

**INDIVIDUATION IN
CONTEMPORARY PSYCHOANALYSIS**

TITLE PAGE

Published and Distributed Throughout the World by
CHARLES C THOMAS • PUBLISHER, LTD.
2600 South First Street
Springfield, Illinois 62794-9265

This book is protected by copyright. No part of
it may be reproduced in any manner without
written permission from the publisher.

© 1999 by CHARLES C THOMAS • PUBLISHER, LTD.

ISBN 0-398-06999-9 (cloth)
ISBN 0-398-07000-8 (paper)

Library of Congress Catalog Card Number: 99-016844

With THOMAS BOOKS careful attention is given to all details of manufacturing and design. It is the Publisher's desire to present books that are satisfactory as to their physical qualities and artistic possibilities and appropriate for their particular use. THOMAS BOOKS will be true to those laws of quality that assure a good name and good will.

Printed in the United States of America
CR-R-3

Library of Congress Cataloging-in-Publication Data

Jordan, Thomas, Ph.D.

Individuation in contemporary psychoanalysis: the emergence of individuality in interpersonal and relational theory and practice / by Thomas Jordan.

p. cm.

Includes bibliographical references and index.

ISBN 0-398-06999-9 (cloth). -- ISBN 0-398-07000-8 (pbk.)

1. Separation-individuation. 2. Individuation (Psychology)

3. Psychoanalysis. I. Title.

RC489.S45 J67 1999

616.89'17--dc21

99-016844
CIP

This book is dedicated to
VICTORIA JORDAN
colleague, dear friend, love of my life
and
to the late
DR. BENJAMIN WOLSTEIN
mentor, psychoanalyst, unique individual.

PREFACE

After six years of research and writing about the process of psychological individuation, I have accomplished my goal of cultivating a personal sensitivity to individuation as a therapeutic experience in clinical psychoanalysis. Beyond that, I have also had the pleasure of witnessing the receptivity of supervisees I have had the privilege of accompanying through to their own individual discoveries. Both of these experiences are quite personal and intimate, always the most appropriate medium for researching individuated phenomena. What has not held up as well over the past six years is a need to proclaim the truth of these observations and experiences. Their truth stands on its own, confirmed only by individual experience. Perhaps this is the reason why the “individuationists” in interpersonal psychoanalysis, starting with Fromm, were never really organized into a coherent political force. If they had organized, or showed any interest in doing so, I assume a commitment to the uniqueness of individual experience would have made it impossible to establish an esprit de corps. Nevertheless, this is as it should be, an individuated psychoanalyst practicing individuated psychoanalysis. The freedom to experience is the most valuable offering we can make to our psychoanalytic patients. Of course, what suffers the most are our efforts to standardize our professional activities. Politics giving way to the personal still appears to be the only way to increase the potency of psychoanalysis. It all starts with a commitment to the practice of freedom, honesty, and equality. I hope this book can be a stimulus for curious individuals interested in such a practice.

Thomas Jordan

ACKNOWLEDGMENTS

I graduated from the Postdoctoral Program in Psychotherapy and Psychoanalysis at New York University in June of 1997. It was in that eight-year period that I experienced the clinical and theoretical controversies that exist in our profession. The institute and its many interpersonal influences were and continue to be a source of inspiration. To name only a few of the individuals I have had the privilege of knowing, I will begin with a hearty acknowledgement to Dr. Benjamin Wolstein, a true researcher of the psychoanalytic experience. I had the good fortune of encountering Dr. Wolstein in multiple contexts, as a student, supervisee, and patient. His influence upon my understanding of psychoanalysis is inestimable, and I am most grateful for the ways in which he reintroduced me to my own personal reality. I am certain I will spend the rest of my professional career reindividuating from the urge to identify with him. Dr. Benjamin Wolstein passed away the day that this manuscript was being personally delivered to him. His untimely death deprived this research of the constructive criticism I expect he would have offered. In spite of that fact, I now fully appreciate the extent to which Dr. Wolstein's guidance and encouraging presence was a vital source from the beginning of this project. The psychoanalytic community has lost a great psychoanalyst. Dr. Wolstein's capacity to witness the individuation of another is only truly known to those who witnessed the intensity of his presence while in the intensity of their own presence.

I also wish to acknowledge Dr. Herbert Turkel for his patient interest in helping me enter the psychoanalytic process in order to improve my capacity to concentrate immediate experience. Dr. Turkel's clinical acumen is rivaled only by his deep sensitivity to another's psychological pain. I had the mixed pleasure of witnessing this aptitude when a personal crisis spilled into our supervisory hour. His psychological flexibility in that moment of need will always be fondly appreciated. I would like to extend a special thanks to Dr. Warren Wilner, whose devotion to directly experiencing the unconscious is without equal. Dr. Wilner's tutelage in the fine arts of tolerating and eventually enjoying one's unconscious experience is etched in my consciousness as a reliable and enduring reference. I would also like to acknowledge Dr.

Barbara Dusansky for supervisory guidance in the final stages of my institute training that epitomized the psychoanalytic presence. Her capacity to acknowledge and witness my development as a psychoanalyst while offering her guidance and experience will always be remembered and appreciated. Last but not least, I wish to acknowledge Dr. Ruth Lesser, director, educator, and psychoanalytic colleague. Dr. Lesser's dissemination of Erich Fromm's emphasis on individuation in psychoanalysis is truly beyond the theoretical, now embodied in her personal and interpersonal presence. Her declaration of individuality, and support of others so interested, is a refreshing invitation in each and every contact with her. On a more personal note, I will always appreciate the invitation she extended to participate in an institute committee. Even though she never said it, I suspect Dr. Lesser had an awareness of both my desire to contribute and tendency toward academic solitude.

A special acknowledgement to two close friends, Dr. Joel Hammer and Harold Flantzer. Both of these individuals provided the reflection and companionship needed during the period when the ideas in this book were a constant preoccupation. Their invitations and receptivity to theoretical and clinical discussions were always useful and appreciated. Finally, I would like to lovingly acknowledge my wife, Victoria Jordan, whose presence in my life provides the context within which to discover and rediscover our individualities. Much of this book reflects the benefits of being married to someone who can share both domestic and professional concerns. I thank her for the patience with which she responded to the extensive periods of preoccupation and absence in the preparation of this book. The parallel in our experiences reached its zenith when the completion of this book occurred just prior to the birth of our son, Bradley Sebastian Jordan. Two acts of completion, the first a representation of the second.

CONTENTS

	<i>Page</i>
<i>Preface</i>	vii
<i>Chapter</i>	
INTRODUCTION	3
Legacy of Sandor Ferenczi Revisited	6
Psychoanalytic Research	8
Individuating Psychoanalytic Theory and Practice	12
Contribution to Clinical Theory and Practice	21
1. PSYCHOLOGICAL REPRESENTATION: PATTERNING THE FLOW OF EXPERIENCE	28
Transformations of Human Experience	36
Relational Representations	44
Representing the Individual as Subjects and Objects	48
Subject of an Object: The Subjective Requirements of an Internal Object	51
Object of a Subject: The Objective Requirements of an Internal Subject	53
Reconsideration of Separation-Individuation in Adulthood	59
Representing Individuality as Nonrelational Experience	68
What Is Uniquely Individual?	72
Original Psychological Structures	77
What Is Individually Unique?	97
2. INDIVIDUATION OF HUMAN EXPERIENCE	109
Model of Psychological Individuation	111
Unconscious Individuality	116
Problem of Anxiety	119
Defensive Absence of Individuation	122
Individuation as Psychological Emergence	127
Individuating Through Interpersonal Relationship	135
Conscious Individuality	146
Individuated Psychological Representations	151
Individuated Interpersonal Relationships	157

3. INDIVIDUATION OF PSYCHOANALYSIS	159
Individuating Psychoanalysis: The Evolution of Psychoanalytic Therapy	160
Interindividual Relations in Psychoanalysis	165
The Individual as Source of Psychological Change	172
Psychological Change in Psychoanalysis	175
Psychoanalysis of Unconscious Individuality	177
Releasing Psychological Representations	180
From Past to Presence	182
as the Transformation of Psychological Experience	
Psychopathology Reconsidered	183
4. THE PSYCHOANALYTIC PRESENCE	193
Psychoanalysis of Misrepresentation	194
Individuating Psychological Misrepresentations	205
Psychoanalytic Differentiation	209
Differentiating Individual from Relational Representations	210
Therapeutic Encounters	212
Conscious Individuality in the Psychoanalytic Relationship	219
Differentiating the Individual from Relational Misrepresentations	223
Conscious Other in the Psychoanalytic Relationship	227
Psychoanalytic Individuation	233
Patient's Experience of Emergent Individuality	237
Psychoanalyst's Experience of the Patient's Emergent Individuality	242
Psychoanalyst's Experience of Emergent Individuality	258
Patient's Experience of the Psychoanalyst's Emergent Individuality	265
One for All and All for One	275
<i>Bibliography</i>	285
<i>Index</i>	295

**INDIVIDUATION IN
CONTEMPORARY PSYCHOANALYSIS**