

The Psychoanalytic Perspectives : The Self Psychological Approach

H. Kohut's (1971, 1977) conception of NPD

- 2 major types of Narcissistic (selfobject) transferences
 - 1) Mirror transference
(representing a need for affirmation & approval)
 - 2) Idealizing transference
(in which therapist is idealized)
- NPD (in arrested state) is left searching for such mirroring & idealized selfobject
- “the Depleted Self”
 - : Unmirrored ambition & absence of ideals
 - Suffering → “empty depression” → “the Depleted Self”

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H. Kohut's (1971, 1977) conception of Self-Disorder

- “Primary Self-Disorder” vs “Secondary Self-Disorder”
- **Primary Self-Disorder**
 - Narcissistic behavior disorder
(temporary breakups or distortions of the self with reversible Sx)
(perverse, delinquent, “addictive behavior”)
 - **Narcissistic personality disorder**
(temporary distortions of the self involve entire psychological states)
(with hypochondria, depression, hypersensitivity, lack of enthusiasm)
- Emphasis on “**Empathy**” as both
 - an observational instrument
 - a curative tool

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H. Kohut's (1971, 1977) conception of Self-Disorder

- The concept of Tragic man (1977, Kohut) ..
 - The description of narcissistic personalities
 - suffered from repressed grandiosity & guiltless despair
 - He knows & understands that his ambitions have not been realized.
 - He failed to attain his realistic goals for self-expression & creativity
 - **Shame** (Morrison, 1983)

is the **major distinguishing affective experience of the Tragic Man**
: Failure to realize ambition &

to gain response from others

At the Absence of ideals

→ **Shame**

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H. Kohut's (1971, 1977) conception of Self-Disorder

- The concept of NPD (1977, Kohut) ..
 - repressed grandiosity
 - low self-esteem
 - hypochondriacal preoccupation
 - prone to shame & embarrassment
 - about needs to display themselves & their needs for other people.

What is the concept of the “self” ?

Reflection on Self-Psychology

“Self” ? :

“a center of initiative and a recipient of impressions”

“Self” ? :

1. “Self-as-Structure” → An organization of experience
2. “Self-as-Agent” → An existential agent (an initiator of action)
→ Performing action to restore “cohesion”

“Self”

- 1) an organization of experience (a psychological structure)
- 2) an initiator of action (an existential agent)

: The person whose
self (self-experience) is becoming fragmented,
his self (an existential agent) strives to restore his
sense of his sense of self-cohesion.

Kohut's Strategy

1. Empathy entails

“....the “capacity” to “think & feel” oneself
into the inner life of another person.

It is our lifelong ability to experience
what another person experiences,
though usually....to an attenuated degree”

-Kohut

2. Empathy is

NOT an attempt to directly satisfy or fulfill the other's need,
But rather to Understand what it feels like to have had it
frustrated in the past

3. This process in itself has curative impact



1979,

“The Two Analyses of Mr. Z”

published

Heinz Kohut at his desk in his beloved summer home in Camel, California.



Heinz Kohut (1913-1981)

- From “Vienna” (Born, 1913.5.3) to “Chicago” (via England) (1939-1940)
- Graduates from the Institute for Psychoanalysis, Chicago (1950, 10)
- Death in Venice: A Story about the Disintegration of Artistic Sublimation (1957)
- Introspection, Empathy, and Psychoanalysis (1957)
- Analysis of the Self (1971), Diagnosed as having leukemia (1971, 10)
- Restoration of the Self (1977)
- The Two Analysis of Mr. Z (1979)
- Last lecture : “On Empathy” 5th Annual Conference on Self Psychology, Berkeley, CA
- Die (1981.10.8) Billings Hospital, Chicago (3 days after last lecture)
- How Analysis Cure? (1984, Posthumous publication)
- From “Orthodoxy” (classic) to “Self-Psychology” (contemporary)



Heinz Kohut, 1981.

1981,
At 4th Annual Conference
on the Psychology of the Self,
University of California, Berkeley,
delivers
“On Empathy”

On October 8, 1981,
Dies, Billings Hospital, Chicago.

1984,
Posthumous publication of
“How Analysis Cure?”

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How Does Analysis Cure?

Three Elements of Cure

1. The analysis of defense
 2. The working through of the unfolding transference
 3. The establishment of “empathic communication”
between the self and its selfobjects on mature adult levels
instead of
the level of repressed or split-off unmodified narcissistic needs.
- “Transmuting Internalization”
(This element is the most important)

How Does Analysis Cure?

The Goal of an Analysis

“The enhanced ability of a strengthened self
to choose healthier sustaining selfobject experiences.”

- Come from Kohut's understanding of the development of normal narcissism and the importance of selfobject
- The **need for selfobjects** and their functions never vanishes.
- However, but rather persists throughout life.
- **Through analysis,**
 - 1) **Self** is freer to **choose selfobjects at higher levels of maturity.**
(freed from the early needs that bind it to archaic selfobject.)
 - 2) **the unmodified needs**
(for merger with an idealized selfobject & mirroring by an affirming selfobject)
are diminished.

Heinz Kohut (1913-1981)

- From “Orthodoxy” to “**Self Psychology**”
- From “Drive Theory” to the “**Needs of the Self**”
- From “Conflict Theory” to the “**Deficit of the Self**”
- Introspection, **Empathy**, and Psychoanalysis(1957)
- Forms & transformations of narcissism (1966, JAPA)
- Analysis of the Self(1971) :**
a systemic approach to the Psychoanalytic Treatment of NPD
- Restoration of the Self (1977) :** The Rehabilitation of the Self
: Thoughts about termination of Analyses & the Concept of Cure.
Chapter One. The Termination of the Analysis of NPD
- How Analysis Cure?(1984)**

프로이트, 구스타프 말러를 만나다

정신분석적 심리치료를 만든 역사적 만남들

이준석 지음