

Relational Trauma and the Developing Right Brain

An Interface of Psychoanalytic Self Psychology and Neuroscience

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Psychoanalysis, the science of unconscious processes, has recently undergone a significant transformation. Self psychology, derived from the work of Heinz Kohut, represents perhaps the most important revision of Freud's theory as it has shifted its basic core concepts from an intrapsychic to a relational unconscious and from a cognitive ego to an emotion-processing self. As a result of a common interest in the essential, rapid, bodily based, affective processes that lie beneath conscious awareness, a productive dialogue is now occurring between psychoanalysis and neuroscience. Here I apply this interdisciplinary perspective to a deeper understanding of the nonconscious brain/mind/body mechanisms that lie at the core of self psychology. I offer a neuropsychanalytic conception of the development and structuralization of the self, focusing on the experience-dependent maturation of the emotion-processing right brain in infancy. I then articulate an interdisciplinary model of attachment trauma and pathological dissociation, an early forming defense against overwhelming affect that is a cardinal feature of self-psychopathologies. I end with some thoughts on the mechanism of the psychotherapeutic change process and suggest that self psychology is, in essence, a psychology of the unique functions of the right brain and that a rapprochement between psychoanalysis and neuroscience is now at hand.

Key words: neuropsychanalysis; right brain; trauma; dissociation; unconscious; attachment

Introduction

At the present time a number of scientific and clinical disciplines are simultaneously experiencing a rapid expansion of relevant data and even a reorganization of their underlying theoretical concepts. Indeed, the term *paradigm shift* is appearing in a number of literatures. Although current significant advances in various technologies and the computer sciences have catalyzed this growth spurt, an important contributor has been the rapid communication of

information not only within but also between disciplines. In this period of accelerated growth of essential information about the human condition and the natural world, the transfer of knowledge across disciplinary boundaries is occurring at a faster rate. This trend is reflected in an increasing interest in interdisciplinary studies and in integrated models that synthesize data generated at the interface of different scientific and clinical fields.

Within this context there exists a potential for new and fresh solutions to certain fundamental problems, especially those concerning the essential mechanisms that lie at the core of adaptive and maladaptive human functions. Until very recently these problems have been studied from the unique vantage points of

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Interface Of Psychoanalysis And Psychology

Ester Schaler Buchholz



Interface Of Psychoanalysis And Psychology:

Interface of Psychoanalysis and Psychology James W. Barron, Morris N. Eagle, David Leo Wolitzky, 2009 In the sections and chapters that follow we have spanned a broad range of topics in basic areas relevant to psychoanalytic psychology

Attachment and Psychoanalysis Morris N. Eagle, 2013-01-01 Although attachment theory was originally rooted in psychoanalysis the two areas have since developed quite independently This incisive book explores ways in which attachment theory and psychoanalysis have each contributed to understanding key aspects of psychological functioning including infantile and adult sexuality aggression psychopathology and psychotherapeutic change and what the two fields can learn from each other Morris Eagle critically evaluates how psychoanalytic thinking can aid in expanding core attachment concepts such as the internal working model and how knowledge about attachment can inform clinical practice and enrich psychoanalytic theory building Three chapters on attachment theory and research are written in collaboration with Everett Waters

The Psychoanalytic Model of the Mind Elizabeth L. Auchincloss M.D., 2015-04-28 Written for students at every level of training including psychiatry residents psychology graduate students social work students and medical students The Psychoanalytic Model of the Mind explains how the psychoanalytic model works and how it contributes to the care of people with mental illness The book is founded on the psychoanalytic thinking that evolved over the last 120 years and surveys how the psychoanalytic model has become the basis for almost all psychological treatments or talking cures for emotional suffering In plain and accessible language the author outlines the history of psychoanalysis answers basic questions defines the core dimensions of psychodynamic models and illustrates their clinical utility The Psychoanalytic Model of the Mind explores the most complex model of mental functioning ever formulated for clinical purposes and demonstrates that this model is useful in treating all patients all of the time

Depth-Psychological Understanding Philip F. D. Rubovits-Seitz, 2013-05-13 Although clinical interpretation originated with Freud the latter's positivist preference for purely observational methods made him ambivalent toward interpretive methods According to Rubovits Seitz the legacy of Freud's positivism still pervades clinical thinking and interferes with progress in investigating and improving interpretive methods He reviews the paradigm shift in general science from positivism to postpositivism by way of demonstrating the compatibility of interpretive inquiry with a postpositivist approach Post Freudian models of clinical interpretation are evaluated and clinical methods of interpretation are compared with interpretive approaches in nonclinical fields A detailed discussion of the neglected problem of justifying interpretations incorporates evaluations of specific justifying procedures and a case report illustrating applications of such methods The work concludes with a consideration of common but avoidable errors in clinical interpretation along with remedial strategies for dealing with them Following Depth Psychological Understanding clinicians may no longer take for granted the interpretive process and the accuracy of their own interpretations Rubovits Seitz's scholarly survey marks a major advance in comprehending the methodology of clinical interpretation and in setting

forth both the problems and promise of interpretive methods The Self in European and North American Culture J.H. Oosterwegel, R.A. Wicklund, 2012-12-06 How diverse or potentially overlapping are the numerous self models self theories and directions of self research It has become clear that the processes associated with the self are complex and diverse and that many of the approaches associated with the self have been pursued in isolation Moreover the fact of there being different traditions within developmental and social psychology as well as different traditions in Europe and North America has also led to a certain cacophony when we examine the self field as a whole The chapters here confront these differences trying to come to terms with phenomena that are overarching that extend through the dimensions of developmental psychology social psychology motivation psychology and parts of clinical psychology The book as whole gives a clear presentation of the issues questions and phenomena that surface in research fields known as self psychology The SAGE Handbook of Identities Margaret Wetherell, Chandra Talpade Mohanty, 2010-03-23 Overall its breaking of disciplinary isolation enhancing of mutual understanding and laying out of a transdisciplinary platform makes this Handbook a milestone in identity studies Sociology Increasingly identities are the site for interdisciplinary initiatives and identity research is at the heart of many transdisciplinary research centres around the world No single social science discipline owns identity research which makes it a difficult topic to categorize The SAGE Handbook of Identities systematizes this complex field by incorporating its interdisciplinary character to provide a comprehensive overview of its themes in contemporary research while still acknowledging the historical and philosophical significance of the concept of identity Drawing on a global scholarship the Handbook has four parts Frameworks presents the main theoretical and methodological perspectives in identities research Formations covers the major formative forces for identities such as culture globalisation migratory patterns biology and so on Categories reviews research on the core social categories central to identity such as ethnicity gender sexuality disability and intersections between these Sites and Context develops a series of case studies of crucial sites and contexts where identity is at stake such as social movements relationships work places and citizenship *Paradigms of Personality Assessment* Jerry S. Wiggins, 2003-08-06 This book is a uniquely integrative introduction to adult personality assessment that will engage graduate and undergraduate students The SAGE Handbook of Leadership Alan Bryman, 2011-03-14 Leadership pervades every aspect of organizational and social life and its study has never been more diverse nor more fertile With contributions from those who have defined that territory this volume is not only a key point of reference for researchers students and practitioners but also an agenda setting prospective and retrospective look at the state of leadership in the twenty first century It evaluates the domain and stretches it further by considering leadership scholarship from every angle concluding with an optimistic look at the future of leaders followers and their place in organizations and society at large **Lacan in America** Jean-Michel Rabate, 2020-09-08 This interdisciplinary compilation of essays is a welcome tonic for the jet lag or cultural gap between Lacanian discourse s warm reception in Latin countries

and the resistance Lacanian clinical applications have met with in the Anglophone world Lacan in America illuminates important and dynamic debates within a cultural context that Lacan himself has modified Rather than a made simple approach this dynamic collection invokes some of the hesitations contradictions and evolutions that appear to be the most exciting part of his legacy in polylogical discussions by Lacanians who are not averse to a critical reexamination of major concepts or textual and political issues Topics include a regressive sexual science and a postmodern condition technological mediation through seduction and resistance the partisan issues beneath some of the resistances met by Lacanian discourse and Lacan's revelations as responses to Freudian riddles Demonstrating the vitality of Lacanian thought and its impact on disciplines from mathematics to gay lesbian studies Lacan in America works to edify the fruit of Lacan's endless revision an infinitely propagated transfiguration of his search for the meanings of truth Lucid and nonpartisan this collection successfully takes the ideas and issues at the heart of Lacan's work and legacy and reinspects them through the lens offered by their transportation across the Atlantic illustrating what has happened to them in their translation and mistranslation into and through American intellectual and cultural life Daniel Gunn Department of Comparative Literature and English The American University of Paris

Boyhoods Ken Corbett, 2009-09-22 Familiar and expected gender patterns help us to understand boys but often constrict our understanding of any given boy Writing in a wonderfully robust and engaging voice Ken Corbett argues for a new psychology of masculinity one that is not strictly dependent on normative expectation As he writes in his introduction no two boys no two boyhoods are the same In Boy Hoods Corbett seeks to release boys from the grip of expectation as Mary Pipher did for girls in Reviving Ophelia Corbett grounds his understanding of masculinity in his clinical practice and in a dynamic reading of feminist and queer theories New social ideals are being articulated New possibilities for recognition are in play How is a boy made between the body the family and the culture Does a boy grow by identifying with his father or by separating from his mother Can we continue to presume that masculinity is made at home Corbett uses case studies to defy stereotypes depicting masculinity as various and complex He examines the roles that parental and cultural anxiety play in development and he argues for a more nuanced approach to cross gendered fantasy and experience one that does not mistake social consensus for well being Corbett challenges us at last to a fresh consideration of gender with profound implications for understanding all boys

When Minds Meet: The Work of Lewis Aron Galit Atlas, 2020-11-29 This extraordinary volume offers a sampling of Lewis Aron's most important contributions to relational psychoanalysis One of the founders of relational thinking Aron was an internationally recognized psychoanalyst sought after teacher lecturer and the Director of the New York University Postdoctoral Program in Psychotherapy and Psychoanalysis His pioneering work introduced and revolutionized the concepts of mutuality the analyst's subjectivity and the paradigm of mutual vulnerability in the analytic setting During the last few years of his life Aron was exploring the ethical considerations of writing psychoanalytic case histories and the importance of self reflection and skepticism not only for analysts with their patients but

also as a stance towards the field of psychoanalysis itself Aron is known for his singular highly compelling teaching and writing style and for an unparalleled ability to convey complex often comparative theoretical concepts in a uniquely inviting and approachable way The reader will encounter both seminal papers on the vision and method of contemporary clinical practice as well as cutting edge newer writing from the years just before his death Edited and with a foreword by Galit Atlas each chapter is preceded by a new introduction by some of the most important thinkers in our field Jessica Benjamin Michael Eigen Jay Greenberg Adrienne Harris Stephen Hartman Steven Kuchuck Thomas Ogden Joyce Slochower Donnel Stern Merav Roth Chana Ullman and Aron himself This book will make an important addition to the libraries of experienced clinicians and psychoanalytic scholars already familiar with Aron s work as well as students newer professionals or anyone seeking an introduction to relational psychoanalysis and one of its most stunning vibrant voices

Object Relations

Theories and Psychopathology Frank Summers, 2023 Twenty nine years since the first edition was released Frank Summers has renewed his lucid and thorough clarification of the various object relations theories to demonstrate their evolution and continued significance for therapeutic practice This volume includes elucidation of the major scholarship that has advanced the ideas of object relations theorists such as Fairbairn Klein Winnicott Kernberg and Kohut since the publication of the first edition A thorough and detailed new chapter devoted to the emergence and development of relational psychoanalysis has been added to make this volume a state of the art articulation of current object relations thinking The ideas and assumptions of each theory relative to metapsychology psychopathology and treatment are expounded alongside a critical evaluation of the strengths and limitations of each approach With extensive use of historic case material Summers shows how each object relations theory yields specific clinical approaches to a variety of syndromes and how these approaches entail specific modifications in clinical technique This volume will be essential reading for all analysts psychologists psychiatrists and social workers who wish to familiarize themselves with object relations theories in general sharpen their understanding of the work of specific object relations theorists or enhance their ability to employ these theories in their clinical work

The Imaginative Body Aleda Erskine, Dorothy Judd, 1994

A collection of writings on psychodynamic theory psychotherapy and physical illness Issues addressed include the links between biopsychosocial and psychodynamic approaches to health care the emotional needs of patients and clinical interventions with psychosomatically ill patients

The Embedded Self, Second Edition Mary-Joan Gerson, 2009-08-27 First published in 1996 The Embedded Self was lauded as a brilliant and long overdue rapprochement between psychoanalysis and family therapy conceived by a practitioner trained and experienced in both modalities of treatment Mary Joan Gerson s integrated presentation of psychodynamic and family systems theory invited therapists of either orientation to learn the tools and techniques of the other to mutual benefit Firmly grounded in detailed case presentations her focus on family therapy examined its history organizing concepts and developmental approaches and addressed practical questions of diagnosis clinical interaction and

referrals A dozen years later the psychoanalytic community is more open to integrating perspectives and the growth of analysts working with couples and families necessitates an update of the material presented in *The Embedded Self* Similarly the family therapy community has deepened its interest in individual dynamics within systemic patterning From a new and revised perspective on the possibilities of integration Gerson covers the latest research in neuroscience and the transmission of affect within intimate relationships with a new chapter on attachment theory and emotionally focused therapy Sections on narrative therapy and psychoanalytically oriented family therapy are expanded as well *The Embedded Self* was a sterling introduction to family systems theory and therapy and enhanced the work of analysts and family and couples therapists alike The second edition proves no different in its context but wider in its scope further enhancing the work of the family therapist interested in individual dynamics and preparing the psychodynamically oriented therapist who seeks to extend her craft from the dyad to the triad and beyond

The Self And Personality Structure Brinich, Paul, Shelley, Christopher, 2002-07-01 In addition to outlining some of the philosophical and historical issues surrounding the notion of selfhood this book examines classical and developmental models of psychoanalytic thought that implicitly point to the idea of self The authors also outline Kohut's psychoanalytic self psychology in addition to Adlerian and other post Freudian Jungian and post Jungian cognitive humanistic and existential contributions to the self and personality structure

Foucault Versus Freud Jerome C. Wakefield, 2024-07-05 In *Foucault Versus Freud* Jerome C Wakefield offers a novel analysis of one of the great intellectual clashes of our times the attack on Sigmund Freud's influential sexual theories by the eminent French philosopher and historian of ideas Michel Foucault Starting from Foucault's question What makes the psychoanalytic theory of incest acceptable to the bourgeois family and drawing on Foucault's relatively unexplored published lectures as well as his celebrated *History of Sexuality* Vol 1 Wakefield evaluates Foucault's argument that there is a continuity between the two century medical anti masturbation crusade and Freud's theory providing the reader with an accessible introduction to Foucault's conceptual innovations including power knowledge the deployment of sexuality and the use of surveillance and confession as tactics in medicalizing sexuality and reshaping family life Rather than allowing the argument to stay at the evidentially uncertain level one often finds in Foucault's writings Wakefield undertakes close readings of both Freud's seduction theory texts and later Oedipal period texts to test whether Foucault's provocative arguments find support or disconfirmation Despite identifying weaknesses in Foucault's position Wakefield argues that a careful look at Freud's sexual theories through Foucault's theoretical lens changes forever the way one sees Freud's theory and has the potential to help psychoanalysis move forward in a constructive way This book is written to be understandable for those who are not steeped in philosophy or familiar with Foucault's philosophy offering a lucid introduction to Foucault's ideas and his clash with Freud that will be of interest to clinicians students and scholars alike

Psychoanalytic Studies of the Work of Adam Smith Sule Ozler, Paul A Gabrinetti, 2017-07-14 *Psychoanalytic Studies of the Work of Adam Smith* blends the rich intellectual heritage of

the hermeneutic tradition with the methods and concepts of psychoanalysis in order to examine the seminal works of Adam Smith This is the first book on Smith to analyse the works of the groundbreaking moral theorist and founding father of economics from a psychoanalytic perspective whilst also examining the human capacities and skills that are necessary to put Smith s ideas into practice Starting with a detailed discussion of the psychological difficulties that afflicted Smith zler and Gabrinetti examine the influence that Smith s life had on the ideas that are found in his major works The authors explore the sympathetic process in Smith s The Theory of Moral Sentiments TMS from an intersubjectivist perspective and use ideas from developmental psychology to argue that sympathy leads to morality This book contains a thorough analysis of the defences that are used to create Smith s moral system in the TMS and explores how Smith s ideas were precursors to concepts later developed by Freud The authors show that Smith s attitude to women was at best ambivalent and consider the reciprocal interaction between markets and morality from an evolutionary psychology perspective Covering an impressive range of topics this book will appeal to academics and postgraduate students with an interest in psychoanalysis moral philosophy history of thought and the social sciences The book should also be of interest to more advanced undergraduate students

The Call Of Solitude Ester Schaler Buchholz,1999-08 This book based on the author s developmental and clinical psychoanalytic study is about the positive effects of spending time alone and the difficulties and negative connotations associated with this need in busy modern society From back cover

Lacan and Science Jason Glynos,Yannis Stavrakakis,2018-03-29 The current volume represents an exciting collection of essays critically examining the relation between modern science and Lacanian psychoanalysis in approaching the question of mental suffering Lacan Science also tackles more widely the role and logic of scientific practice in general taking as its focus psychic processes Central themes that are explored from a variety of perspectives include the use of mathematics in Lacanian psychoanalysis the importance of linguistics and Freud s text in Lacan s approach and the central significance attached to ethics and the role of the subject Constituting an invaluable addition to existing literature this comprehensive volume offers a fresh insight into Lacan s conception of the subject and its implications to scientific practice and evidence

Coping With Trauma Jon G. Allen,2008-05-20 Combining years of research teaching and experience treating trauma survivors Dr Jon G Allen offers compassionate and practical guidance to understanding trauma and its effects on the self and relationships Coping With Trauma is based on more than a decade of Dr Allen s experience conducting educational groups for persons struggling with psychiatric disorders stemming from trauma Written for a general audience this book does not require a background in psychology Readers will gain essential knowledge to embark on the process of healing from the complex wounds of trauma along with a guide to current treatment approaches In this supportive and informative work readers will be introduced to and encouraged in the process of healing by an author who is both witness and guide This clearly written insightful book not only teaches clinicians about trauma but also equally important teaches clinicians how to educate their patients about trauma

Reshaped by recent developments in attachment theory including the importance of cumulative stress over a lifetime this compelling work retains the author's initial focus on attachment as he looks at trauma from two perspectives From the psychological perspective the author discusses the impact of trauma on emotion memory the self and relationships incorporating research from neuroscience to argue that trauma is a physical illness From the psychiatric perspective the author discusses various trauma related disorders and symptoms depression posttraumatic stress disorder and dissociative disorders along with a range of self destructive behaviors to which trauma can make a contribution Important updates include substantive and practical information on Emotion and emotion regulation prompted by extensive contemporary research on emotion which is becoming a science unto itself Illness based on current developments in the neurobiological understanding of trauma Depression a pervasive trauma related problem that poses a number of catch 22s for recovery Various forms of self destructiveness substance abuse eating disorders and deliberate self harm all construed as coping strategies that backfire Suicidal states and self defeating aspects of personality disorders The author addresses the challenges of healing by reviewing strategies of emotion regulation as well as a wide range of sound treatment approaches He concludes with a new chapter on the foundation of all healing maintaining hope This exceptionally comprehensive overview of a wide range of traumatic experiences written in nontechnical language with extensive references to both classic and contemporary theoretical clinical and research literature offers a uniquely useful guide for victims of trauma their family members and mental health care professionals alike

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