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Ego Mechanism of Defense: A Guide for Clinicians and Researchers

Professor of Psychiatry George E Vaillant M.D.

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By summarizing the empirical studies, proposing a universal language of defense mechanisms, and demonstrating how various assessment methods can be used in diagnosis, case formulation, and treatment, Dr. Vaillant and an interdisciplinary group of contributors provide the groundwork for clinical practice as well as future research in the field.

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