



101 Defenses: How the Mind Shields Itself

Jerome S. Blackman

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Defenses are mental operations that restore or maintain psychic equilibrium when people feel that they cannot manage emotions that stem from conflict; they remove components of unpleasant emotions from conscious awareness. For example, using sex, food, or hostility to relieve tension - that's a defense - catalogued here as entry number 68: Impulsivity. Screaming at someone can be a defense. Playing golf can be a defense. So can saving money. Or at least all of these activities may involve defenses. In this book, Blackman catalogs 101 defenses - the most ever compiled - with descriptions practical for use in everyday assessment and treatment of psychopathology. He explains how to detect and interpret a defense and offers supportive therapy techniques. The many practical tips interspersed throughout this text make it an excellent reference tool for students and experienced clinicians, while the user-friendly features allow all readers to experience how psychological defenses operate in everyday life.

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