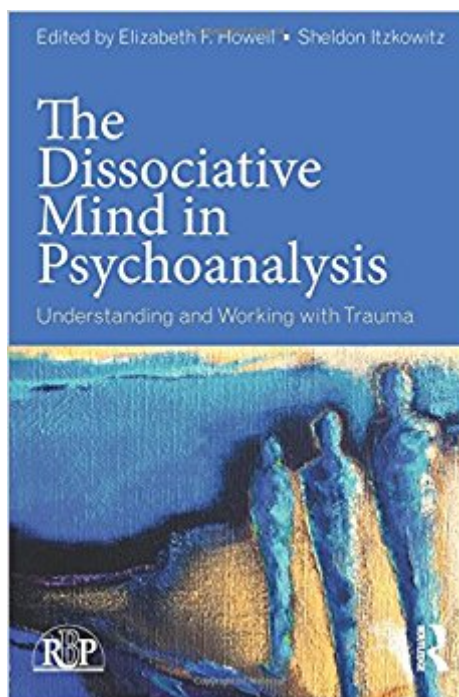




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# **The Dissociative Mind In Psychoanalysis: Understanding And Working With Trauma (Relational Perspectives Book Series)**



## Synopsis

The Dissociative Mind in Psychoanalysis: Understanding and Working With Trauma is an invaluable and cutting edge resource providing the current theory, practice, and research on trauma and dissociation within psychoanalysis. Elizabeth Howell and Sheldon Itzkowitz bring together experts in the field of dissociation and psychoanalysis, providing a comprehensive and forward-looking overview of the current thinking on trauma and dissociation. The volume contains articles on the history of concepts of trauma and dissociation, the linkage of complex trauma and dissociative problems in living, different modalities of treatment and theoretical approaches based on a new understanding of this linkage, as well as reviews of important new research. Overarching all of these is a clear explanation of how pathological dissociation is caused by trauma, and how this affects psychological organization -- concepts which have often been largely misunderstood. The Dissociative Mind in Psychoanalysis will be essential reading for psychoanalysts, psychoanalytically oriented psychotherapists, trauma therapists, and students. Â

## Book Information

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## Customer Reviews

"In this outstanding volume, Howell and Itzkowitz have collected a comprehensive set of scholarly contributions covering the depth and breadth of dissociative phenomena, as well as the clinical concerns in working with the sequelae of complex trauma. They include the full range of psychoanalytic orientations and provide extensive surveys of cultural, historical, diagnostic, and

developmental considerations along with research findings. On top of this considerable achievement, the editors have situated all of these contributions within the context provided by their own introductory chapters. This book will be used as a basic teaching text for years to come."-

Lewis Aron, Ph.D., Director, New York University Postdoctoral Program in Psychotherapy & Psychoanalysis. Psychoanalysts both, Itzkowitz and Howell are well-known for their work with the naturally occurring dissociative aspects of mind and for their wise, humanistic, and compassionate work with patients suffering with trauma-generated dissociation, patients many might be afraid to treat in private practice. Now they bring their accumulated wisdom, together with the thinking of many distinguished colleagues, to bear, placing dissociation and the dissociative mind firmly in the psychoanalytic tradition, reading it in various theoretical and cultural contexts, explaining how it became hidden from view, showing how to understand and treat its sufferers now. This book will teach, encourage, and support all therapists who look for the human being underneath the "pathology." A great gift to us all. - Donna Orange, Ph.D., Psy.D. author, *The Suffering Stranger* (Routledge, 2011) Drs. Howell and Itzkowitz have fashioned a resource for those who are interested in learning more about psychoanalytic treatment and how psychoanalysts work with and help victims of trauma, traumatic, dissociation and dissociative disorders. Psychoanalysis, cognitive science, cognitive neuroscience, and trauma research all have a say in this outstanding volume which explores trauma and dissociation within a broad psychoanalytic context. The editors should be commended for their written contributions, for gathering chapters from leading experts in the area, and for the scope and depth of the issues addressed.- Judith Alpert, Ph.D. is Professor, Department of Applied Psychology, New York University and Professor and Clinical Consultant at New York University Postdoctoral Program in Psychotherapy and Psychoanalysis *The Dissociative Mind in Psychoanalysis* is a landmark in the growing synthesis between psychoanalysis and trauma theory. Elizabeth Howell... and Sheldon Itzkowitz, composed a wonderful volume, brimming with interesting yet contradictory information... This is a wonderful book, a "must-read" for anyone interested in the bonus of psychoanalytic thinking in the field of trauma and dissociation, but also a must-read for every psychoanalyst working with survivors of trauma and dissociative patients... a very worthwhile and important book. - Nelleke Nicolai, psychiatrist, psychoanalyst, trauma therapist, author, The Netherlands, European Society for Trauma & Dissociation Newsletter

Elizabeth F. Howell, Ph.D., is the author of the award-winning books, *The Dissociative Mind* and *Understanding and Treating Dissociative Identity Disorder: A Relational Approach*. She is on the Editorial Board of the *Journal of Trauma and Dissociation*; Adjunct Clinical Associate Professor of

Psychology, New York University Postdoctoral Program in Psychotherapy and Psychoanalysis; faculty, supervisor, Trauma Treatment Center, Manhattan Institute for Psychoanalysis; faculty, National Institute for Psychotherapies, faculty, Psychotherapy Training Program: International Society for the Study of Trauma and Dissociation, and an Honorary Member of the William Alanson White Psychoanalytic Society. She has written extensively and lectured nationally and internationally on various aspects of trauma and dissociation, as well as on gender and trauma/dissociation. She is in private practice in Manhattan. Sheldon Itzkowitz, Ph.D., is an Adjunct Clinical Associate Professor of Psychology and Clinical Consultant at the NYU Postdoctoral Program in Psychotherapy and Psychoanalysis; Guest Faculty, William Alanson White Institute, Eating Disorders, Compulsions, and Addictions Program; and on the teaching and supervisory faculty of the National Institute for the Psychotherapies Training Program in Psychoanalysis. He has presented his work on the treatment of extremely dissociated patients both nationally and internationally. He is an Associate Editor of *Psychoanalytic Perspectives* and a former President of the Division of Psychoanalysis of the New York State Psychological Association. He is in private practice in Manhattan.

Countless patients enter our consulting rooms having suffered severe traumas, yet theory and technique regarding the treatment of such populations is often considered separate from traditional psychoanalytic practice. This book addresses this disparity, among many other relevant issues, cementing it as a seminal contribution to contemporary psychoanalytic literature. Students and seasoned practitioners alike will benefit from this volume of scholarly essays as the contributors describe accounts of treating the dissociative mind, often considered unanalyzable, in frank, sophisticated, and accessible clinical vignettes. A portion of this volume is dedicated to linking Freudian, Jungian, Ferenczian, Winnicottian, and Kleinian theories to concepts around dissociation, highlighting the hidden presence of these ideas throughout our history. Despite the importance of theories about dissociation in the work of our forefathers and foremothers, Itzkowitz and Howell reflect on how and why these ideas have been marginalized. Yet this ambitious collection of psychoanalytic history, theory, and clinical material remains eminently readable from start to finish. These writings challenge the reader to ponder our assumed understandings of the human mind, rendering this volume an invaluable contribution to curricula at psychoanalytic institutes worldwide. With beautiful pieces from Phillip M. Bromberg, Wilma S. Bucci, Richard A. Chefetz, and one of the last essays to be written by the late Abby Stein, among others, we in the field are remarkably fortunate to be given access to the compassionate work and thinking of Howell, Itzkowitz, and their

colleagues.

In the book *THE DISSOCIATIVE MIND IN PSYCHOANALYSIS: UNDERSTANDING AND WORKING WITH TRAUMA*, Elizabeth Howell and Sheldon Itzkowitz describe the treatment of trauma from multiple vantage points. Four chapters are written by these eloquent authors while nineteen additional mental health professionals narrate their experiences in working with trauma and dissociation, from historical, theoretical, clinical and research perspectives. This is a riveting and penetrating look at the way ordinary people have learned to cope with unbearable emotional experiences.. The psychological defense of dissociation is examined in ways that bring light to a subject fraught with controversy from the beginning. The authors clearly describe the way Freud changed his original seduction theory, which implicated sexual aggressors in the creation of mental illness, into the revised theory of infantile sexuality, which removed the idea of a perpetrator and now implicated the child as the instigator of merely fantasized sexual events.. I highly recommend reading the first paragraph on page 28 in the book, about the trial of Ernest Jones's, Freud's disciple and eventual biographer, in which he was accused of sexual assault and abuse. It captures just what was at stake for psychoanalysis in being open to the possibility of dissociated realities rather than imagined fantasies.

This is an important book, at last picking up from where the False Memory attacks derailed important psychotherapeutic theory and practice. It is much needed for sound work with personality disorder and trauma.

Great book.

This book is pioneering in the field: basic and deep at the same time.

Relevant for all the trauma patient's we see in practice. Understanding of dissociative disorders.

This is an important book contextualising the history of trauma and dissociation within psychoanalysis, as well as a timely book. It provides the mental health professional community within and beyond psychoanalysis with a critical and urgently needed update on thinking and understanding - cutting-edge - by posing some basic questions that go to the essence of the relationship between trauma, dissociation and psychoanalytic theory and practice. As such it is a

confronting read. The first three chapters of the four part book, written by the editors, begin with the provocative question 'Is trauma-analysis psycho-analysis?' with responses in the next two chapters, 'From trauma- analysis to psychoanalysis and back again' and 'The everywhere-ness of trauma and the dissociative structuring of the mind.' As I reviewer with a deep clinical and personal interest in trauma studies I found plenty to be excited about; from van der Hart's chapter bringing Janet and Freud into their often dissociated historical relationship, over how each dealt with dissociation, to Hainer's rehabilitation of Ferenczi's contributions to the field. In part two, the dominant orientations within psychoanalysis - Freud, Jung, Winnicott and Klein are reviewed in relation to trauma and dissociation. Part three highlights the varieties of clinical 'crisis' moments encountered in the psychoanalytic treatment of trauma and dissociative identity disorder patients (DID). Historically, the controversial diagnostic categories of multiple personality disorder (MPD) and DID have had their vocal adherents and detractors making claims and counter-claims over many years, but it is worth noting that the most recent edition of The Psychiatric Interview in Clinical Practice (3rd Edition, 2016) has included separate chapters that deal with both the traumatized as well as the dissociative identity disorder patients. Finally and importantly in our evidence-based practice of psychotherapy, part four offers an update on current research based on the largest treatment outcome study of dissociative disorders, (the impressive treatment of patients with dissociative disorders, the TOP DD study), to provide an insight into the challenges encountered by researching the validity, assessment and treatment of DID. Overall, this book is a book of its time as its 22 chapters manage to capture and paint a graphic mosaic of the complex, evolving field of trauma and dissociation. Our understanding needs to match this rapidly transforming field. As such, we can choose to read chapters that speak to us on a need-to-know basis. This book will provide food for thought, in equal measure, at any stage in our careers: whether we are starting out as trainees, settled into a mid-career sense of growing confidence in our knowledge base, or, approaching retirement, provided we are still prepared to expose our sense of vulnerability and uncertainty to our peers and ourselves. I do recommend this book to be read with a touch of awe and humility exposing how much we do not know, still.

For therapists who want to deepen their ability to work with dissociation, and for anyone who wants a better grasp of their own experiences of "not being there", I highly recommend The Dissociative Mind in Psychoanalysis. This thoughtful book has articles ranging from historical perspectives, to

clinical implications, to current research on dissociation and dissociative disorders. I found this book very enlightening. Eli Zal, L.C.S.W.

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