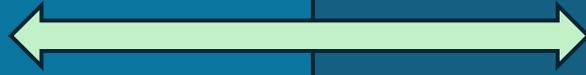


Part I

Defences of the ego

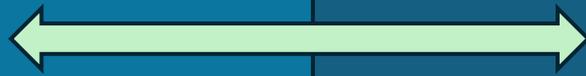


MIND



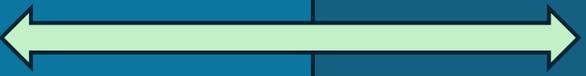
BODY

AFFECT



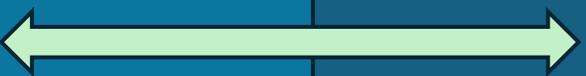
THINKING

SELF



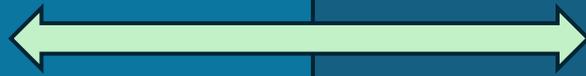
EGO

UNCONSCIOUS

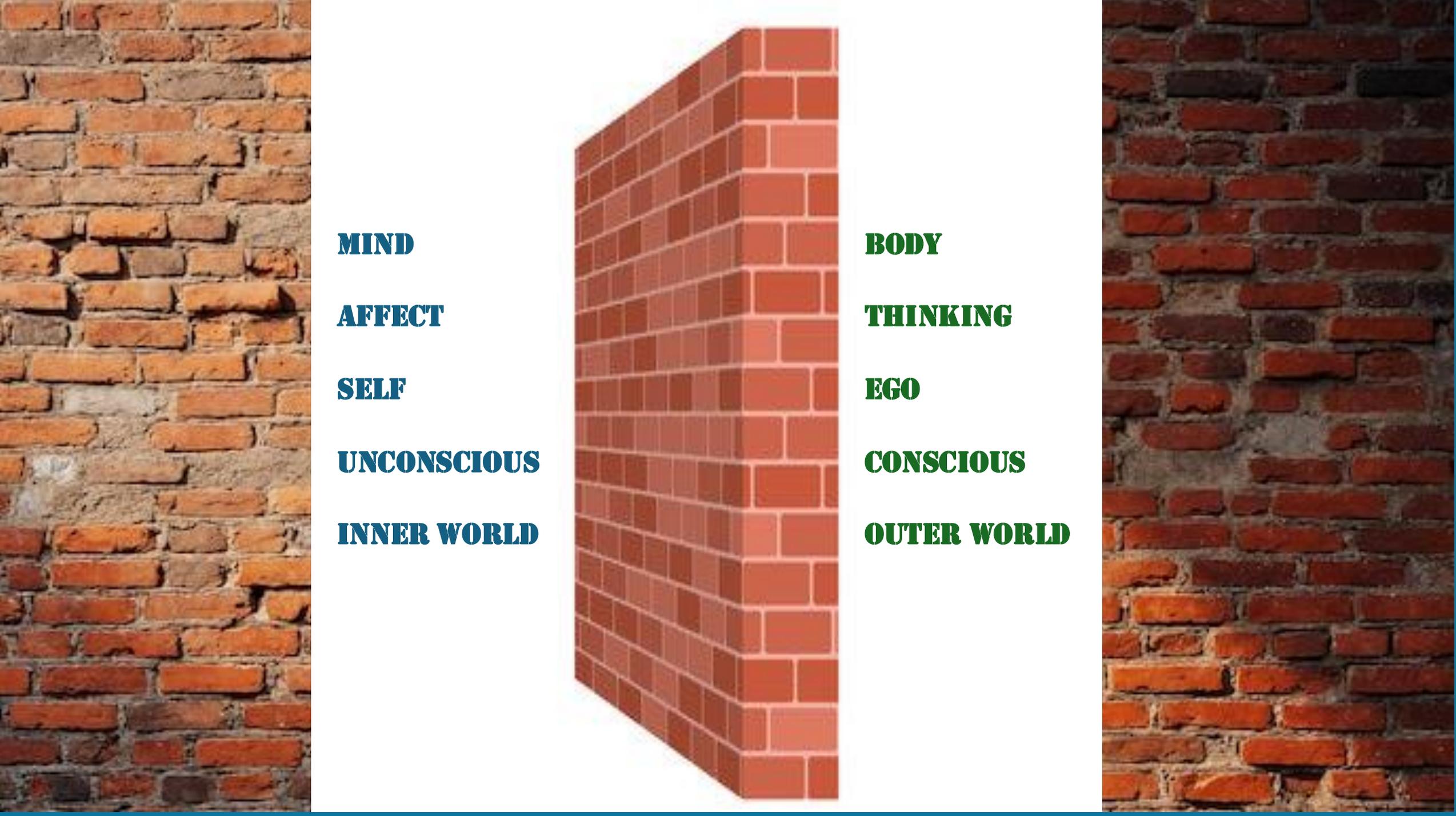


CONSCIOUS

INNER WORLD



OUTER WORLD



MIND

AFFECT

SELF

UNCONSCIOUS

INNER WORLD

BODY

THINKING

EGO

CONSCIOUS

OUTER WORLD



Consequences of an outmoded defence:

- 1. Individuation obstructed.**
- 2. Transcendent function de-activated.**
- 3. Receptivity compromised.**





Classical psychoanalytic lexicon of ego defences

- 1. Repression:** withdrawal from consciousness of an unwanted idea, affect, or desire by pushing it down, or repressing it, into the unconscious part of the mind.
- 2. Reaction formation:** fixation in consciousness of an idea, affect, or desire that is opposite to what is the case.
- 3. Projection:** unwanted feelings are displaced onto another person, where they then appear as a threat from the external world.
- 4. Regression:** return to earlier stages of development and abandoned forms of gratification belonging to them.
- 5. Sublimation:** diversion or deflection of instinctual drives, usually sexual ones, into noninstinctual channels.
- 6. Denial:** refusal to perceive that painful facts exist.
- 7. Rationalisation:** substitution of a safe and reasonable explanation for the true (but threatening) cause of behaviour.
- 8. Isolation:** evading the object of disturbance by barricading oneself in ('I am a rock').
- 9. Undoing:** Making something that has happened not have happened (magic thinking).



Sigmund Freud

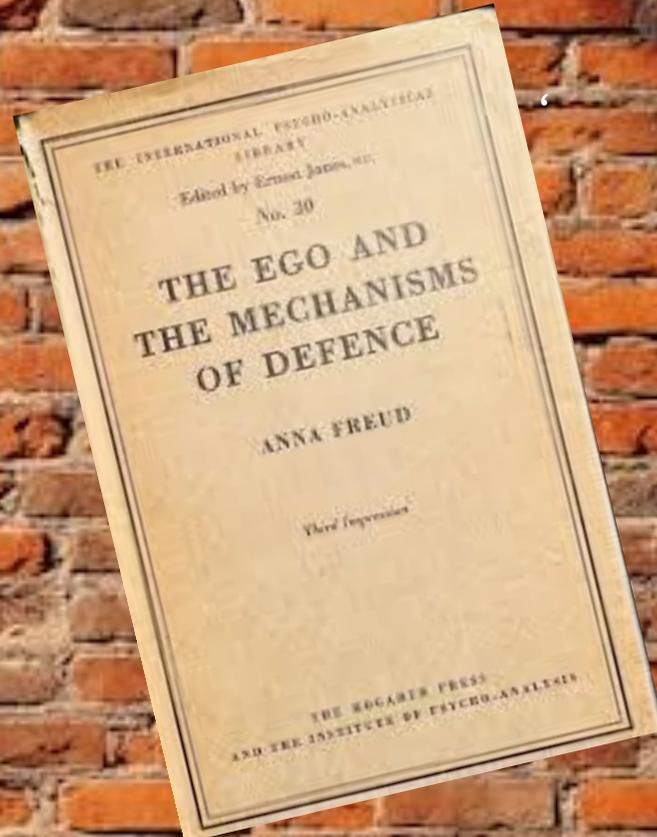
'Psychoanalysis is an instrument to enable the ego to achieve a progressive conquest of the id'





Anna Freud

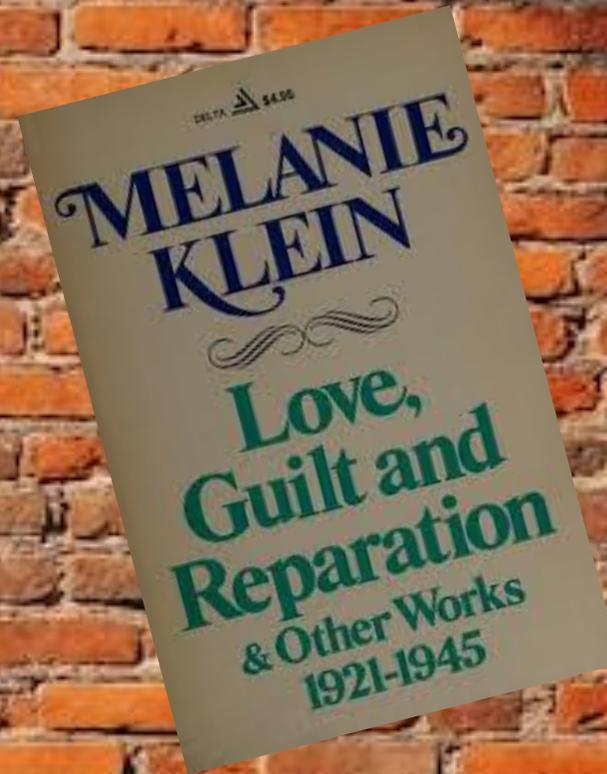
'Were it not for the intervention of the ego or of those external forces which the ego represents, every instinct would know of only one fate – that of gratification'





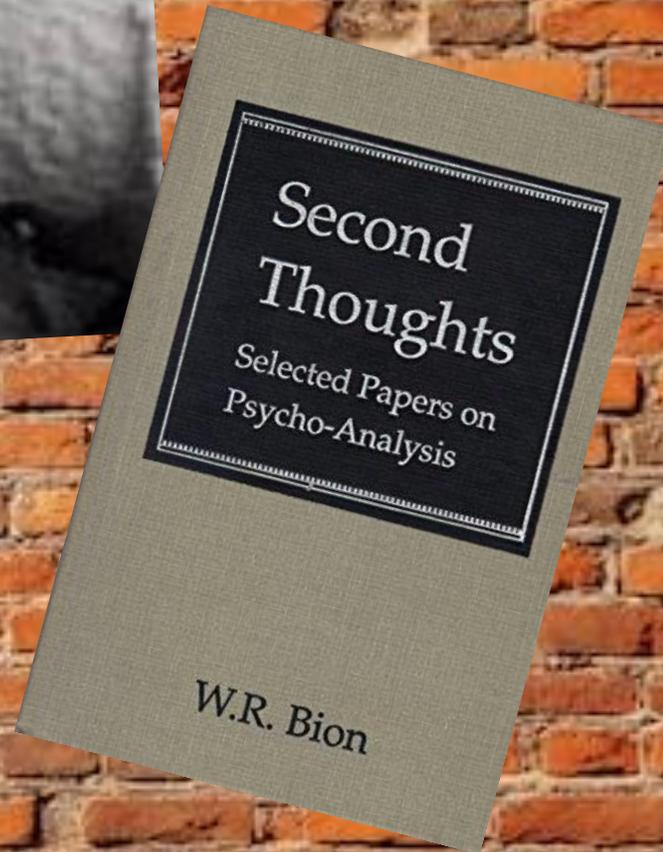
Melanie Klein

'The early ego... splits love from hate, life from death, in order to keep love safe from the hate that would otherwise destroy and annihilate it'



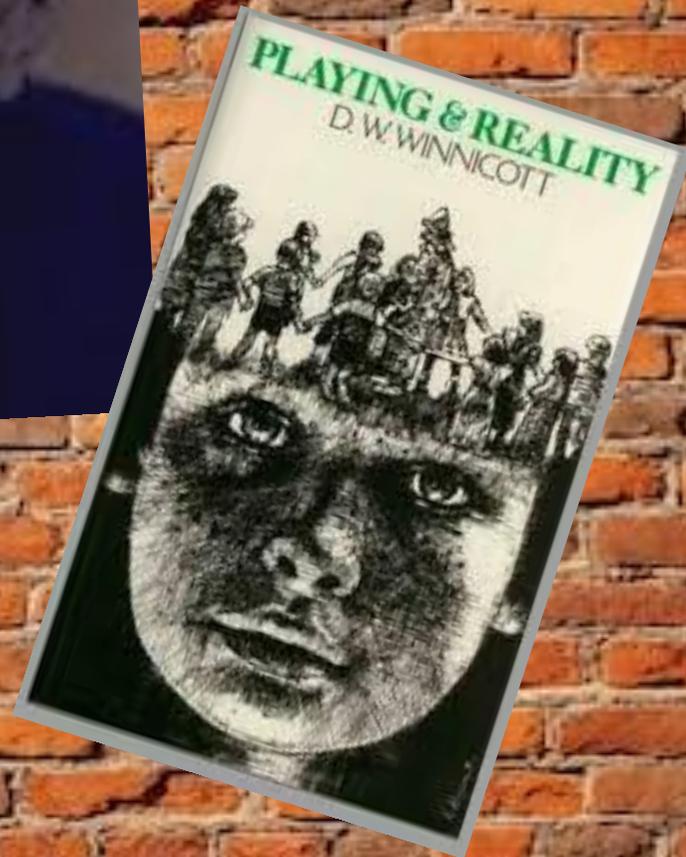
Willfred Bion

'The link between patient and analyst, or infant and breast, is the mechanism of projective identification. The destructive attacks upon this link' results in 'excessive projective identification by the patient and a deterioration of his developmental processes'

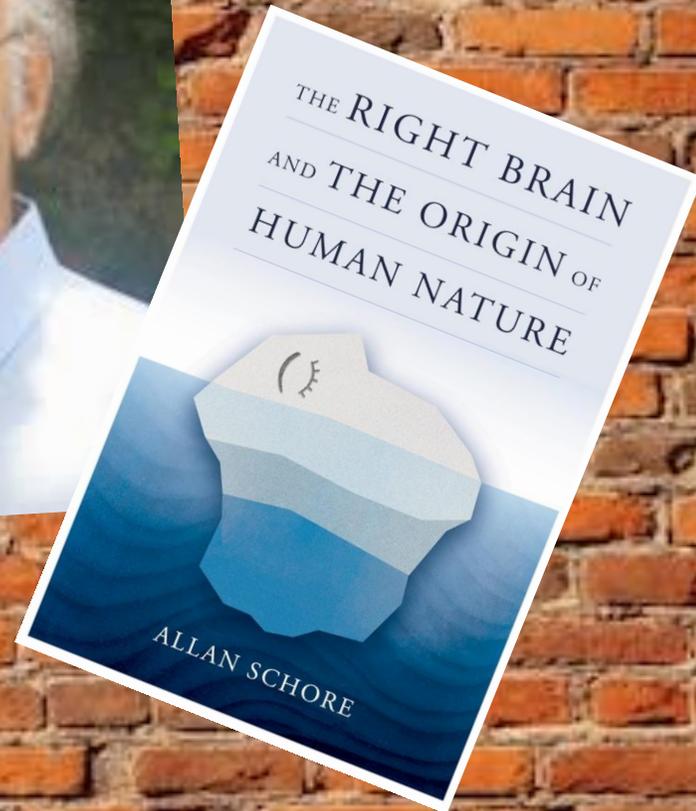


Donald Winnicott

*'The False Self is a defensive façade,
behind which the person can feel empty,
its behaviours being learnt and
controlled rather than spontaneous and
genuine'*



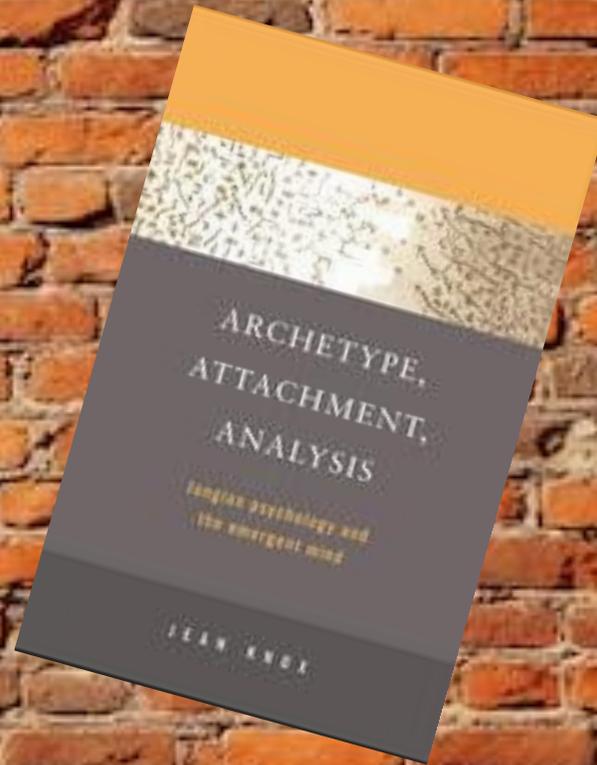
Allan Schore



“In my model of 'relational trauma' I've suggested that it's not just misattunements that lead to the traumatic predisposition. It's also the lack of the repair””.

Jean Knox

'In attachment theory, the main purpose of defences is affect regulation'





Part II

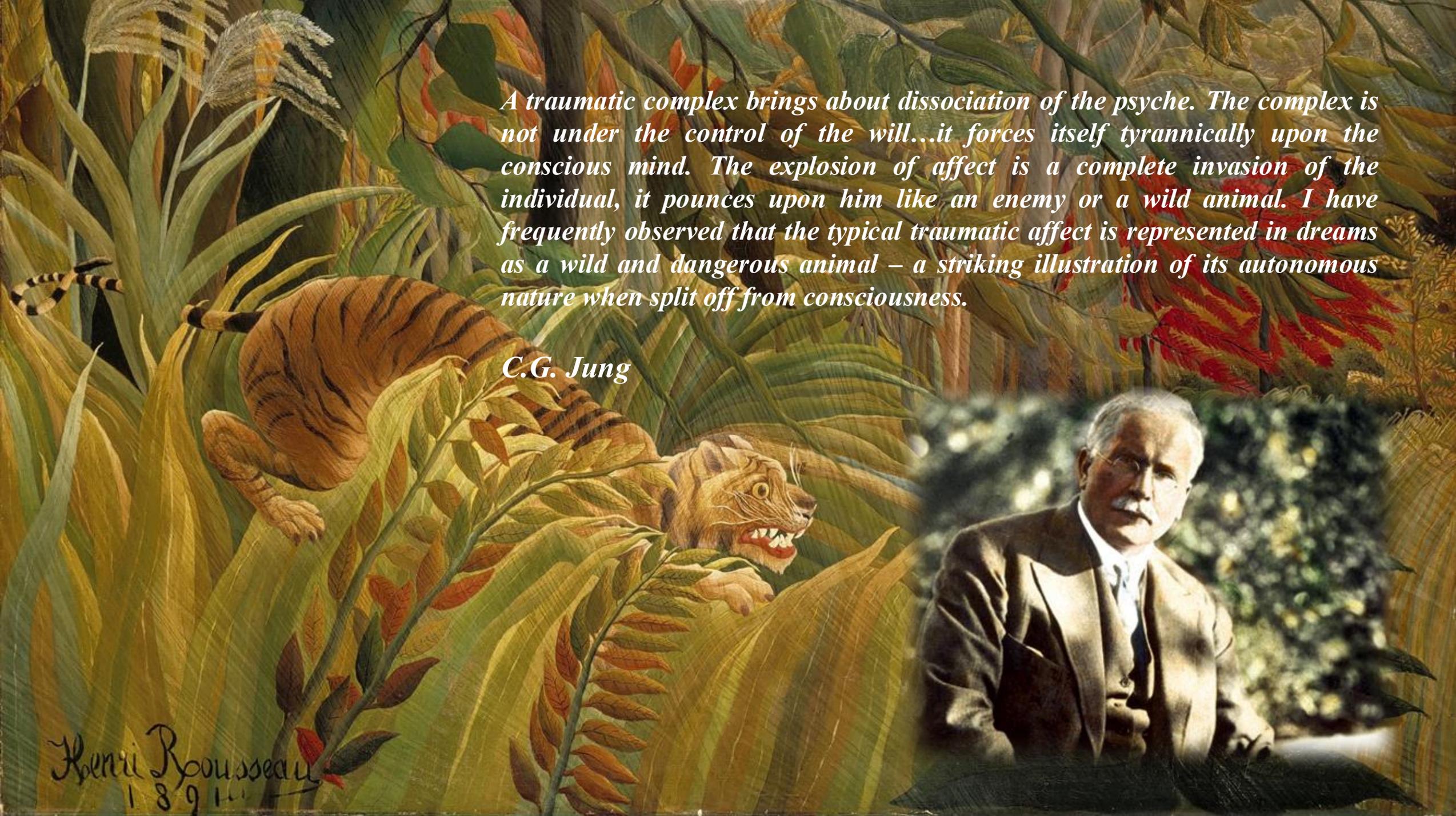
Defences of the Self

Our consciousness revolves around the unconscious, not the other way round. The centre of a human being lies in the unconscious. It was an error of nineteenth century rationalism to say: The centre of the world is the ego. The ego is, so to speak, a clown acting as if it were the lead actor

The ego stands to the self as the moved to the mover, or as object to subject...

C. G. Jung



The image is a composite. On the left, a painting by Henri Rousseau shows a tiger in a lush, dense jungle. The tiger is depicted in a pouncing or roaring pose, with its mouth open, showing its teeth. The background is filled with various tropical plants, including large green leaves and some red flowers. The style is characteristic of Rousseau's 'Tiger in a Tropical Storm' or similar jungle scenes. On the right side, there is a black and white portrait of C.G. Jung, an older man with glasses and a mustache, wearing a suit and tie. The portrait is overlaid on the painting. The text is centered in the upper part of the image, overlaid on the painting.

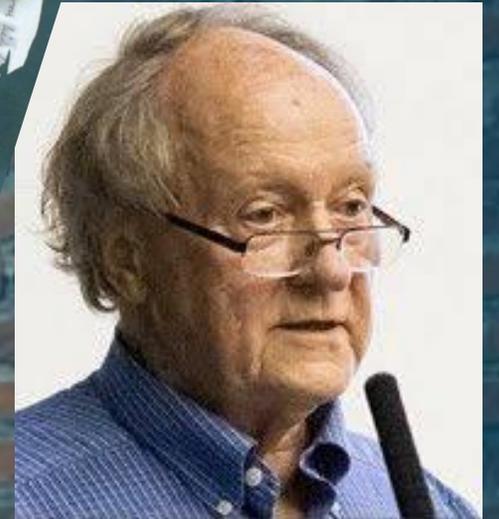
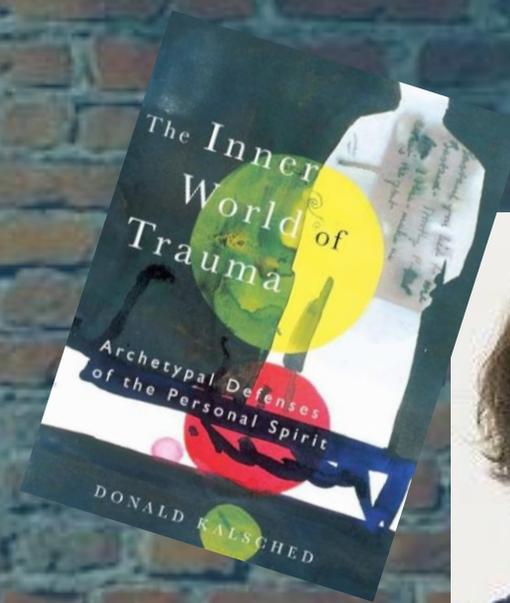
A traumatic complex brings about dissociation of the psyche. The complex is not under the control of the will...it forces itself tyrannically upon the conscious mind. The explosion of affect is a complete invasion of the individual, it pounces upon him like an enemy or a wild animal. I have frequently observed that the typical traumatic affect is represented in dreams as a wild and dangerous animal – a striking illustration of its autonomous nature when split off from consciousness.

C.G. Jung

*Henri Rousseau
1891*

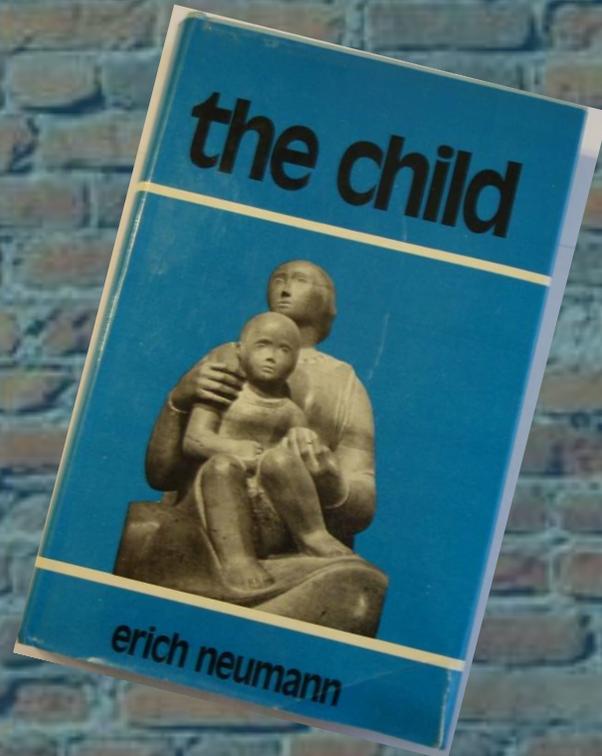
Donald Kalsched

The archaic defence is not educable. As the old unbearable affects begins to re-emerge the defence is triggered, and with it self-destruction. This is truly auto-immune disease of the psyche.



Erich Neumann

The child's impotence and rage, its alteration of helplessness and meaningful alarm – reactions to a distress that endangers its very life – are characteristic of the infantile distress ego...its ego at the mercy of the terrible mother, is alarmed, and this alarm releases compensatory reactions.





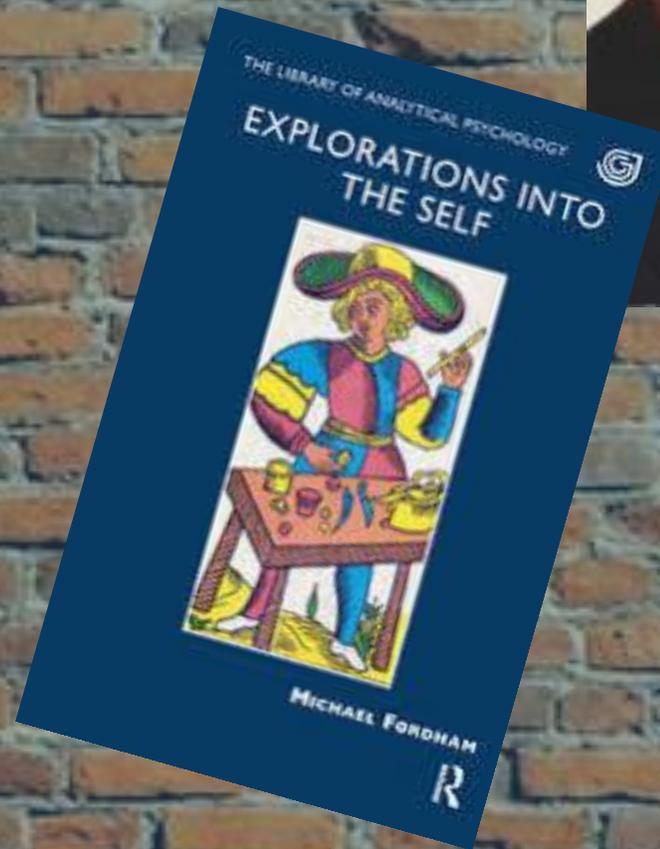
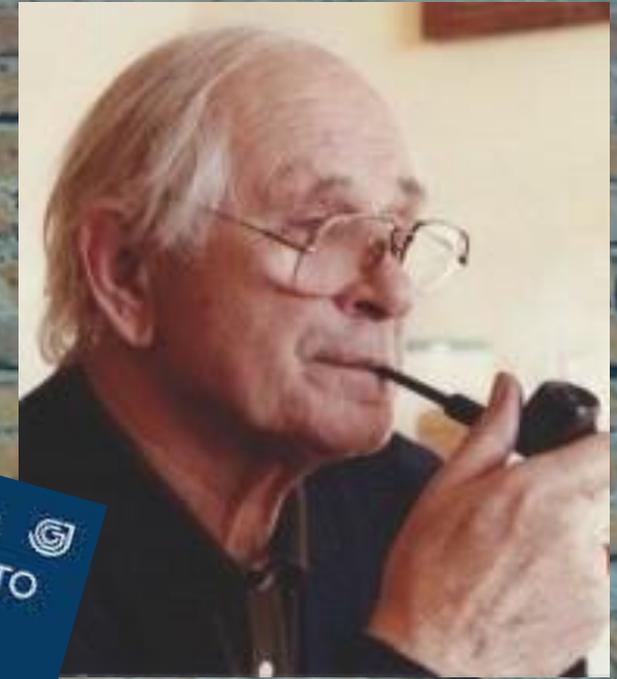
'One part of the ego regresses to the infantile period, and another part progresses i.e. grows up too fast and becomes precociously adapted to the outside world.'

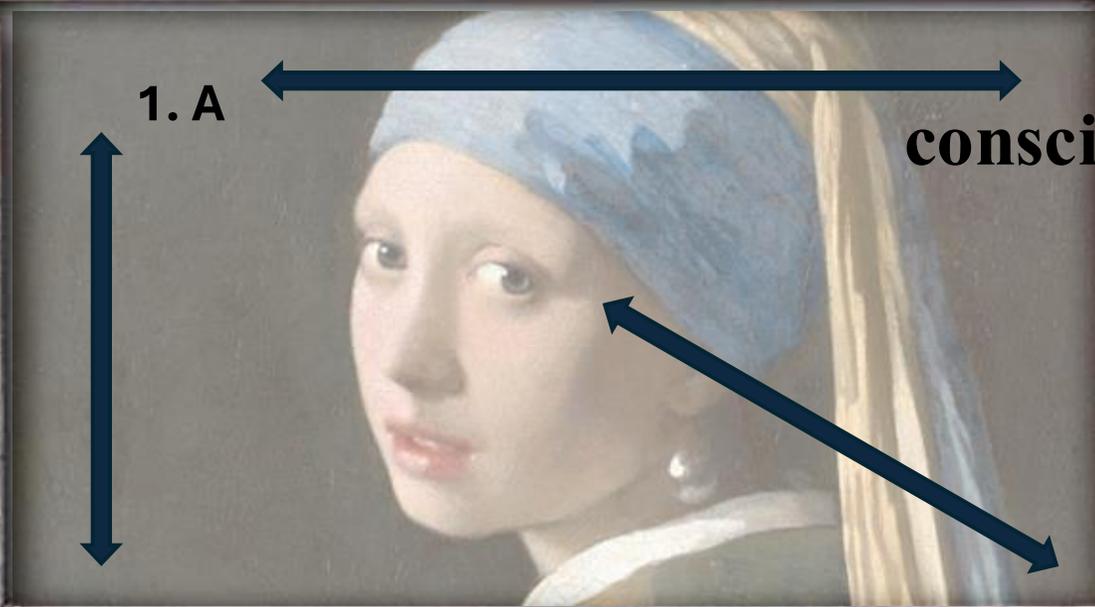
'What was intended to be a defence against further trauma becomes instead a major resistance to all unguarded spontaneous expressions of self in the world. The person survives but cannot live creatively.'

Donald Kalsched

Summary of Fordham's history of defence theory

1. Patients resistance to analysis.
2. Unconscious content (id drives) gradually accepted by the ego. The method is to make conscious what was unconscious without collapse of the ego.
3. Defence analysis: What the defence is defending against.
4. Defences identified which involve vertical splits; such as affect from thought - each conscious but kept apart from the other.
5. More primitive defences. Not so much repression as complete annihilation of bad object. Total defences.





1. A

conscious



2. A

axis



1. B

unconscious



2. B

axis