliefs that people form relationships based on experiences they had as children with their parents or caregivers. Children form mental representations based on the relationships they had in early life people are usually unaware of the ideas and standards that they use when interacting with people who are formed during childhood. What Vered is experiencing at the moment could be caused by the standards she unconsciously formed as a child. Because she did not realize that she created them, it is hard or her to overcome the existing challenges not unless she can address her past. A therapist can use objects relations therapy to help her uncover her past to find the standards which can be changed to help her live a healthy life. Vered had a difficult childhood since she had to take care of her little sister while

her mother went to work. She was not taken care of well as a child. Her mother was not available most of the time since she worked most of the time and even when she was at home she was tensed and tired. When her parents divorced her mother spend most of her time crying, she was also anxious and fragile. Vered's mother also worked in low paying jobs which affected them.

Further, she was given responsibilities when she was supposed to be a child. Vered was extremely stressed when she moved to Tel Aviv when she was 21 due to the high cost of living and because she felt lonely and lost. Her mother was her biggest fan when she began to act, and this influenced her to pursue her acting career.

An objections relations therapist aim to help people improve the quality of their relationships by identifying areas that they need to improve. Identifying childhood objects and helping patients see how they affect their motivations, emotions, and relationships can help them solve their problems.

Object relations theory has its strengths and limitations in relations to the case. The strength of the theory is that it uncovers childhood experiences that could have shaped Vered's current problems. A positive mental representation of an object allows a person to depend on a parent or caregiver for help. However, in the case, Vered seems not to have received the basic needs she expected, and this affected how she interpreted the relationship with her mother. She also considered her mother to be anxious and fragile and that is why she preferred not to tell her what she was going through. Vered describes her father as a strict and emotionally withdrawn man who divorced her mother when she was a child. The limitation of this theory that it is unable to explain why Vered thinks the way she does.

On the other hand, the cognitive theory can explain what is going on in the case. Vered seems to have distorted thought, beliefs that tend to affect her behavior. After she broke up with

her boyfriend, she started to drink alcohol and smoke which are behaviors that can be linked to her thought process. The limitation of this theory is that it is not able to explain how her past experiences affect her current life.

Cognitive behavioral therapy is a method that can be used by a cognitive therapist. Talking is important intervention that can help a therapist understand her history which shapes her beliefs, thoughts, and feelings to help her address her issues. On the other hand, an object relations therapist may use certain intervention techniques including talking, music and other strategies.

The processes and aspects that a cognitive therapist would emphasize is positive thought process which helps in transforming behaviors. On the other hand, an object relations therapist would focus on mental representations of a person during their childhood to uncover things that could be causing problems in forming relationships.

I believe that the cognitive theory best addresses the patient's core issues since the theory suggests that her thought process affects her current life. Changing her thoughts, beliefs, and feelings would allow her to change her behavior. This theory makes sense to this patient. Vered's negative thoughts could be causing all the problems as opposed to her childhood experiences.

References

Lichtenberg, Joseph D., Frank M. Lachmann, and James L. Fosshage. *Self and motivational systems: Towards a theory of psychoanalytic technique*. Routledge, 2016.

