



# The Internal Triangle: New Theories of Female Development

*Lucy Holmes*

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## **The Internal Triangle: New Theories of Female Development** Lucy Holmes

Based on over twenty years of clinical work with women, both individually and in groups, The Internal Triangle represents the first attempt by a woman to use Freud's drive theory to explain female development since Helene Deutsch's two-volume *Psychology of Women* in 1945. It presents a completely new hypothesis about the way girls use the introjection of parental figures much in the way that boys utilize the penis: to separate from powerful early objects and to gain control and mastery. The author offers an innovative new theory about how the female personality and the qualities associated with femininity develop, utilizing a fantasy internal triangle of mother, father and self. It follows development through the major milestones of the female life cycle: preoedipal, adolescence, childbirth, and menopause, with vivid clinical material illustrating each of the author's ideas. The second half of the book focuses on clinical data and technique which will aid therapists in working with women individually and in groups.

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