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Under the Skin: A Psychoanalytic Study of Body...

Under the Skin considers the motivation behind why people pierce, tattoo, cosmetically enhance, or otherwise modify their body, from a psychoanalytic perspective. It discusses how the therapist can understand and help individuals for whom the manipulation of the body is felt to be psychically Alessandra Lemma - Winner of the Levy-Goldfarb Award for Child Psychoanalysis!

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Under the Skin considers the motivation behind why people pierce, tattoo, cosmetically enhance, or otherwise modify their body, from a psychoanalytic perspective. It discusses how the therapist can understand and help individuals for whom the manipulation of the body is felt to be psychically necessary, regardless of whether the process of modification causes pain.

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from a psychoanalytic perspective it discusses how the therapist can understand and help individuals for whom the manipulation of the body is felt to be psychically necessary regardless under the skin is unique as an in depth psychoanalytic study of body modification and needs to be recognized and

Under The Skin A Psychoanalytic Study Of Body Modification...

Under the Skin provides a detailed study of the challenges posed by our embodied nature through an exploration of the unconscious phantasies that underlie the need for body modification, making it essential reading for all clinicians working with those who are preoccupied with their appearance and modify their bodies including psychotherapists, counsellors, psychiatrists and psychologists.

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Under the Skin: A Psychoanalytic Study of Body...

Alessandra Lemma - Winner of the Levy-Goldfarb Award for Child Psychoanalysis! Under the Skin considers why people pierce, tattoo, cosmetically enhance, or otherwise modify their body, from a psychoanalytic perspective, discussing how the therapist can understand and help individuals who feel body modification is necessary.

Alessandra Lemma - Winner of the Levy-Goldfarb Award for Child Psychoanalysis! Under the Skin considers the motivation behind why people pierce, tattoo, cosmetically enhance, or otherwise modify their body, from a psychoanalytic perspective. It discusses how the therapist can understand and help individuals for whom the manipulation of the body is felt to be psychically necessary, regardless of whether the process of modification causes pain. In this book, psychoanalyst Alessandra Lemma draws on her work in the consulting room, as well as films, fiction, art and clinical research to suggest that the motivation for extensively modifying the surface of the body, and being excessively preoccupied with its appearance, comes from the person 's internal world – under their skin. Topics covered include: body image disturbance appearance anxiety body dysmorphic disorder the psychological function of cosmetic surgery, tattooing, piercing, and scarification. Under the Skin provides a detailed study of the challenges posed by our embodied nature through an exploration of the unconscious phantasies that underlie the need for body modification, making it essential reading for all clinicians working with those who are preoccupied with their appearance and modify their bodies including psychotherapists, counsellors, psychiatrists and psychologists.

Skin in Psychoanalysis is an important theoretical contribution, revising several authors starting with Freud in whose writing we can now discover multiple direct or indirect references to the skin. It adopts a decidedly complex point of view regarding the skin here: the skin as source, the skin as object, the skin as protection and as a way of entrance, as contact and as contagion, the skin 'for two' within the relationship with the mother, the skin as envelope and as support, as a shell presented as 'second skin', as demarcation of individuality, as a place of inscription of non-verbal memories, toxic envelops and so on. Also, being the result of more than fifteen years of work with dermatologists and patients with skin diseases, psoriasis in particular, the book can be seen as a serious proposal for interdisciplinary work between dermatologists and psychoanalysts.'The hospital is a place where both tragedies and miracles occur, where many people go to heal but many others go in search for punishment.

Under the Skin: A Psychoanalytic Study of Body...

An interdisciplinary study of skin bridging cultural and psychoanalytic theory to consider how the body's "exterior" is central to human subjectivity and relations. The authors explore racialization, body modification, self-harm, and comedic representations of skin, drawing from the clinical domain, visual arts, popular culture, and literature.

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The Digital Age is on the couch. Working today, it is essential that clinicians understand the world we live in. The transition from an industrial economy to an information economy impacts not just the external structure of society and commerce, but also the internal psychic economies of our brains and, inevitably, how clinicians conceptualise the analytic setting in which they practice as therapists and analysts. The Digital Age on the Couch seeks to understand more about how new technologies interact with the prerogatives of an individual 's internal world, how they may alter psychic structure itself in fundamental ways and the implications this may have for the individual 's functioning and for the operation of society. This book attempts, from the perspective of a working clinician, to make some sense of this. The impact of mediation via technology and the consequent disintermediation of the body represent central themes throughout, as they impact on the experience of embodiment, on the ' work of desire ' and on the way new media influences psychoanalytic practice. New media offer opportunities for increasing accessibility to mental health care, including psychoanalytic interventions. However, this requires a sophisticated understanding of how to best create and safeguard the analytic setting. Alessandra Lemma here guides the clinician through an exploration of the limitations and risks of mediated psychotherapy, illustrated with clinical examples throughout. The Digital Age on the Couch offers an accessibly written guide to combining existing psychoanalytic theory and practice with the challenges presented by digital media. It will appeal to psychoanalysts, psychoanalytic psychotherapists and counsellors.

Minding the Body: The Body in Psychoanalysis and Beyond outlines the value of a psychoanalytic approach to understanding the body and its vicissitudes and for addressing these in the context of psychoanalytic psychotherapy and psychoanalysis. The chapters cover a broad but esoteric range of subjects that are not often discussed within psychoanalysis such as the function of breast augmentation surgery, the psychic origins of hair, the use made of the analyst 's toilet, transsexuality and the connection between dermatological conditions and necrophilic fantasies. The book also reaches ' beyond the couch ' to consider the nature of reality television makeover show. The book is based on the Alessandra Lemma 's extensive clinical experience as a psychoanalyst and psychologist working in a range of public and private health care settings with patients for whom the body is the primary presenting problem or who have made unconscious use of the body to communicate their psychic pain. Minding the Body draws on detailed clinical examples that vividly illustrate how the author approaches these clinical presentations in the consulting room and, as such, provides insights to the practicing clinician that will support their attempts at formulating patients ' difficulties psychoanalytically and for how to help such patients. It will be essential reading for psychoanalysts, psychologists, psychiatrists, mental health workers, academics and literary readers interested in the body, sexuality and gender.

Alessandra Lemma - Winner of the Levy-Goldfarb Award for Child Psychoanalysis! The contemporary relevance of psychoanalysis is being increasingly questioned; Off the Couch challenges this view, demonstrating that psychoanalytic thinking and its applications are both innovative and relevant, in particular to the management and treatment of more disturbed and difficult to engage patient groups. Chapters address: clinical applications in diverse settings across the age range the relevance of psychoanalytic thinking to the practice of CBT, psychosomatics and general psychiatry the contribution of psychoanalytic thinking to mental health policy and the politics of conflict and mediation. This book suggests that psychoanalysis has a vital position within the public health sector and discusses how it can be better utilised in the treatment of a range of mental health problems. It also highlights the role of empirical research in providing a robust evidence base. Off the Couch will be essential reading for those practicing in the field of mental health and will also be useful for anyone involved in the development of mental health and public policies. It will ensure that practitioners and supervisors have a clear insight into how psychoanalysis can be applied in general healthcare.

Sexualities: Contemporary Psychoanalytic Perspectives presents a broad selection of contemporary psychoanalytic thinking on sexuality from a wide range of psychoanalytic traditions. Sexuality remains at the heart of much psychoanalytic theory and practice but it is a complex and controversial subject. Edited by Alessandra Lemma and Paul E. Lynch, this volume includes a range of international contributions that examine contemporary issues and trace common themes needed to understand any sexuality, including the basics of sexuality, and the myriad ways in which sexuality is lived. The clinical examples provided here demonstrate contemporary psychoanalytic techniques that uncover meanings that are both fresh and enlightening, and address heterosexuality, homosexuality, gender, and perversion from a psychoanalytic perspective. Divided into four parts, the book includes the following: Historical context Foundational concepts; Contemporary elaborations Homosexuality Perversion revisited Throughout Sexualities: Contemporary Psychoanalytic Perspectives the reader will find psychoanalytic wisdom that is transferable to work with patients of all sexualities, and will see that the essentials of sexuality may be more similar than they are different for homo- and hetero-sexuality. Psychoanalysts and psychoanalytic psychotherapists, as well as academics interested in the subjects of psychoanalysis, gender, sexuality, or homosexuality will find this book an invaluable resource. Alessandra Lemma, PhD is Director of the Psychological Therapies Development Unit at the Tavistock and Portman NHS Foundation Trust. She is a Fellow of the British Psychoanalytic Society and Visiting Professor in the Psychoanalysis Unit, University College London. She is a Consultant Adult Psychotherapist at the Portman Clinic where she specializes in working with transsexuals. She has published extensively on psychoanalysis, the body and trauma. Paul E. Lynch, MD is on the faculty of the Boston Psychoanalytic Society and Institute, the Massachusetts Institute for Psychoanalysis, and the China American Psychoanalytic Alliance. He teaches about psychoanalysis, gender, and sexuality, and has been a popular speaker on issues of homosexuality and psychoanalysis. He is also a Clinical Instructor of Psychiatry at the Tufts University School of Medicine.

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