Being A Character Psychoanalysis And Self Experience Paperback

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taking freud s model of dreamwork as a model for all unconscious thinking bollas argues that we dreamwork ourselves into becoming who we are he illustrates how patient and analyst can use such unconscious processes to alter self experience

the body of both the patient and the analyst is increasingly a focus of attention in contemporary psychoanalytic theory and practice especially from a relational perspective there is a renewed regard for the understanding of embodied experience and sexuality as essential to human vitality however most of the existing literature has been written by analysts with no formal training in body centered work in this book william cornell draws on his experience as a body

centered psychotherapist to offer an informed blend of the two traditions to allow psychoanalysts a deep understanding in psychoanalytic language of how to work with the body as an ally the primary focus of somatic experience in psychoanalysis and psychotherapy situates systematic attention to somatic experience and direct body level intervention in the practice of psychoanalysis and psychotherapy it provides a close reading of the work of wilhelm reich repositioning his work within a contemporary psychoanalytic frame and re presents winnicott s work with a particular emphasis on the somatic foundations of his theories william cornell includes vivid and detailed case vignettes including accounts of his own bodily experience to fully illustrate a range of somatic attention and intervention that include verbal description of sensate experience exploratory movement and direct physical contact drawing on relevant theory and significant clinical material somatic experience in psychoanalysis and psychotherapy will allow psychoanalysts an understanding of how to work with the body in their clinical practice it will bring a fresh perspective on psychoanalytic thinking to body centred psychotherapy where somatic experience is seen as an ally to psychic and interpersonal growth this book will be essential reading for psychoanalysts psychodynamically oriented psychotherapists transactional analysts body centred psychotherapists gestalt therapists counsellors and students william cornell maintains an independent private practice of psychotherapy and consultation in pittsburgh pa he has devoted 40 years to the study and integration of psychoanalysis neo reichian body therapy and transactional analysis he is a training and supervising transactional analyst and has established an international reputation for his teaching and consultation

2015 gradiva award winner the embodied analyst brings together the history of embodied analysis found in the work of freud and reich and contemporary relational analysis particularly as influenced by infant research by integrating the old embodied and the new relational traditions the book contributes to a new clinical perspective focusing on form and process rather than content and structure the how rather than the what and the why this perspective is characterised by a focus on movement emotional interaction and the therapists own bodily experience in the analytic encounter jon sletvold presents a user friendly approach to embodied experience providing the history theory training and practice of embodied experience and expression as a way of expanding clinical attention starting with a spinozan view of the embodied mind part one history of embodied psychoanalysis presents an overview of the history of the field in the works of freud and reich as well as a look at the norwegian character analytic tradition part two conceptual framework and clinical guidelines explains how clinical interaction can be navigated based on the embodied concepts of subjectivity intersubjectivity and reflexivity part three embodied training and supervision presents innovative approaches to training in emotional communication inspired by the performing arts the book ends with a consideration of the embodied analyst in the 21st century consulting room capturing key aspects of a transitional movement in the development of psychoanalysis and psychotherapy the embodied analyst is ideal for those working and training in psychoanalysis and psychotherapy

one of the most interesting theorists in contemporary psychoanalysis bollas emphasizes both the creativity of subjectivity itself and the key place of experience in the formation of psychical constructions and fantasy anthony elliott centre for critical theory university of the west of england this eclectic collection of essays reflects the far reaching multi dimensional influence of christopher bollas bollas galvanises our understanding of what happens when people encounter the objects the endlessly variegated content of external reality each of us has our own unique idiom through which we endow objects a painting a football a stranger with special meaning bollas has added depth to our understanding of these relationships with vitality rarely found in psychoanalytic writing the contributors to this volume offer definitions and illustrations that make bollas thought accessible for those approaching his work for the first time and illuminating for those more familiar with his canon the vitality of objects reveals the possibilities for self expression and growth that figure in the process of object relations and shows how and why thinkers and artists from so many different perspectives are attracted to bollas thought

ayn rand s the fountainhead is still remembered and enjoyed today as the philosopher s first best selling novel in this unique study of the fountainhead dr robert mayhew brings together historical literary and philosophical essays that analyze the novel s style its use of humor and its virtues of productivity independence and integrity the essays make extensive use of previously unpublished material from the ayn rand archives offering a new collection of material to explore and consider this book leads through the creation publication and reception of the 1943 novel that made rand famous mayhew s collection of essays offers an insightful and critical perspective on the much regarded novel and is a necessary read for anyone interested in ayn rand and great american literature

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