

resistance psychoanalysis

Unraveling the Enigma: A Deep Dive into Resistance in Psychoanalysis

Introduction:

Have you ever felt yourself subtly (or not-so-subtly) resisting a therapist's probing questions? Have you found yourself avoiding certain topics or experiences during therapy, despite wanting to heal? This resistance, far from being a sign of failure, is actually a central concept in psychoanalysis, revealing crucial insights into the unconscious mind and its defenses. This comprehensive guide delves into the fascinating world of resistance in psychoanalysis, exploring its various forms, underlying mechanisms, and its significance in the therapeutic process. We'll unravel the complexities of resistance, examining how analysts interpret it and how patients can learn to understand and work through it on their path to self-discovery. Prepare to gain a deeper understanding of this fundamental aspect of the psychoanalytic journey.

Understanding Resistance: The Unconscious's Protective Shield

Resistance, in the context of psychoanalysis, refers to the patient's unconscious or conscious attempts to block access to painful or threatening memories, emotions, or impulses. It's not simple defiance; it's a complex interplay of defense mechanisms designed to protect the ego from overwhelming anxiety. This resistance manifests in various ways, often subtly, making its identification a crucial skill for the analyst. Understanding these subtle cues is paramount for effective therapy.

Types of Resistance: A Multifaceted Phenomenon

Resistance isn't a monolithic entity; it takes many forms. Some common manifestations include:

Verbal Resistance: This encompasses directly refusing to answer questions, changing the subject abruptly, or becoming evasive. It can also involve intellectualizing or rationalizing feelings to avoid emotional vulnerability.

Non-Verbal Resistance: This is often more subtle, manifesting through body language, such as fidgeting, avoiding eye contact, or arriving late or missing sessions. Changes in tone of voice or silence can also be indicative of resistance.

Transference Resistance: This occurs when the patient projects unresolved feelings and conflicts from past relationships onto the analyst. These projections can manifest as intense emotions towards the analyst, either positive or negative, hindering the therapeutic process.

Countertransference Resistance: This is the analyst's counterpart to transference resistance, where

the analyst's own unconscious biases or unresolved conflicts interfere with their objectivity and ability to understand the patient's resistance.

Interpreting Resistance: The Analyst's Role

The analyst plays a crucial role in identifying and interpreting resistance. This requires a keen observation of both verbal and non-verbal cues and a deep understanding of psychoanalytic theory. The analyst doesn't simply confront the resistance directly; instead, they carefully explore the underlying reasons for its manifestation. By gently probing the patient's avoidance, the analyst helps the patient understand the connections between their resistance and their unconscious conflicts.

Overcoming Resistance: The Path to Unconscious Awareness

The process of overcoming resistance is gradual and often challenging. It requires both the patient's willingness to confront their anxieties and the analyst's skillful guidance. Key strategies include:

Exploring the Content of Resistance: The analyst helps the patient examine the specific thoughts, feelings, and memories that are being avoided.

Analyzing the Process of Resistance: The focus shifts from the content of what is being avoided to how the avoidance is occurring. This reveals the underlying defense mechanisms at play.

Working Through Transference and Countertransference: Addressing these dynamics allows for a more honest and objective therapeutic relationship.

Promoting Self-Awareness: The ultimate goal is to help the patient develop a deeper understanding of their own unconscious processes and their impact on their life.

The Therapeutic Significance of Resistance: A Window into the Unconscious

Despite its challenges, resistance is a valuable asset in the psychoanalytic process. It provides a window into the unconscious mind, revealing hidden conflicts, anxieties, and defense mechanisms that contribute to the patient's psychological distress. By working through resistance, the patient gains self-awareness, allowing for meaningful personal growth and healing. The overcoming of resistance is not a sign of failure but a testament to the patient's courage and the therapeutic relationship's effectiveness.

Case Study: Illustrating Resistance in Practice

Let's consider a hypothetical scenario: a patient consistently arrives late to sessions, often offering vague excuses. This could be interpreted as resistance, potentially stemming from unconscious anxieties related to intimacy or vulnerability. A skilled analyst would gently explore these patterns, exploring the patient's feelings about the therapy sessions and their relationship with the analyst. Through this exploration, the underlying anxieties might surface, potentially revealing past experiences that contribute to the patient's difficulty with punctuality and engagement.

Book Outline: "Navigating Resistance: A Practical Guide to Psychoanalytic Treatment"

- I. Introduction: Defining resistance, its historical context in psychoanalysis, and its significance in the therapeutic process.
- II. Types of Resistance: Detailed examination of verbal, non-verbal, transference, and countertransference resistance, illustrated with case studies.
- III. Interpreting Resistance: A practical approach to identifying and understanding the underlying dynamics of resistance.
- IV. Overcoming Resistance: Strategies for analysts and patients to collaboratively address and work through resistance.
- V. Case Studies: In-depth analysis of diverse clinical cases showcasing the complexities of resistance and its resolution.
- VI. Conclusion: Summarizing key concepts and emphasizing the importance of acknowledging and working with resistance for successful psychoanalytic treatment.

Detailed Explanation of Book Chapters:

Chapter I: Introduction: This chapter sets the stage by defining resistance within the broader framework of psychoanalysis. It traces the historical evolution of the concept, highlighting key figures like Freud and their contributions to our understanding of resistance. It concludes by emphasizing the crucial role resistance plays in uncovering unconscious conflicts and facilitating therapeutic progress.

Chapter II: Types of Resistance: This chapter delves into the various forms resistance can take, explaining each type with detailed examples. We'll explore verbal resistances like intellectualization and denial, along with non-verbal cues such as silence or fidgeting. The crucial concepts of transference and countertransference resistances are deeply examined, showing how unresolved past relationships and analyst biases can manifest as resistance.

Chapter III: Interpreting Resistance: This chapter provides a practical framework for analysts to identify and interpret resistance. It explores techniques for distinguishing between conscious avoidance and unconscious defense mechanisms. It emphasizes the importance of careful observation of both verbal and non-verbal cues, and the use of interpretation to help patients understand the connection between their resistance and their unconscious conflicts.

Chapter IV: Overcoming Resistance: This chapter focuses on the collaborative process of overcoming resistance. It outlines strategies for both analysts and patients to engage in this challenging yet crucial aspect of therapy. The chapter will explore techniques such as gentle confrontation, exploring the process of resistance, and working through transference and countertransference.

Chapter V: Case Studies: This chapter presents compelling case studies to illustrate the various types and interpretations of resistance. Each case study will highlight the unique challenges and strategies employed to address resistance effectively. These real-world examples will solidify the

concepts discussed throughout the book.

Chapter VI: Conclusion: This chapter summarizes the key themes and findings of the book, reiterating the importance of understanding and working with resistance in psychoanalysis. It will offer concluding thoughts on the therapeutic significance of resistance and its contribution to successful outcomes.

FAQs:

1. Is resistance always a negative sign in therapy? No, resistance is a normal and often valuable part of the therapeutic process. It provides insights into the unconscious.
1. How can I recognize resistance in myself during therapy? Pay attention to your thoughts, feelings, and behaviors during sessions. Note any avoidance, defensiveness, or sudden topic changes.
1. What should I do if I experience resistance in therapy? Communicate openly with your therapist about your concerns. Together, you can explore the root causes of your resistance.
1. Can my therapist's resistance affect therapy? Yes, countertransference can impact therapy. A good therapist will be aware of their own biases and strive for objectivity.
1. How is resistance different from simple defiance? Defiance is conscious; resistance is often unconscious, driven by anxieties and defense mechanisms.
1. Is resistance more common in certain types of therapy? Resistance is a phenomenon observed across various therapeutic approaches, but it's particularly central to psychoanalysis.
1. Can medication help reduce resistance in therapy? Medication can address underlying conditions that might contribute to resistance, but it doesn't directly address the unconscious dynamics.

1. How long does it usually take to overcome resistance in therapy? The timeline varies greatly depending on individual circumstances and the nature of the resistance.
1. Is it possible to overcome resistance without professional help? While self-awareness can help, overcoming deep-seated resistance often requires professional guidance.

Related Articles:

1. The Role of Transference in Psychoanalysis: Explores how past relationships influence the therapeutic relationship and how it manifests as resistance.
1. Understanding the Unconscious Mind in Psychoanalytic Theory: Provides a foundational understanding of the unconscious and its connection to resistance.
1. Defense Mechanisms and Their Function in the Psyche: Explores the various defense mechanisms employed to manage anxiety and how they contribute to resistance.
1. Freud's Psychoanalytic Theory: A Comprehensive Overview: Provides context for understanding resistance within the broader framework of psychoanalytic theory.
1. The Therapeutic Alliance: Its Importance in Psychoanalytic Treatment: Explains how a strong therapeutic relationship can facilitate the overcoming of resistance.
1. Working with Difficult Patients in Psychoanalytic Therapy: Focuses on strategies for managing challenging patient behaviors related to resistance.
1. Countertransference in Psychotherapy: Recognizing and Managing Bias: Explores the analyst's role and challenges in addressing their own unconscious biases.

1. Interpreting Dreams in Psychoanalysis: Unlocking Unconscious Conflicts: Connects dream analysis to resistance by explaining how dreams can reveal unconscious material.

1. The Ego, Id, and Superego: A Psychoanalytic Perspective: Provides a foundational understanding of the structural model of the psyche, relevant to understanding the mechanisms of resistance.

resistance psychoanalysis: Psychoanalysis Under Occupation Lara Sheehi, Stephen Sheehi, 2021-11-11 Heavily influenced by Frantz Fanon and critically engaging the theories of decoloniality and liberatory psychoanalysis, Lara Sheehi and Stephen Sheehi platform the lives, perspectives, and insights of psychoanalytically inflected Palestinian psychologists, psychiatrists, and other mental health professionals, centering the stories that non-clinical Palestinians have entrusted to them over four years of community engagement with clinicians throughout historic Palestine. Sheehi and Sheehi document the stories of Palestinian clinicians in relation to settler colonialism and violence but, even more so, in relation to their patients, communities, families, and one another (as a clinical community). In doing so, they track the appearance of settler colonialism as a psychologically extractive process, one that is often effaced by discourses of normalization, trauma, resilience, and human rights, with the aid of clinicians, as well as psychoanalysis. Psychoanalysis Under Occupation: Practicing Resistance in Palestine unpacks the intersection of psychoanalysis as a psychological practice in Palestine, while also advancing a set of therapeutic theories in which to critically engage and read the politically complex array of conditions that define life for Palestinians living under Israeli occupation.

resistance psychoanalysis: *Psychoanalytic Approaches to the Resistant and Difficult Patient* Herbert S. Strean, 1985 An instructive and stimulating volume designed to enhance the therapist's knowledge concerning the psychodynamics of patients who are difficult to treat.

resistance psychoanalysis: Resistances of Psychoanalysis Jacques Derrida, 1998 In the three essays that make up this stimulating and often startling book, Jacques Derrida argues against the notion that the basic ideas of psychoanalysis have been thoroughly worked through, argued, and assimilated. The continuing interest in psychoanalysis is here examined in the various resistances to analysis—conceived not only as a phenomenon theorized at the heart of psychoanalysis, but as psychoanalysis's resistance to itself, an insusceptibility to analysis that has to do with the structure of analysis itself. Derrida not only shows how the interest of psychoanalysis and psychoanalytic writing can be renewed today, but these essays afford him the opportunity to revisit and reassess a subject he first confronted (in an essay on Freud) in 1966. They also serve to clarify Derrida's thinking about the subjects of the essays—Freud, Lacan, and Foucault—a thinking that, especially with regard to the last two, has been greatly distorted and misunderstood. The first essay, on Freud, is a tour de force of close reading of Freud's texts as philosophical reflection. By means of the fine distinctions Derrida makes in this analytical reading, particularly of *The Interpretation of Dreams*, he opens up the realm of analysis into new and unpredictable forms—such as meeting with an interdiction (when taking an analysis further is forbidden by a structural limit). Following the essay that might be dubbed Derrida's return to Freud, the next is devoted to Lacan, the figure for whom that phrase was something of a slogan. In this essay and the next, on Foucault, Derrida reencounters two thinkers to whom he had earlier devoted important essays, which precipitated stormy

discussions and numerous divisions within the intellectual milieus influenced by their writings. In this essay, which skillfully integrates the concept of resistance into larger questions, Derrida asks in effect: What is the origin and nature of the text that constitutes Lacanian psychoanalysis, considering its existence as an archive, as teachings, as seminars, transcripts, quotations, etc.? Derrida's third essay may be called not simply a criticism but an appreciation of Foucault's work: an appreciation not only in the psychological and rhetorical sense, but also in the sense that it elevates Foucault's thought by giving back to it ranges and nuances lost through its reduction by his readers, his own texts, and its formulaic packaging.

resistance psychoanalysis: *Working with Resistance* Martha Stark, 2002 Working with Resistance is about heartache, grieving, letting go and moving on - as the patient's resistances are worked through and her defences are overcome. It is, therefore, a book about hope that arises in the context of discovering that it is possible to survive the experience of heartbreak, sadder perhaps but certainly wiser and more realistic.

resistance psychoanalysis: *Dealing with Resistance in Psychotherapy* Althea J. Horner, PhD, 2005-07-14 Resistance is the word for a patient's defense mechanisms encountered in psychotherapy. They protect the individual from a variety of conscious or unconscious intrapsychic or interpersonal dangers, but interfere with the process of exploration and discovery, causing an impasse in treatment. Written for professional psychotherapists who may be puzzled by such an impasse, this book spotlights a wide variety of these resistances, so they can be addressed and resolved.

resistance psychoanalysis: *Freud's Foes* Kurt Jacobsen, 2009 Freud's Foes, the latest title in the Polemics series, addresses Freud's fiercest contemporary critics. The book defends psychoanalysis (while accepting that it has inherent flaws) and argues that although today's foes pose as daring savants, they are only the latest wave of critiques that psychoanalysis has encountered since its controversial birth and their arguments are easily debunked.

resistance psychoanalysis: *The Last Resistance* Marcus Bowman, 2012-02-01 Radical and uncompromising, *The Last Resistance* is a penetrating rediscovery of the essential nature of psychoanalysis. Looking at the Freud wars in the historical context of the rise of modern science and the decline of traditional religion, it shows how outmoded notions of science are used as a resistance to the rational investigation of the self. Unashamedly partisan, this new examination of the controversies raging around psychoanalysis will prove compelling for readers of every faction in the Freudian conflicts.

resistance psychoanalysis: *Resistance and Psychoanalysis* Simon Morgan Wortham, 2017-09-01 A collection of essays on Dylan Thomas, reading culture and his place in modernist studies

resistance psychoanalysis: *A Primer on Working with Resistance* Martha Stark, 1994 Martha Stark's primer on resistance is a unique book. It takes as the heart of the clinical problem the patient's reluctance to change, that ubiquitous and paradoxical phenomenon of our work in which people come to us asking for help in changing, and then do their level best to keep change from happening... This is a work which is at once a practical guide and a theoretical tour de force. Readers who journey in this slim volume with Dr. Stark will return from their travels to their practice much educated, having encountered new ideas and old ones in new forms, better able to face the everyday travails of psychotherapy. -David E. Scharff, M.D. Every so often a book emerges from the vast sea of analytic writings that startles in its creativity and usefulness. *A Primer on Working with Resistance* is just such a book. Dr. Stark is as clear as a bell. She manages complex theoretical concepts with sophistication and great sensitivity for the material. For example, the distinctions she makes between convergent and divergent conflict, or between illusion and distortion, are elegant. The question and answer format of the book is reassuring for the beginner, and a delight for the more experienced reader as well. -Anne Alonso, Ph.D., Harvard Medical School
A Jason Aronson Book

resistance psychoanalysis: *Resistance* Paul L. Wachtel, 2013-06-29 RESISTANCE AND THE

PROCESS OF THERAPEUTIC CHANGE Paul L. Wachtel Psychotherapy, whether practiced from a psychodynamic or a behavioral point of view, is rarely as straightforward as textbooks and case reports usually seem to imply. More often the work proceeds in fits and starts (and often does not seem to be proceeding at all, but rather unraveling or moving backward). The typical case is in fact quite atypical. Almost all cases present substantial difficulties for which the therapist feels, at least some of the time, quite unprepared. Practicing psychotherapy is a difficult-if also rewarding-way to earn a living. It is no profession for the individual who likes certainty, predictability, or a fairly constant sense that one knows what one is doing. There are few professions in which feeling stupid or stymied is as likely to be a part of one's ordinary professional day, even for those at the pinnacle of the field. Indeed, I would be loath to refer a patient to any therapist who declared that he almost always felt effective and clear about what was going on. Such a feeling can be maintained, I believe, only by an inordinate amount of bravado and lack of critical self-reflection. But the therapist trying to get some ideas about how to work with 1 These are, of course, not the only two points of view in psychotherapy; nor do I believe they are the only two of value.

resistance psychoanalysis: Psychoanalysis, Politics, Oppression and Resistance Taylor & Francis Group, 2022-06 This innovative text addresses the lack of literature regarding intersectional approaches to psychoanalysis, underscoring the importance of thinking through race, class, and gender within psychoanalytic theory and practice. The book tackles the widespread perception of psychoanalysis today as a discipline detached from the progressive ideals of social responsibility, institutional psychotherapy, and community mental health. Bringing together a range of international contributions, the collection explores issues of class, politics, oppression, and resistance within the field of psychoanalysis in cultural, theoretical, and clinical contexts. It shows how, in contrast to this misperception, psychoanalysis has been attentive to these ideals from its origins, as well as demonstrating how it continues to be relevant today, through wide-ranging conceptual discussions of the anti-globalisation, Black Lives Matter and #MeToo movements. Written in an accessible style, Psychoanalysis, Politics, Oppression and Resistance will be essential reading for practicing psychoanalysts as well as academics and students in a range of humanities and social sciences fields.

resistance psychoanalysis: First Do No Harm Adrienne Harris, Steven Botticelli, 2011-01-19 At the outset of World War I - the Great War - Freud supported the Austro-Hungarian Empire for which his sons fought. But the cruel truths of that bloody conflict, wrought on the psyches as much as the bodies of the soldiers returning from the battlefield, caused him to rethink his stance and subsequently affected his theory: Psychoanalysis, a healing science, could tell us much about both the drive for war and the ways to undo the trauma that war inherently breeds, but its principles could just as easily serve the enemy's desires to inculcate its own brand of truth. Even a century later, psychoanalysis can still be used as much for the justifications of warfare and propaganda as it is for the defiance of and resistance to those same things. But it is in the investigation of the motives and methods behind these uses that psychoanalysis proves its greatest strength. To wit, this edited collection presents published and unpublished material by analysts, writers, and activists who have worked at the front lines of psychic life and war from various stances. Set at a point of tension and contradiction, they illustrate the paradoxical relation of psychoanalysis as both a site of resistance and healing and a necessary aspect of warmaking, propaganda, and militarism. In doing so, we venture from the home front - from the trauma of returning veterans to the APA's own complicity in CIA black sites - across international borders - from the treatment of women in Latin American dictatorships to the resistance to occupation in Palestine, from mind control to an ethics of responsibility. Throughout, a psychoanalytic sensibility deconstructs the very opposition that it inhabits, and seeks to reestablish psychoanalysis as the healing discipline it was conceived to be.

resistance psychoanalysis: Derrida, Deleuze, Psychoanalysis Gabriele Schwab, 2007-11-23 Derrida, Deleuze, Psychoanalysis explores the critical relationship between psychoanalysis and the work of Derrida (Speech and Phenomena, Of Grammatology, and his later writing on autoimmunity, cruelty, war, and human rights) and Deleuze (A Thousand Plateaus, Anti-Oedipus, and more). Each

essay illuminates a specific aspect of Derrida's and Deleuze's perspectives on psychoanalysis: the human-animal boundary; the child's polymorphism; the face or mouth as constitutive of ethical responsibility toward others; the connections between pain and suffering and political resistance; the role of masochism in psychoanalytic thinking; the use of psychoanalytic secondary revision in theorizing film; and the political dimension of the unconscious. Placing a particular emphasis on liminal figurations of the human and challenges to discourses on free will, the essays explore shared concerns in Derrida and Deleuze with regard to history, politics, the political unconscious, and resistance. By addressing the need to overcome the split between the psychological and the political, Derrida, Deleuze, Psychoanalysis illuminates the ongoing relevance of psychoanalysis to critical interrogations of culture and politics.

resistance psychoanalysis: Changing Conceptions of Psychoanalysis Doris K. Silverman, David L. Wolitzky, 2013-04-15 This outstanding memorial volume records and reassesses the contributions of Merton M. Gill (1914-1994), a principal architect of psychoanalytic theory and a principled exemplar of the modern psychoanalytic sensibility throughout the second half of the 20th century. Critical evaluations of Gill's place in psychoanalysis and a series of personal and professional reminiscences are joined to substantive reengagement of central controversies in which Gill played a key part. These controversies revolve around the natural science versus hermeneutic orientation in psychoanalysis (Holt, Eagle, Friedman); the status of psychoanalysis as a one-person and/or two-person psychology (Jacobs, Silverman); psychoanalysis versus psychotherapy (Wallerstein, Migone, Gedo); and the meaning and use of transference (Kernberg, Wolitzky, Cooper).

resistance psychoanalysis: Psychoanalytic Treatment Robert D. Stolorow, Bernard Brandchaft, George E. Atwood, 2014-02-04 Psychoanalytic Treatment: An Intersubjective Approach fleshes out the implications for psychoanalytic understanding and treatment of adopting a consistently intersubjective perspective. In the course of the study, the intersubjective viewpoint is demonstrated to illuminate a wide array of clinical phenomena, including transference and resistance, conflict formation, therapeutic action, affective and self development, and borderline and psychotic states. As a consequence, the authors demonstrate that an intersubjective approach greatly facilitates empathic access to the patient's subjective world and, in the same measure, greatly enhances the scope and therapeutic effectiveness of psychoanalysis. Psychoanalytic Treatment is another step in the ongoing development of intersubjectivity theory, as born out in Structures of Subjectivity (1984), Contexts of Being (1992), and Working Intersubjectively (1997), all published by the Analytic Press

resistance psychoanalysis: Textbook of Psychoanalysis Glen O. Gabbard, Bonnie E. Litowitz, Paul Williams, 2012-09-24 The second edition of this groundbreaking text represents a complete departure from the structure and format of its predecessor. Though still exhaustive in scope and designed to provide a knowledge base for a broad audience -- from the beginning student to the seasoned analyst or academician -- this revision emphasizes the interdisciplinary nature of psychoanalytic thought and boldly focuses on current American psychoanalysis in all its conceptual and clinical diversity. This approach reflects the perspective of the two new co-editors, whose backgrounds in linguistics and social anthropology inform and enrich their clinical practice, and the six new section editors, who themselves reflect the diversity of backgrounds and thinking in contemporary American psychoanalysis. The book begins with Freud and his circle, and the origins of psychoanalysis, and goes on to explore its development in the post-Freud era. This general introduction orients the reader and helps to contextualize the six sections that follow. The most important tenets of psychoanalysis are defined and described in the Core Concepts section, including theories of motivation, unconscious processes, transference and countertransference, defense and resistance, and gender and sexuality). These eight chapters constitute an excellent introduction to the field of psychoanalysis. The Schools of Thought section features chapters on the most influential theories -- from object relations to self psychology, to attachment theory and relational psychoanalysis, and includes the contributions of Klein and Bion and of Lacan. Rather than making developmental theory a separate section, as in the last edition, developmental themes now permeate the Schools of Thought section and illuminate other theories and topics throughout the

edition. Taking a more clinical turn, the Treatment and Technique section addresses critical subjects such as transference and countertransference; theories of therapeutic action; process, interpretation, and resistance, termination and reanalysis; combined psychoanalysis and psychopharmacotherapy, child analysis, ethics, and the relationship between psychoanalysis and psychodynamic psychotherapy. A substantive, utterly current, and meticulously referenced section on Research provides an in-depth discussion of outcome, process, and developmental research. The section entitled Psychoanalysis and Other Disciplines takes the reader on a fascinating tour through the many fields that psychoanalysis has enriched and been enriched by, including the neurosciences, philosophy, anthropology, race/ethnicity, literature, visual arts, film, and music. A comprehensive Glossary completes this indispensable text. The Textbook of Psychoanalysis is the only comprehensive textbook of psychoanalysis available in the United States. This masterful revision will both instruct and engage those who are learning psychoanalysis, those who practice it, and those who apply its theories to related disciplines. Though always controversial, this model of the human psyche still provides the best and most comprehensive insight into human nature.

resistance psychoanalysis: The Analyst's Experience of the Depressive Position Steven H. Cooper, 2016-03-31 In *The Analyst's Experience of the Depressive Position: The Melancholic Errand of Psychoanalysis*, Steven Cooper explores a subject matter previously applied more exclusively to patients, but rarely to psychoanalysts. Cooper probes the analyst's experience of the depressive position in the analytic situation. These experiences include the pleasures and warmth of helping patients to bear what appears unbearable, as well as the poignant experiences of limitation, incompleteness, repetition and disappointment as a vital part of clinical work. He describes a seam in clinical work in which the analyst is always trying to find and re-find a position from which he can help patients to work with these experiences. *The Analyst's Experience of the Depressive Position* includes an exploration of the analyst's participation and resistance to helping patients hold some of the most unsettling parts of their experience. Cooper draws some analogies between elements of theory about aesthetic experience in terms of how we bear new and old experience. He provides an examination of the patient as an artist of sorts and the analyst as a form of psychic boundary artist. Just as the creative act of art involves the capacity to transform pain and ruin into the depressive position, so does the co-creation of how we understand the patient's mind through the mind of the analyst. *The Analyst's Experience of the Depressive Position* explores a rich, provocative and long overdue topic relevant to psychoanalysts, psycho-dynamically oriented psychotherapists, as well as students and teachers of both psychoanalysis and psychodynamic psychotherapy.

resistance psychoanalysis: The Technique of Child Psychoanalysis Joseph Sandler, Hansi Kennedy, Robert L. Tyson, 1980 This book distills the essence of child psychoanalysis from the practice and thought of its founder Anna Freud, who for over 50 years has been at the forefront of this controversial field. Children are the most refractory of all subjects to treat analytically. Here, for the first time, is a primer on the difficult technique as practiced at the Hampstead Clinic in London, which was founded by Anna Freud and is today the leading child analytic center in the world. She and her colleagues expose their wealth of experience to systematic review, which yields up rich insights not only into child psychoanalysis and psychotherapy but also into basic child development. In addition, their findings have relevance to the understanding of emotional disturbance at all ages. The book follows the treatment situation through all its stages, from the first session to termination and follow-up. It focuses on the interaction between therapist and child in the treatment room, illustrating the points with copious clinical vignettes. One point examined is the structure of treatment with respect to such matters as scheduling sessions and handling interruptions. Another element that comes under scrutiny is the development of the child's relationship to the therapist, which subsumes such factors as establishing an alliance, transference, and resistance. The child's repertoire of expressions, both verbal and nonverbal, is explored, as is the therapist's armamentarium of interpretations and interventions. Woven throughout the description of these elements is incisive commentary by Anna Freud. Her commonsense approach gives the book unique value, lifting it to a rare level of human wisdom.

resistance psychoanalysis: Library of Congress Subject Headings Library of Congress, 2003

resistance psychoanalysis: *Psychoanalysis* Janet Malcolm, 2011-06-08 From the author of *In the Freud Archives* and *The Journalist and the Murderer* comes an intensive look at the practice of psychoanalysis through interviews with "Aaron Green," a Freudian analyst in New York City. Malcolm is accessible and lucid in describing the history of psychoanalysis and its development in the United States. It provides rare insight into the contradictory world of psychoanalytic training and treatment and a foundation for our understanding of psychiatry and mental health. Janet Malcolm has managed somehow to peer into the reticent, reclusive world of psychoanalysis and to report to us, with remarkable fidelity, what she has seen. When I began reading I thought condescendingly, 'She will get the facts right, and everything else wrong.' She does get the facts right, but far more pressive, she has been able to capture and convey the claustal atmosphere of the profession. Her book is journalism become art. —Joseph Andelson, *The New York Times Book Review*

resistance psychoanalysis: *The Collected Works of Sigmund Freud: Psychoanalytic Studies, Theoretical Essays & Articles* Sigmund Freud, 2016-02-08 This carefully crafted ebook: *The Collected Works of Sigmund Freud: Psychoanalytic Studies, Theoretical Essays & Articles* is formatted for your eReader with a functional and detailed table of contents: A General Introduction to Psychoanalysis The Interpretation of Dreams Psychopathology of Everyday Life Wit and Its Relation to the Unconscious Dream Psychology: Psychoanalysis for Beginners Selected Papers on Hysteria and Other Psychoneuroses Leonardo da Vinci Three Contributions to the Theory of Sex Totem and Taboo The Origin and Development of Psychoanalysis The History of the Psychoanalytic Movement Freud's Theories of the Unconscious by H. W. Chase

resistance psychoanalysis: *Toward Mutual Recognition* Marie T. Hoffman, 2011-01-19 Ever since its nascent days, psychoanalysis has enjoyed an uneasy coexistence with religion. However, in recent decades, many analysts have been more interested in the healing potential of both psychoanalytic and religious experience and have explored how their respective narrative underpinnings may be remarkably similar. In *Toward Mutual Recognition*, Marie T. Hoffman takes just such an approach. Coming from a Christian perspective, she suggests that the current relational turn in psychoanalysis has been influenced by numerous theorists - analysts and philosophers alike - who were themselves shaped by an embedded Christian narrative. As a result, the redemptive concepts of incarnation, crucifixion, and resurrection - central to the tenets of Christianity - can be traced to relational theories, emerging analogously in the transformative process of mutual recognition in the concepts of identification, surrender, and gratitude, a trilogy which she develops as forming the path of recognition. Each movement on this path of recognition is given thought-provoking, in-depth attention. Chapters dedicated to theoretical perspectives utilize the thinking of Benjamin, Hegel, and Ricoeur. In her historical perspectives, she explores the personal and professional histories of analysts such as Sullivan, Fairbairn, Winnicott, Erikson, Kohut, and Ferenczi, among others, who were influenced by the Christian narrative. Uniting it all together is the clinical perspective offered in the compelling extended case history of Mandy, a young lady whose treatment embodies and exemplifies each of the steps along the path of growth in both the psychoanalytic and Christian senses. Throughout, a relational sensibility is deployed as a cooperative counterpart to the Christian narrative, working both as a consilient dialogue and a vehicle for further integrative exploration. As a result, the specter of psychoanalysis and religion as mutually exclusive gives way to the hope and redemption offered by their mutual recognition.

resistance psychoanalysis: *P-Z* Library of Congress. Office for Subject Cataloging Policy, 1990

resistance psychoanalysis: *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 “Lacanian” 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

resistance psychoanalysis: Psychoanalytic Practice Helmut Thomä, Horst Kächele, 2012-12-06 A basic issue for all those essaying to write comprehensive texts on the nature of psychoanalysis, whether oriented primarily to the exposition of the theory or of the technique of psychoanalysis, - within the American literature the books by Brenner and by Greenson come to mind as exemplars of the two categories - is that of the relationship of the theory to the technique and the practice. This issue is however not always brought into explicit focus in this literature and thereby its problematic nature as a fundamental and not yet satisfactorily re solved dilemma of our discipline is often glossed over, or even by passed completely, as if we could comfortably assume that Freud had, uniquely in the world's intellectual history, fully succeeded in creating a science and a discipline in which the theory (the understanding) and the therapy (i. e. , the cure) were inherently together and truly the same, but two sides of the same coin.

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resistance psychoanalysis: The Puerto Rican Syndrome Patricia Gherovici, 2010-05-04 Winner of the Grady Award in Historical Cultural and Literary Analysis and The 2004 Boyer Prize for Contributions to Psychoanalytic Anthropology During the 1950's, US Army medical officers noted a new and puzzling syndrome that contemporary psychiatry could neither explain nor cure. These doctors reported that Puerto Rican soldiers under stress behaved in a very peculiar and dramatic manner, exhibiting a theatrical form of pseudo-epilepsy. Startled physicians observed frightened and disoriented patients foaming at the mouth, screaming, biting, kicking, shaking in seizures, and fainting. The phenomenon seemed to correspond to a serious neurological disease yet, as with some forms of hysteria, physical examination failed to identify any sign of an organic origin. This unusual set of symptoms, entered into medical records as a group of striking psychopathological reaction patterns, precipitated by minor stress, and was designated Puerto Rican Syndrome. In this lucid and sophisticated new work, Patricia Gherovici thoroughly examines the so-called Puerto Rican Syndrome in the contemporary world, its social and cultural implications for the growing Hispanic population in the US and, therefore, for the US as a whole. As a mental illness that is, allegedly, uniquely Puerto Rican, this syndrome links nationality and culture to a psychiatric disease whose reappearance recalls the spectacular hysteria that led to the discovery of the unconscious and the birth of psychoanalysis. Gherovici beautifully and systematically uses the combined insights of Freud and Lacan to examine the current state of psychoanalysis and the Hispanic community in America. Blending these insights with history, current events, and her own case material, Gherovici provides a startling, fresh look at Puerto Rican Syndrome as social and cultural phenomenon. She sheds new light on the future of American society and argues that psychoanalysis is not only possible, but much needed in the ghetto.

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Alessandra Lemma, 2015-09-23 The 2nd Edition of Introduction to the Practice of Psychoanalytic Psychotherapy, the highly successful practice-oriented handbook designed to demystify psychoanalytic psychotherapy, is updated and revised to reflect the latest developments in the field. Updated edition of an extremely successful textbook in its field, featuring numerous updates to reflect the latest research and evidence base Demystifies the processes underpinning psychoanalytic psychotherapy, particularly the development of the analytic attitude guided by principles of clinical technique Provides step-by-step guidance in key areas such as how to conduct assessments, how to formulate cases in psychodynamic terms and how to approach endings The author is a leader in the field - she is General Editor of the New Library of Psychoanalysis book series and a former editor of Psychoanalytic Psychotherapy

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Anssi Peräkylä, Charles Antaki, Sanna Vehviläinen, Ivan Leudar, 2008-04-07 Psychotherapy is a 'talking cure'- clients voice their troubles to therapists, who listen, prompt, question, interpret and generally try to engage in a positive and rehabilitating conversation with their clients. Using the sophisticated theoretical and methodological apparatus of Conversation Analysis - a radical approach to how language in interaction works - this book sheds light on the subtle and minutely organised sequences of speech in psychotherapeutic sessions. It examines how therapists deliver questions, cope with resistance, reinterpret experiences and how they can use conversation to achieve success. Conversation is a key component of people's everyday and professional lives and this book provides an unusually detailed insight into the complexity and power of talk in institutional settings. Featuring contributions from a collection of internationally renowned authors, Conversation Analysis and Psychotherapy will appeal to researchers and graduate students studying conversation analysis across the disciplines of psychology, sociology and linguistics.

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Herbert J. Schlesinger, 2013-05-13 In simple, jargon-free language, Herbert Schlesinger sets out to demystify technique, to show how it is based on basic principles that are applicable both to psychoanalysis and to the psychotherapies that derive from it. He has little need for conventional theory; rather, he reframes essential analytic notions - transference, resistance, interpretation, regression, empathy - as processes and assigns technique the goal of promoting the patient's activity within the treatment situation. The aim of the analytic therapist is to restore to the patient active control of his own life. Utilizing basic premises of systems theory, Schlesinger approaches personality and neurosis alike as self-stabilizing systems that can be changed only with persistent effort. Follow-up interpretations that address the patient's responses to previous interpretations are crucial. Similarly, the analyst views the transference as rules of behavior the patient has created that limit the freedom of both parties in the treatment. Interpretation speaks to the patient's inability to make full use of the freedom the analytic situation affords to explore how his mind works. Viewing neuroses as what the patient does, rather than what he has, the analyst sees the resisting patient not as opposing the treatment but rather doing what the patient feels he must do both to accommodate to the demands of the script of an unconscious fantasy and to provide for his own sense of safety. Beautifully illustrated with clinical vignettes and everyday social experiences, The Texture of Treatment is a lucid and engaging presentation of the principles Schlesinger has taught to successive generations of psychiatric residents, clinical psychology interns, clinical social work students, and psychoanalytic candidates. Taking up elementary matters from an advanced point of view, he has produced a contemporary text whose appeal to seasoned clinicians will be no less than its usefulness to beginning therapists.

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Otto Friedmann Kernberg, 2016-02-26 Training in psychoanalysis is a long and demanding process. However, the quality of education available is hugely variable across the world. The structure of psychoanalytic education, centered on the hierarchical training analysis system, reflected a concerted effort to maintain a stable and high quality educational process. However, throughout time this system has become a major source of institutional contradictions that affect the training of candidates, the

scientific developments within psychoanalysis, and the nexus of psychoanalytic theory and practice with the surrounding scientific, social and cultural world. *Psychoanalytic Education at the Crossroads* examines the ways in which group processes, the hierarchical culture in institutes, the influence of individual personalities, the lack of research and the faults in supervision can all stifle creativity and hinder candidates' progress. In this compelling work, Otto Kernberg sets out clear suggestions for how these issues can be addressed, and how he sees the future of psychoanalytic education across all psychoanalytic settings and schools of thought. The first part of this volume is focused primarily on the analysis of the nature of these problems and their effects on the personal analysis and supervision of candidates; on theoretical and clinical seminars; on selection, progression, and graduation; on educational principles and requirements, developments of theory and technique and, in particular, limitation versus expansion of the realm of interests and applications of psychoanalysis. The second part of this volume deals with proposals of solutions to the problems encountered, and major suggestions for innovation in psychoanalytic education. The author's work in this area has been hugely influential. Kernberg has made a substantive difference in the development of psychoanalytic institutes and education, and continues to do so. *Psychoanalytic Education at the Crossroads* will be essential reading to anyone involved in psychoanalytic education, whether as a psychoanalyst, psychoanalytic psychotherapist, trainee, trainer, or supervisor.

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resistance psychoanalysis: On the Dialectics of Psychoanalytic Practice Fritz Morgenthaller, 2020-03-24 Fritz Morgenthaller was a crucial figure in the return of psychoanalysis to

post-Nazi Central Europe. An inspiring clinician and teacher to the New Left generation of 1968, he was the first European psychoanalyst since Freud to declare that homosexuality is not, indeed never, a pathology, and in *Technik*, developed revolutionary ideas for transforming clinical technique. On the *Dialectics of Psychoanalytic Practice* offers the first publication in English of this psychoanalytic, counterculture classic. Those who first picked up *Technik* encountered it at a historical moment when Marxist psychoanalyst Wilhelm Reich, popular New Left cultural critic Klaus Theweleit, and the texts of the Frankfurt School were already required reading. While not a political text in the same direct way, Morgenthaler's *Technik* nonetheless shared many of their preoccupations and conclusions about human nature. It was read as technical guidance for psychoanalysts, but also as a manifesto dedicated to the problem of how it might be possible genuinely to live a postfascist, and nonfascist, existence. Morgenthaler was a protorelationalist who recombined the traditions of ego and self psychology as he retained a commitment to drive theory. Here Dagmar Herzog makes his work available to a new generation of analysts, providing essential source material, annotations, and groundbreaking analysis of the continued importance of the work for historians and therapeutic practitioners alike. On the *Dialectics of Psychoanalytic Practice* will interest practicing clinicians as well as intellectual historians and cultural studies scholars seeking to understand the return of psychoanalysis to post-Nazi Central Europe.

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