

1. Record Nr.	UNINA9910457428203321
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Titolo	Conscious and Unconscious [[electronic resource]]
Pubbl/distr/stampa	Maidenhead, : McGraw-Hill Education, 2007
ISBN	1-280-95137-0 0-335-22494-6
Descrizione fisica	1 online resource (180 p.)
Disciplina	616.8914
Soggetti	Psychoanalytic Theory Psychological Theory Consciousness Psychoanalysis Unconscious, Psychology Cognition Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Cover; Half Title; Title; Copyright; Contents; Editor's preface; Preface and acknowledgements; Chapter 01; Chapter 02; Chapter 03; Chapter 04; Chapter 05; Chapter 06; Chapter 07; Chapter 08; References; Index
Sommario/riassunto	All forms of psychotherapy deal with the limitations of our awareness. We have limited knowledge of our creative potential, of the details of our own behaviour, of our everyday emotional states, of what motivates us, and of the many factors within and around us which influence the decisions we make and the ways we act. Some therapists, especially those influenced by Freud and Jung, speak of the 'unconscious', giving the unintended impression that it is a kind of realm or domain of activity. Others, reacting against the specifics of Freudian theory, shun the word 'unconscious' altogether. Howev