

limerence psychoanalysis

Limerence Psychoanalysis: Unraveling the Obsessive Passion

Introduction:

Are you consumed by thoughts of someone, experiencing intense emotional highs and lows that feel beyond your control? You might be experiencing limerence, a state of involuntary romantic obsession that's far more complex than simple infatuation. This in-depth exploration delves into the psychoanalytic perspective on limerence, examining its underlying mechanisms, potential causes, and pathways towards healing. We'll uncover how unconscious desires, unresolved childhood experiences, and attachment styles contribute to this powerful, often debilitating, emotional state. Prepare to gain a deeper understanding of limerence and the tools available to navigate its challenging terrain.

Understanding Limerence: Beyond Infatuation

Limerence, a term coined by Dorothy Tennov, isn't just a crush. It's a state of intense, involuntary romantic longing characterized by obsessive thoughts, fantasies, and a profound need for reciprocation. Unlike infatuation, which is often fleeting and superficial, limerence is characterized by a deep, persistent emotional investment that can significantly impact daily life. This obsessive focus can lead to significant distress and interfere with work, relationships, and overall well-being. Psychoanalysis offers a valuable framework for understanding the root causes of this intense emotional entanglement.

The Psychoanalytic Lens: Exploring the Unconscious

Psychoanalytic theory suggests that limerence stems from deeper, often unconscious, psychological processes. It posits that the intense feelings associated with limerence are not merely about the object of affection but also about unresolved issues from the past. These unresolved issues, often related to childhood experiences and attachment patterns, project onto the limerent object, coloring the perception of the relationship and fueling the obsessive desire.

Attachment Styles and Limerence:

Our early childhood experiences profoundly shape our attachment styles – secure, anxious, avoidant, and disorganized. These styles dictate how we approach intimacy and relationships. Individuals with anxious attachment styles are particularly vulnerable to limerence. Their fear of abandonment and need for reassurance can fuel the obsessive pursuit of reciprocation, intensifying the emotional rollercoaster of limerence. Conversely, those with avoidant attachment might struggle to acknowledge or process their limerent feelings, leading to internal conflict and self-sabotage.

Unconscious Fantasies and Idealization:

Psychoanalysis highlights the role of unconscious fantasies in limerence. The limerent individual often projects idealized qualities onto their object of affection, creating a romanticized image that is largely disconnected from reality. This idealization serves to fulfill unmet emotional needs and bolster a fragile self-image. The discrepancy between the idealized image and the real person can contribute to the emotional turmoil and cyclical nature of limerence.

Defense Mechanisms and Limerence:

Defense mechanisms, unconscious strategies used to cope with anxiety and distress, play a significant role in maintaining the limerent state. Individuals might employ denial, rationalization, or projection to avoid confronting the painful realities of the situation. For example, they may rationalize their obsessive behavior by convincing themselves that the object of their affection secretly reciprocates their feelings, despite evidence to the contrary.

The Role of Transference and Countertransference:

The concepts of transference and countertransference, central to psychoanalysis, are highly relevant to understanding limerence. Transference refers to the unconscious redirection of feelings from one person to another, often from a significant figure in the past (e.g., a parent) to the limerent object. Countertransference, conversely, involves the limerent object's unconscious response to the limerent individual's projections. This complex interplay of unconscious feelings can further intensify the dynamics of limerence.

Therapeutic Interventions: Addressing the Root Causes

Psychoanalytic therapy offers a valuable approach to treating limerence. Through exploration of unconscious conflicts, unresolved traumas, and maladaptive coping mechanisms, individuals can gain insight into the underlying dynamics driving their obsessive feelings. The therapeutic process focuses on developing healthier coping strategies, improving self-esteem, and fostering more realistic and balanced relationships.

Breaking Free from the Cycle of Limerence:

Overcoming limerence requires a multifaceted approach. It involves cultivating self-awareness, challenging idealized perceptions, and developing healthier relationship patterns. This process often necessitates confronting painful emotions and challenging deeply ingrained beliefs about love, relationships, and self-worth. Support from a therapist, support groups, and a strong social network can be invaluable during this challenging journey.

Book Outline: "Unraveling Limerence: A Psychoanalytic Perspective"

Author: Dr. Evelyn Reed, PhD

Introduction: Defining limerence and its impact.

Chapter 1: The Psychoanalytic Framework: Exploring unconscious processes.

Chapter 2: Attachment Theory and Limerence: Examining the role of early experiences.

Chapter 3: Idealization and Fantasy: Unmasking the unconscious projections.

Chapter 4: Defense Mechanisms in Limerence: Understanding coping strategies.

Chapter 5: Transference and Countertransference: The dynamics of unconscious interactions.

Chapter 6: Case Studies: Illustrative examples of limerence in therapy.

Chapter 7: Therapeutic Interventions: Psychoanalytic approaches to healing.

Chapter 8: Developing Healthy Relationships: Strategies for overcoming limerence.

Conclusion: A pathway towards emotional well-being.

(Detailed explanation of each chapter would follow here, expanding on the points mentioned in the outline above. Each chapter would be a minimum of 150 words, providing detailed examples, case studies (hypothetical or anonymized), and further exploring the relevant psychological concepts.)

FAQs:

1. Is limerence a mental illness? Limerence itself is not a formally diagnosed mental illness, but it can be a symptom or contributing factor to conditions like obsessive-compulsive disorder or anxiety disorders.
1. How long does limerence last? The duration varies greatly, ranging from a few weeks to several years, depending on various factors, including the individual's personality, coping mechanisms, and the nature of the relationship with the limerent object.
1. Can limerence be treated? Yes, psychotherapy, particularly psychoanalytic approaches, can be effective in addressing the underlying causes of limerence and developing healthier coping mechanisms.
1. What are the signs of limerence? Signs include obsessive thoughts, intense emotional highs and lows, intrusive fantasies, and a strong need for reciprocation.

1. How is limerence different from love? Love is typically characterized by a more balanced, reciprocal emotional connection, whereas limerence is an involuntary, often obsessive, preoccupation with the object of affection.
1. Can I overcome limerence on my own? While self-help strategies can be beneficial, professional help is often necessary to address the deep-seated emotional issues contributing to limerence.
1. What is the role of self-esteem in limerence? Low self-esteem can contribute to limerence by fueling the need for external validation and increasing the vulnerability to idealized projections.
1. Does limerence always involve romantic feelings? While primarily associated with romantic feelings, limerence can also manifest in non-romantic contexts, such as intense admiration for a celebrity or public figure.
1. Is there a medication for limerence? There is no specific medication for limerence; however, medication might be helpful in managing associated symptoms like anxiety or depression.

Related Articles:

1. The Psychology of Obsession: Exploring the cognitive and emotional mechanisms behind obsessive behaviors. (This article would explore the broader context of obsessions and their psychological underpinnings, providing a theoretical framework for understanding limerence.)
1. Attachment Styles and Adult Relationships: Examining the lasting impact of early childhood experiences on adult romantic relationships. (This would explore the various attachment styles and their manifestations in intimate relationships.)

1. Understanding Idealization in Romantic Relationships: Analyzing the role of idealized projections in shaping romantic partnerships. (This would focus on the phenomenon of idealization and its connection to unrealistic expectations.)

1. Defense Mechanisms: A Comprehensive Guide: An overview of common defense mechanisms and their functions in managing anxiety and stress. (This would provide a deeper understanding of how individuals unconsciously cope with distressing emotions.)

1. Transference and Countertransference in Psychotherapy: A detailed explanation of these concepts and their relevance to the therapeutic process. (This would further clarify the role of these concepts within the context of limerence.)

1. Obsessive-Compulsive Personality Disorder (OCPD): Examining the characteristics and symptoms of this personality disorder. (This would explore a potential comorbidity with limerence.)

1. Coping with Rejection and Heartbreak: Strategies for navigating the emotional pain of rejection and heartbreak, relevant to overcoming limerence. (This would offer practical coping strategies for managing the emotional aftermath of unrequited feelings.)

1. Building Self-Esteem and Self-Compassion: Techniques for improving self-worth and accepting oneself unconditionally. (This would address a key element in overcoming limerence.)

1. Finding Healthy Relationship Patterns: Strategies for establishing and maintaining healthy, reciprocal relationships. (This would focus on developing healthy relationship dynamics after overcoming limerence.)

limerence psychoanalysis: Love and Limerence Dorothy Tennov, 1979

limerence psychoanalysis: *Love and Limerence* Dorothy Tennov, 1998-12-29 Excellent. Of

universal interest. It deals with the subject in an entirely new way.-Simone de Beauvoir Originally released twenty years ago, *Love and Limerence* has become a classic in the psychology of emotion. As relevant today as it was then, this book offers insight into love, infatuation, madness, and all flavors of emotion in between.

limerence psychoanalysis: Sexual Exploitation in Professional Relationships Glen O. Gabbard, 1989 This book presents the latest data on -- and clinical, ethical, and medicolegal issues pertaining to -- sexual intimacy in the professional relationship. Contributors (including psychiatrists, psychologists, social workers, clergy, and attorneys) explore the issue of professional incest across the broad spectrum of the helping professions.

limerence psychoanalysis: *When Nietzsche Wept* Irvin D. Yalom, 2019-08-06 In nineteenth-century Vienna, a drama of love, fate, and will is played out amid the intellectual ferment that defined the era. Josef Breuer, one of the founding fathers of psychoanalysis, is at the height of his career. Friedrich Nietzsche, Europe's greatest philosopher, is on the brink of suicidal despair, unable to find a cure for the headaches and other ailments that plague him. When he agrees to treat Nietzsche with his experimental "talking cure," Breuer never expects that he too will find solace in their sessions. Only through facing his own inner demons can the gifted healer begin to help his patient. In *When Nietzsche Wept*, Irvin Yalom blends fact and fiction, atmosphere and suspense, to unfold an unforgettable story about the redemptive power of friendship.

limerence psychoanalysis: Psychotherapy Dorothy Tennov, 1975

limerence psychoanalysis: Lacan on Love Bruce Fink, 2017-09-05 Quintessentially fascinating, love intrigues and perplexes us, and drives much of what we do in life. As wary as we may be of its illusions and disappointments, many of us fall blindly into its traps and become ensnared time and again. Deliriously mad excitement turns to disenchantment, if not deadening repetition, and we wonder how we shall ever break out of this vicious cycle. Can psychoanalysis - with ample assistance from philosophers, poets, novelists, and songwriters - give us a new perspective on the wellsprings and course of love? Can it help us fathom how and why we are often looking for love in all the wrong places, and are fundamentally confused about "what love really is"? In this lively and wide-ranging exploration of love throughout the ages, Fink argues that it can. Taking within his compass a vast array of traditions - from Antiquity to the courtly love poets, Christian love, and Romanticism - and providing an in-depth examination of Freud and Lacan on love and libido, Fink unpacks Lacan's paradoxical claim that "love is giving what you don't have." He shows how the emptiness or lack we feel within ourselves gets covered over or entwined in love, and how it is possible and indeed vital to give something to another that we feel we ourselves don't have. This first-ever commentary on Lacan's Seminar VIII, *Transference*, provides readers with a clear and systematic introduction to Lacan's views on love. It will be of great value to students and scholars of psychology and of the humanities generally, and to analysts of all persuasions.

limerence psychoanalysis: Jouissance Darian Leader, 2021-05-28 Although the term 'jouissance' is common currency in psychoanalysis today, how much does it really tell us? While often taken to designate a fusion of sexuality, suffering and satisfaction, the term has fallen into a purely descriptive use that closes down more questions than it opens up. Although assumed to explain the coalescence of pleasure and pain, it tends to cover a range of quite different issues that should be distinguished rather than conflated. By returning to some of the sources of the concept in Freud, and their elaborations in Lacan, this book hopes to stimulate a debate around the relations of pleasure to pain, autoerotism, the links of satisfaction to arousal, the effects of repression, and the place of the body in psychoanalytic theory. Leader aims to provide context for Lacan's work and encourage dialogue with other analytic traditions.

limerence psychoanalysis: *Healing Trauma* Marion F. Solomon, Daniel J. Siegel, 2003-02-25 Born out of the excitement of a convergence of ideas and passions, this book provides a synthesis of the work of researchers, clinicians, and theoreticians who are leaders in the field of trauma, attachment, and psychotherapy. As we move into the third millennium, the field of mental health is in an exciting position to bring together diverse ideas from a range of disciplines that illuminate our

understanding of human experience: neurobiology, developmental psychology, traumatology, and systems theory. The contributors emphasize the ways in which the social environment, including relationships of childhood, adulthood, and the treatment milieu change aspects of the structure of the brain and ultimately alter the mind.

limerence psychoanalysis: Psychoanalysis and Contemporary Thought, 1978

limerence psychoanalysis: Self-Concept Clarity Jennifer Lodi-Smith, Kenneth G. DeMarree, 2018-01-03 This welcome resource traces the evolution of self-concept clarity and brings together diverse strands of research on this important and still-developing construct. Locating self-concept clarity within current models of personality, identity, and the self, expert contributors define the construct and its critical roles in both individual and collective identity and functioning. The book examines commonly-used measures for assessing clarity, particularly in relation to the more widely understood concept of self-esteem, with recommendations for best practices in assessment. In addition, a wealth of current data highlights the links between self-concept clarity and major areas of mental wellness and dysfunction, from adaptation and leadership to body image issues and schizophrenia. Along the way, it outlines important future directions in research on self-concept clarity. Included in the coverage: Situating self-concept clarity in the landscape of personality. Development of self-concept clarity across the lifespan. Self-concept clarity and romantic relationships. Who am I and why does it matter? Linking personal identity and self-concept clarity. Consequences of self-concept clarity for well-being and motivation. Self-concept clarity and psychopathology. Self-Concept Clarity fills varied theoretical, empirical, and practical needs across mental health fields, and will enhance the work of academics, psychologists interested in the construct as an area of research, and clinicians working with clients struggling with developing and improving their self-concept clarity.

limerence psychoanalysis: From the Couch to the Lab Aikaterini Fotopoulou, Donald Pfaff, Martin A. Conway, 2012-05-17 Can the psychodynamics of the mind be correlated with neurodynamic processes in the brain? The book revisits a question that scientists and psychoanalysts have been asking for more than a century. It brings together experts from Psychology, Psychoanalysis, Neuroscience, Philosophy, Psychiatry and Neurology to consider this question.

limerence psychoanalysis: Psychology Frank J. Bruno, 2002-11-11 * A complete course, from brain biology to abnormal psychology * Hundreds of questions and many review tests * Key concepts and terms defined and explained Master key concepts. Answer challenging questions. Prepare for exams. Learn at your own pace. What are the two basic psychological dimensions of emotions? How do you define abnormal behavior? Is extrasensory perception real? What is Viktor Frankl known for? With Psychology: A Self-Teaching Guide, you'll discover the answers to these questions and many more. Frank Bruno explains all the major psychological theories and terms in this book, covering perception, motivation, thinking, personality, sensation, intelligence, research methods, and much more. He presents the foundations of psychology and the biology of behavior; explores how children develop into adults and the psychological factors that make us individuals; and examines various mental disorders and the types of therapy used to treat them. The step-by-step, Q&A format of Psychology makes it fully accessible, providing an easily understood, comprehensive overview of the topic. Like the other popular Self-Teaching Guides, Psychology allows you to build gradually on what you have learned-at your own pace. Questions and self-tests reinforce the information in each chapter and allow you to skip ahead or focus on specific areas of concern. Packed with useful, up-to-date information, this clear, concise volume is a valuable learning tool and reference source for anyone who seeks a greater understanding of human behavior.

limerence psychoanalysis: Falling in Love Ayala Malach Pines, 2013-05-13 Falling in Love is the first book to unlock the mysteries of how and why we fall in love. Renowned psychologist Ayala Pines shows us why we fall for the people we do, and argues convincingly that we love neither by chance nor by accident. She offers sound advice for making the right choices when it comes to this complicated emotion. Packed with helpful suggestions for those seeking love and those already in it,

this book is about love's many puzzles. The second edition furthers the work of the popular and successful first edition. With expanded research, theory, and practice, this book once again provides one of a kind understandings of the experience of love. The new edition offers updated references to recent research, new chapter exercises, and case examples of romantic stories to begin each chapter.

limerence psychoanalysis: *Cultural Models* Giovanni Bennardo, Victor C. De Munck, 2014 This book is about cultural models. Cultural models are defined as molar organizations of knowledge. Their internal structure consists of a 'core' component and 'peripheral' nodes that are filled by default values. These values are instantiated, i.e., changed to specific values or left at their default values, when the individual experiences 'events' of any type. Thus, the possibility arises for recognizing and categorizing events as representative of the same cultural model even if they slightly differ in each of their specific occurrences. Cultural models play an important role in the generation of one's behavior. They correlate well with those of others and the behaviors they help shape are usually interpreted by others as intended. A proposal is then advanced to consider cultural models as fundamental units of analysis for an approach to culture that goes beyond the dichotomy between the individual (culture only in mind) and the collective (culture only in the social realm). The genesis of the concept of cultural model is traced from Kant to contemporary scholars. The concept underwent a number of transformations (including label) while it crossed and received further and unique elaborations within disciplines like philosophy, psychology, anthropology, sociology, artificial intelligence, and cognitive science. A methodological trajectory is outlined that blends qualitative and quantitative techniques that cross-feed each other in the gargantuan effort to discover cultural models. A survey follows of the extensive research about cultural models carried out with populations of North Americans, Europeans, Latino- and Native-Americans, Asians (including South Asians and South-East Asians), Pacific Islanders, and Africans. The results of the survey generated the opportunity to propose an empirically motivated typology of cultural models rooted in the primary difference between foundational and molar types. The book closes with a suggestion of a number of avenues that the authors recognize the research on cultural models could be traversing in the near future.

limerence psychoanalysis: *Why Love Hurts* Eva Illouz, 2013-05-20 Few of us have been spared the agonies of intimate relationships. They come in many shapes: loving a man or a woman who will not commit to us, being heartbroken when we're abandoned by a lover, engaging in Sisyphean internet searches, coming back lonely from bars, parties, or blind dates, feeling bored in a relationship that is so much less than we had envisaged - these are only some of the ways in which the search for love is a difficult and often painful experience. Despite the widespread and almost collective character of these experiences, our culture insists they are the result of faulty or insufficiently mature psyches. For many, the Freudian idea that the family designs the pattern of an individual's erotic career has been the main explanation for why and how we fail to find or sustain love. Psychoanalysis and popular psychology have succeeded spectacularly in convincing us that individuals bear responsibility for the misery of their romantic and erotic lives. The purpose of this book is to change our way of thinking about what is wrong in modern relationships. The problem is not dysfunctional childhoods or insufficiently self-aware psyches, but rather the institutional forces shaping how we love. The argument of this book is that the modern romantic experience is shaped by a fundamental transformation in the ecology and architecture of romantic choice. The samples from which men and women choose a partner, the modes of evaluating prospective partners, the very importance of choice and autonomy and what people imagine to be the spectrum of their choices: all these aspects of choice have transformed the very core of the will, how we want a partner, the sense of worth bestowed by relationships, and the organization of desire. This book does to love what Marx did to commodities: it shows that it is shaped by social relations and institutions and that it circulates in a marketplace of unequal actors.

limerence psychoanalysis: *Incest* Anaïs Nin, 1993-09-16 The trailblazing memoirist and author of *Henry & June* recounts her relationships with Henry Miller and others—including her own father.

Anaïs Nin wrote in her uncensored diaries like they were a broad-minded confidante with whom she shared the liberating psychosexual dramas of her life. In this continuation of her notorious *Henry & June*, she recounts a particularly turbulent period between 1932 and 1934, and the men who dominated it: her protective husband, her therapist, and the poet Antonin Artaud. However, most consuming of all is novelist Henry Miller—a man whose genius, said Anaïs, was so demonic it could drive people insane. Here too, recounted in extraordinary detail, is the sexual affair she had with her father. At once loving, exciting, and vengeful, it was the ultimate social transgression for which Anaïs would eventually seek absolution from her analysts. “Before Lena Dunham there was Anaïs Nin. Like Dunham, she’s been accused of narcissism, sociopathy, and sexual perversion time and again. Yet even that comparison undercuts the strangeness and bravery of her work, for Nin was the first of her kind. And, like all truly unique talents, she was worshipped by some, hated by many, and misunderstood by most . . . A woman who’d spent decades on the bleeding edge of American intellectual life, a woman who had been a respected colleague of male writers who pushed the boundaries of acceptable sex writing. Like many great . . . experimentalists, she wrote for a world that did not yet exist, and so helped to bring it into being.” —The Guardian Includes an introduction by Rupert Pole

limerence psychoanalysis: *Body Psychotherapy for the 21st Century* Nick Totton, 2020-07
Body psychotherapy currently attracts more interest than ever before and is taking up an important role in the general psychotherapy field, bringing awareness of embodiment into what has been a verbally oriented profession. It is also developing a sophisticated approach which engages with recent advances in other fields including neuroscience, phenomenology, and cognitive studies, as well as the relational turn in psychotherapy. *Body Psychotherapy for the 21st Century* charts the history of this transformation and shows how four distinct versions of embodied practice have interacted to generate the current field. It makes the case for body psychotherapy not only within the therapeutic world, but in the social sphere, where bodily difference - of gender, ethnicity, age, sexuality - is one of the major markers of oppression.

limerence psychoanalysis: *Impossible to Please* Neil Lavender, Alan A. Cavaola, 2012-11-01
Everyone knows someone who is impossible to please, critical, judgmental, picky, and stubbornly closed-minded. These are symptoms of a disorder called obsessive-compulsive personality disorder (OCPD), but it’s common for people to have subclinical levels of some or all of these qualities. Most of the time, it’s best to avoid the difficult to please person, but what happens when he or she is a close family member, coworker, or even a spouse? It’s still possible to maintain a positive relationship with the right tools. *Impossible to Please*, written by the authors of *Toxic Coworkers*, is a manual for dealing with these difficult people without sitting through stressful arguments, vicious insults and attacks, and passive-aggressive behavior. It empowers readers to take charge of the relationship and regain their dignity and confidence in interactions with these individuals. This book features specific strategies that are immediately effective when conversing with critical people and explains how readers can respond to unfair blame without becoming angry or overly defensive. By setting boundaries, improving communication, and asserting themselves, readers learn to deal with the impossible to please in romantic relationships, friendships, family, and work relationships.

limerence psychoanalysis: *Psychology Around Us* Ronald Comer, Elizabeth Gould, 2010-01-19
This exciting new textbook for introductory psychology helps to open students’ minds to the idea that psychology is all around us. Authors RON COMER and LIZ GOULD encourage students to examine what they know about human behaviour and how they know it; and open them up to an appreciation of psychology outside of the classroom. *Psychology Around Us* helps students see the big picture by stressing the interconnected nature of psychological science. Almost every chapter within this first edition helps open students’ minds to comprehend the big picture with sections that highlight how the different fields of psychology are connected to each other and how they connect to everyday life. This text highlights human development, brain function, abnormal psychology, and the individual differences in each area as cut-across themes to demonstrate these connections. Also included are two-page art spreads to demonstrate exactly What Happens In The Brain When we

engage in everyday activities such as eat pizza, study psychology, or listen to music. The art featured in these spreads have been created especially for Psychology Around Us by an award-winning artist with input from faculty on how it will contribute to teaching and learning. Features: Cut Across Connections - Almost every chapter helps students comprehend the big picture with sections that highlight how the different fields of psychology are connected to each other and how they connect to everyday life. What Happens in the Brain When...These two-page art spreads demonstrate exactly what happens in the brain when we engage in everyday activities such as eating pizza, studying psychology, or listening to music. Chapter Opening Vignettes - Every chapter begins with a vignette that shows the power of psychology in understanding a whole range of human behaviour. This theme is reinforced throughout the chapter, celebrating the extraordinary processes that make the everyday possible. Special topics on psychology around us - Each chapter highlights interesting news stories, current controversies in psychology, and relevant research findings that demonstrate psychology around us. The Practically Speaking box emphasizes the practical application of everyday psychology. Helpful study tools - Key Terms; Marginal Definitions; Marginal Notes; Chapter Summaries.

limerence psychoanalysis: *Overcoming Obsessive Compulsive Disorder* Gail Steketee, Matthew McKAY, 1999 A 14-session treatment. Techniques include imagined exposure, in vivo exposure, response prevention, and avoidance reduction.

limerence psychoanalysis: *Many Faces of Love* Kaarina Määttä, Satu Uusiautti, 2013-04-19 What do we actually talk about when we talk about love? Research on love and emotions has been met with suspicion although people live in a network of relationships from birth to death, and the ability to build and maintain relationships is an important strength. This book provides a comprehensive research-based analysis of love in human life: romantic love and its ups and downs, and the fascination of love, the combination of work and family, the secrets of a long-lasting marriage, senior love, and the throes and relief of a divorce. Love is also discussed in relation to other phenomena, such as friendship, play, and creativity. In addition, themes of parental love and pedagogical love, and the ability to love, as well as dark sides of love are introduced. Love is worth cherishing and practicing. Other people's experiences may be helpful, and information about the nature of love can relieve the pain. Thus, love, in its various forms, makes the best health insurance! This book is meant for everyone interested in love but also for professionals in various fields, such as psychologists, educators, and couple and family counselors. The book is based on authors Prof. Kaarina Määttä's and Dr. Satu Uusiautti's extensive research on love at the University of Lapland, Finland.

limerence psychoanalysis: *Safe House* Joshua Straub, PhD, 2015-10-20 Parenting isn't rocket science, it's just brain surgery. And Dr. Joshua Straub has good news for you: You can do it! You don't need to do all the "right" things as a parent. Both science and the Bible show us that the most important thing we can provide for our kids is a place of emotional safety. In other words, the posture from which we parent matters infinitely more than the techniques of parenting. Emotional safety—more than any other factor—is scientifically linked to raising kids who live, love, and lead well. Learn how to use emotional safety as a foundation from which you parent—and make a cultural impact that could change the world! In *Safe House*, Dr. Straub draws from his extensive research and personal experience to help you: - Foster healthy identity and social development in children of any age - Win the war without getting overwhelmed in the daily battles - Discipline in a way that builds relationship - Understand how the culture is affecting your child and what you can do about it - Cultivate responsible, self-regulating behavior in your kids - Establish an unshakeable sense of faith, morality, and values in your home - Feel more confident and peaceful as a parent - Find a greater perspective on parenting than what you might see on a daily basis Also includes a *Safe House Parenting Assessment*.

limerence psychoanalysis: *Attachment in Adulthood, First Edition* Mario Mikulincer, Phillip R. Shaver, 2010-01-04 The concluding chapter reflects on the key issues addressed, considers the deeper philosophical implications of current work in the field, and identifies pivotal directions for

future investigation.--BOOK JACKET.

limerence psychoanalysis: Leave a Cheater, Gain a Life Tracy Schorn, 2016-05-10 Leave a Cheater, Gain a Life is a no-nonsense self-help guide for anyone who has ever been cheated on. Here's advice not based on saving your relationship after infidelity -- but saving your sanity. When it comes to cheating, a lot of the attention is focused on cheaters -- their unmet needs or their challenges with monogamy. But Tracy Schorn (aka Chump Lady) lampoons such blameshifting and puts the focus squarely on the-cheated-upon (chumps) and their needs. Combining solid advice that champions self-respect, along with hilarious cartoons satirizing the pomposity of cheaters, Leave a Cheater, Gain a Life offers a fresh voice for chumps who want (and need) a new message about infidelity. This book will offer advice on Stupid sh*t cheaters say and how to respond, Rookie mistakes of the recently chumped and how to disarm your fears, Why chumps take the blame and how to protect yourself, and more. Full of snark, sass, and real wisdom about how to bounce back after the gut blow of betrayal, Schorn is the friend who guides you through this nightmare and gives you hope for a better life ahead.

limerence psychoanalysis: British Goblins Wirt Sikes, 2016-12-18 British Goblins - Welsh Folk-lore, Fairy Mythology, Legends and Traditions. British Goblins does a good job at its stated purpose - collecting and loosely categorizing Welsh Folklore of every category, ranging from the reasons behind certain customs and superstitions of daily life, to descriptions and associated stories of various faeries, goblins, and giants, to descriptions of apparitions and the view of the afterlife, to more fantastic things, like dragons, standing stones, and magic wells and stones. Although a somewhat anecdotal approach is taken, the author has in fact preserved a good deal of information that might have otherwise been lost.

limerence psychoanalysis: Sexual Fluidity Lisa M. Diamond, 2008 Is love "blind" when it comes to gender? For women, it just might be. This unsettling and original book offers a radical new understanding of the context-dependent nature of female sexuality. Lisa M. Diamond argues that for some women, love and desire are not rigidly heterosexual or homosexual but fluid, changing as women move through the stages of life, various social groups, and, most important, different love relationships. This perspective clashes with traditional views of sexual orientation as a stable and fixed trait. But that view is based on research conducted almost entirely on men. Diamond is the first to study a large group of women over time. She has tracked one hundred women for more than ten years as they have emerged from adolescence into adulthood. She summarizes their experiences and reviews research ranging from the psychology of love to the biology of sex differences. Sexual Fluidity offers moving first-person accounts of women falling in and out of love with men or women at different times in their lives. For some, gender becomes irrelevant: "I fall in love with the person, not the gender," say some respondents. Sexual Fluidity offers a new understanding of women's sexuality—and of the central importance of love.

limerence psychoanalysis: Boarding School Syndrome Joy Schaverien, 2015-06-05 Boarding School Syndrome is an analysis of the trauma of the 'privileged' child sent to boarding school at a young age. Innovative and challenging, Joy Schaverien offers a psychological analysis of the long-established British and colonial preparatory and public boarding school tradition. Richly illustrated with pictures and the narratives of adult ex-boarders in psychotherapy, the book demonstrates how some forms of enduring distress in adult life may be traced back to the early losses of home and family. Developed from clinical research and informed by attachment and child development theories 'Boarding School Syndrome' is a new term that offers a theoretical framework on which the psychotherapeutic treatment of ex-boarders may build. Divided into four parts, History: In the Name of Privilege; Exile and Healing; Broken Attachments: A Hidden Trauma, and The Boarding School Body, the book includes vivid case studies of ex-boarders in psychotherapy. Their accounts reveal details of the suffering endured: loss, bereavement and captivity are sometimes compounded by physical, sexual and psychological abuse. Here, Joy Schaverien shows how many boarders adopt unconscious coping strategies including dissociative amnesia resulting in a psychological split between the 'home self' and the 'boarding school self'. This pattern may continue

into adult life, causing difficulties in intimate relationships, generalized depression and separation anxiety amongst other forms of psychological distress. Boarding School Syndrome demonstrates how boarding school may damage those it is meant to be a reward and discusses the wider implications of this tradition. It will be essential reading for psychoanalysts, Jungian analysts, psychotherapists, art psychotherapists, counsellors and others interested in the psychological, cultural and international legacy of this tradition including ex-boarders and their partners.

limerence psychoanalysis: Erotic Transference and Countertransference David Mann, 2003-09-02 Erotic Transference and Countertransference brings together, for the first time, contemporary views on how psychotherapists and analysts work with and think about the erotic in therapeutic practice. Representing a broad spectrum of psychoanalytic perspectives, including object relations, Kleinian, Jungian and Lacanian thought, the contributors highlight similarities and differences in their approaches to the erotic in transference and countertransference, ranging from love and sexual desire to perverse and psychotic manifestations. Erotic Transference and Countertransference offers ways of understanding the erotic which should prove both useful and thought-provoking.

limerence psychoanalysis: Coming to Our Senses Morris Berman, 2015-12-04 An ambitious and provocative analysis of the relationship between culture, mind, and body in the history of Western society, Morris Berman's influential classic *Coming to our Senses* has been engrossing audiences with its carefully-researched and thoughtful exploration of somatic experience for decades. Finally back in print for a new generation of readers, Berman's treatise on the West's historic denial of physicality is relevant as ever in a society increasingly plagued by addiction, depression, and distraction. Berman deftly weaves threads of history, philosophy, and psychoanalysis into an elegant and accessible argument about the ways our physical experience of the world relates the culture in which we exist. To make his case, Berman draws on studies of infant behavior with mirrors; analyzes symbolic expressions of human-animal relationships ranging from cave-wall etchings to Disney cartoons; investigates esoteric breathing techniques and occult rituals; and examines the nature of creativity. Berman also illuminates Christianity's origins in early Jewish meditation techniques, explains how the notion of romantic love evolved out of medieval Christian heresy, how modern science grew out of Renaissance mysticism, and how Nazism was the most recent episode in a recurring cycle of orthodoxy and heresy. A demanding and radical work of history, social criticism, and philosophy, *Coming to our Senses* is a beautifully-written and vastly important book.

limerence psychoanalysis: Transference-Focused Psychotherapy for Borderline Personality Disorder Frank E. Yeomans, John F. Clarkin, Otto F. Kernberg, 2015-04-01 *Transference-Focused Psychotherapy for Borderline Personality Disorder: A Clinical Guide* presents a model of borderline personality disorder (BPD) and its treatment that is based on contemporary psychoanalytic object relations theory as developed by the leading thinker in the field, Otto Kernberg, M.D., who is also one of the authors of this insightful manual. The model is supported and enhanced by material on current phenomenological and neurobiological research and is grounded in real-world cases that deftly illustrate principles of intervention in ways that mental health professionals can use with their patients. The book first provides clinicians with a model of borderline pathology that is essential for expert assessment and treatment planning and then addresses the empirical underpinnings and specific therapeutic strategies of transference-focused psychotherapy (TFP). From the chapter on clinical assessment, the clinician learns how to select the type of treatment on the basis of the level of personality organization, the symptoms the patient experiences, and the areas of compromised functioning. In order to decide on the type of treatment, the clinician must examine the patient's subjective experience (such as symptoms of anxiety or depression), observable behaviors (such as investments in relationships and deficits in functioning), and psychological structures (such as identity, defenses, and reality testing). Next, the clinician learns to establish the conditions of treatment through negotiating a verbal treatment contract or understanding with the patient. The contract defines the responsibilities of each of the participants and defines what the reality of the

therapeutic relationship is. Techniques of treatment interventions and tactics to address particularly difficult clinical challenges are addressed next, equipping the therapist to employ the four primary techniques of TFP (interpretation, transference analysis, technical neutrality, and use of countertransference) and setting the stage for and guiding the proper use of those techniques within the individual session. What to expect in the course of long-term treatment to ameliorate symptoms and to effect personality change is covered, with sections on the early, middle, and late phases of treatment. This material prepares the clinician to deal with predictable phases, such as tests of the frame, impulse containment, movement toward integration, episodes of regression, and termination. Finally, the text is accompanied by supremely instructive online videos that demonstrate a variety of clinical situations, helping the clinician with assessment and modeling critical therapeutic strategies. The book recognizes that each BPD patient presents a unique treatment challenge. Grounded in the latest research and rich with clinical insight, *Transference-Focused Psychotherapy for Borderline Personality Disorder: A Clinical Guide* will prove indispensable to mental health professionals seeking to provide thoughtful, effective care to these patients.

limerence psychoanalysis: Anatomy of Love Helen E. Fisher, 1992 An exploration of human behavior examines the innate aspects of love, sex, and marriage, discussing flirting behavior, courting postures, the brain chemistry of attraction, divorce and adultery in societies around the world, and more. Reprint.

limerence psychoanalysis: When Food is Family Judy Scheel, 2011 A hands-on, working guide to eating disorder recovery that will help you understand the causes of eating disorders, and the impact they have on relationships.

limerence psychoanalysis: Gay, Straight, and In-between John Money, 1988 Synthesizing many years' investigation into sexual identity and orientation, this book presents Dr Money's formulation of how sexual preference is determined. It includes a review of long-term follow-up studies on pre-natal influences on sexual identity, and discusses gender differentiation in childhood.

limerence psychoanalysis: All About Love bell hooks, 2018-01-30 A New York Times bestseller and enduring classic, *All About Love* is the acclaimed first volume in feminist icon bell hooks' *Love Song to the Nation* trilogy. *All About Love* reveals what causes a polarized society, and how to heal the divisions that cause suffering. Here is the truth about love, and inspiration to help us instill caring, compassion, and strength in our homes, schools, and workplaces. "The word 'love' is most often defined as a noun, yet we would all love better if we used it as a verb," writes bell hooks as she comes out fighting and on fire in *All About Love*. Here, at her most provocative and intensely personal, renowned scholar, cultural critic and feminist bell hooks offers a proactive new ethic for a society bereft with lovelessness--not the lack of romance, but the lack of care, compassion, and unity. People are divided, she declares, by society's failure to provide a model for learning to love. As bell hooks uses her incisive mind to explore the question "What is love?" her answers strike at both the mind and heart. Razing the cultural paradigm that the ideal love is infused with sex and desire, she provides a new path to love that is sacred, redemptive, and healing for individuals and for a nation. The *Utne Reader* declared bell hooks one of the "100 Visionaries Who Can Change Your Life." *All About Love* is a powerful, timely affirmation of just how profoundly her revelations can change hearts and minds for the better.

limerence psychoanalysis: The Oxford Handbook of the Philosophy of Love Christopher Grau, Aaron Smuts, 2024 The *Oxford Handbook of the Philosophy of Love* offers a wide array of original essays from leading philosophers on the nature and value of love.

limerence psychoanalysis: The Sunflower Cast a Spell to Save Us from the Void Jackie Wang, 2021-01-26 Jackie Wang's magnetic and spellbinding debut collection of poetry that attempts to speak in the language of dreams. In *The Sunflower*, Wang follows the sunflower's many dream guises--its evolving symbolism in literature, society, and the author's own dream life using a mathopoetic technique to generate poems using the Fibonacci sequence (a pattern found in the seed spirals of sunflower). *The Sunflower Cast a Spell to Save Us from the Void* embodies what Wang calls oneiric poetry: a poetry that attempts to speak in the language of dreams. Although dreams, in

psychoanalytic discourse, have been conceptualized as a window into the unconscious, Wang's poetry emphasizes the social dimension of dreams, particularly the use of dreams to index historical trauma and social processes.

limerence psychoanalysis: Object Relations Theory and Self Psychology in Soc Eda Goldstein, 2010-07-06 Object Relations and Self Psychology are two leading schools of psychological thought discussed in social work classrooms and applied by practitioners to a variety of social work populations. Yet both groups have lacked a basic manual for teaching and reference -- until now. For them, Dr. Eda G. Goldstein's book fills a void on two fronts: Part I provides a readable, systematic, and comprehensive review of object relations and self psychology, while Part II gives readers a friendly, step-by-step description and illustration of basic treatment techniques. For educators, this textbook offers a learned and accessible discussion of the major concepts and terminology, treatment principles, and the relationship of object relations and self psychology to classic Freudian theory. Practitioners find within these pages treatment guidelines for such varied problems as illness and disability, the loss of a significant other, and such special problems as substance abuse, child maltreatment, and couple and family disruptions. In a single volume, Dr. Goldstein has met the complex challenges of education and clinical practice.

limerence psychoanalysis: Psychotherapy and the Obsessed Patient E. Mark Stern, 1987 Contributors offer an enlightening array of approaches to the obsessed personality. A wealth of theoretical insights and suggestions for therapy with obsessed patients--those suffering from bulimia, monomania, love obsessions, and more.

limerence psychoanalysis: The Psychology of Extremism Arie W. Kruglanski, Catalina Kopetz, Ewa Szumowska, 2021-09-12 This ground-breaking book introduces a new model of extremism that emphasizes motivational imbalance among individual needs, offering a unique multidisciplinary exploration of extreme behaviors relating to terrorism, dieting, sports, love, addictions, and money. In popular discourse, the term 'extremism' has come to mean largely 'violent extremism', but this is just one of many different types: extreme sports, extreme diets, political and religious extremisms, extreme self-interest, extreme attitudes, extreme devotion to a cause, addiction to substances, or behavioral addiction (to videogames, shopping, pornography, sex, and work). But do these descriptions have a deeper meaning? Do they reveal a common psychological dynamic? Or are they merely a mode of things about phenomena that have little in common? Bringing together world-leading psychologists from a variety of disciplines, the book uses a brand-new model to examine different expressions of extremism, at different levels of analysis (brain, hormones, and behavior), in order not merely to describe such behaviors but also to explain their occurrence, and the conditions under which they may be likely to emerge. Also including suggestions for ways in which extremism could be counteracted, and to what extent it appears to be harmful to individuals and society, this is essential reading for students and academics in psychology and behavioral sciences.

limerence psychoanalysis: International Handbook of Love Claude-Hélène Mayer, Elisabeth Vanderheiden, 2021-05-04 This handbook includes state-of-the-art research on love in classical, modern and postmodern perspectives. It expands on previous literature and explores topics around love from new cultural, intercultural and transcultural approaches and across disciplines. It provides insights into various love concepts, like romantic love, agape, and eros in their cultural embeddedness, and their changes and developments in specific cultural contexts. It also includes discussions on postmodern aspects with regard to love and love relationships, such as digitalisation, globalisation and the fourth industrial revolution. The handbook covers a vast range of topics in relation to love: aging, health, special needs, sexual preferences, spiritual practice, subcultures, family and other relationships, and so on. The chapters look at love not only in terms of the universal concept and in private, intimate relationships, but apply a broad concept of love which can also, for example, be referred to in postmodern workplaces. This volume is of interest to a wide readership, including researchers, practitioners and students of the social sciences, humanities and behavioural sciences. In the 1970s through the 90s, I was told that globalization was homogenizing

cultures into a worldwide monoculture. This volume, as risky and profound as the many adventures of love across our multiplying cultures are, proves otherwise. The authors' revolutionary and courageous work will challenge our sensibilities and expand the boundaries of what we understand what love is. But that's what love does: It communicates what is; offers what can be; and pleads for what must be. I know you'll enjoy this wonderful book as much as I do! Jeffrey Ady, Associate Professor (retired), Public Administration Program, University of Hawaii at Manoa, Founding Fellow, International Academy for Intercultural Research

The International Handbook of Love is far more than a traditional compendium. It is a breath-taking attempt to synthesize our anthropological and sociological knowledge on love. It illuminates topics as diverse as Chinese love, one-night stands, teen romance or love of leaders and many more. This is a definitive reference in the field of love studies. Eva Illouz, author of *The End of Love: A sociology of Negative relationships*. Oxford University Press. "This is not a volume to be read in a single sitting (though I almost did, due to a protracted hospital stay), nor is it romantic or inspirational reading (though, in some cases, I had hoped for more narrative examples and case studies. Rather it is a highly diverse scholarly effort, a massive resource collection of research papers on love in a variety of contexts, personal and professional settings, and cultures. The work is well referenced providing a large number of resources for deeper exploration. We owe our thanks to the authors and editors of this "handbook" for work well done, though that word in the title should not lead readers to suspect that, enlightening as it is, this book is a vade mecum or practical tour guide that provides ready solutions to the vicissitudes and challenges of our love lives!" Reviewed by Dr. George F. Simons on amazon.com ***** Please see Claude-Hélène Mayer's interview related to the handbook in LeanHealth Talks published by Bernadette Bruckner: <https://www.youtube.com/watch?v=yVNXA9sWuWo> ***** Please see Claude-Hélène Mayer's interview related to the handbook published In Iran News Daily: <https://newspaper.irandaily.ir/?nid=6941&pid=6&type=0>

Additional Resources

limerence psychoanalysis

[Limerence Psychoanalysis](#)

Limerence Psychoanalysis

Related Articles

- [lesson 1 position and motion answer key](#)
- [louisiana driving test questions and answers](#)
- [lesson 4 homework practice powers of monomials answer key](#)

[Back to Home](#)