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Titolo	Everyday Life and the Unconscious Mind : An Introduction to Psychoanalytic Concepts // by Hannah Curtis
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Descrizione fisica	1 online resource (149 p.)
Disciplina	150.2
Soggetti	Psychoanalysis
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	COVER; CONTENTS; INTRODUCTION; ONE The background to the conscious and unconscious aspects of the mind; TWO Trauma; THREE Anxiety; FOUR Defence mechanisms; FIVE Remembering, repeating, and working through; SIX Envy and guilt; SEVEN Transference; EIGHT Countertransference, the response to transference; NINE Projective identification; CONCLUSION; REFERENCES
Sommario/riassunto	An increasing number of people are seeking to develop an understanding of psychoanalytic concepts in order to apply them to the ordinary situations that they encounter as they go about their work, family and social lives. Some of these people are students just leaving college and going on to university, some are managers seeking to understand the dynamics of work place relationships and some are the friends or families of people who suffer with emotional distress or mental health issues. Everyday Life and the Unconscious Mind is written for students, for those who work in the care sector, or in management, and for those who love someone who is struggling emotionally. It explains and clarifies some of the concepts that address the way in which the unconscious mind works and how it seeks to manage its

feelings. It includes chapters on trauma and defence mechanisms, which are to do with how we cope with events that act like a psychological blow to our self esteem or our identity.
